

## PCSI Rec League Rules

### Micro

- 1) 5 min quarters (1 minute between quarters, 5 min halftime)
- 2) 3v3 on the field. NO GOAL KEEPERS. (Minimum is 2)
- 3) All fouls are indirect free kicks.
- 4) Sub at quarters only....unless there is an injury.
- 5) 1 coach from each team allowed on the field.
- 6) No headers! If header occurs, indirect free kick from where header occurred
- 7) No throw ins, ball will be kicked in.
- 8) Size 3 soccer ball

### U5/6

- 1) 8 min quarters (1 minute between quarters, 5 min halftime)
- 2) 4V4 on the field. NO GOAL KEEPERS. (Minimum is 3)
- 3) All fouls are indirect free kicks.
- 4) Sub at quarters only....unless there is an injury.
- 5) 1 coach from each team allowed on the field.
- 6) No headers! If header occurs, indirect free kick from where header occurred
- 7) Give players a few chances on throw in and 2 touch violations. Remember, we are also teacher of the game!
- 8) Defending Team will be behind half on Goal Kicks.
- 9) Size 3 soccer ball

### U7/8

- 1) 10 min quarters (1 minute between quarters, 5 min halftime)
- 2) 3v3 on the field plus a goalie (must have a goalie 2 field players min)
- 3) All fouls are indirect free kicks.
- 4) Sub at quarters only, unless there is an injury
- 5) No headers. If header occurs, indirect free kick from where header occurred
- 6) Give players another chance on throw in and 2 touch violations. Remember, we are also teacher of the game!
- 7) Size 3 soccer ball
- 8) Goalie can handle the ball in the goal box.
- 9) No Punting or Throwing the ball, goalie must roll the ball out.
- 10) Goal Kicks taken from the Goal Box
- 11) Defending team must be behind half on goal Kicks and retreating to Half when goalie in possession of the ball.
- 12) No Keeper will play more than 2 quarters during a game. All players must play keeper during a game during the season.

### U9/10/11/12 and Travel Rec

- 1) 25 min half's. (5 min halftime)
- 2) 7V7 on the field. (5 minimum)
- 3) No punting or drop kicks by the goal keeper! (must throw or roll the ball out)
- 4) Unlimited subs at any stoppage by either team.
- 5) No headers. If header occurs, indirect free kick from where header occurred.
- 6) Size 4 soccer ball.
- 7) Offside is now called from the buildout line.
- 8) Defending team must be behind break out line on goal kicks and retreating when goalie in possession of the ball.
- 9) Call fouls per USSF. (Cards can be issued)

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- 1) 25 min half's. (5 min halftime)
- 2) 7V7 on the field. (5 minimum)
- 3) Punting by keeper is allowed.
- 4) Heading is allowed.
- 5) Subs allowed:
  - a. Your throw in (team in possession)
  - b. Goal kick (either team)
  - c. Following a goal (either team)
  - d. Injury (either team, 1 for 1)
- 6) Size 5 soccer ball.
- 7) Call fouls per USSF. (Cards can be issued)