

LAKESHORE LEAGUE RECREATION SOCCER

Quick Rules & Regulations for Girls'/Boys'

	3 rd & 4 th	5 th & 6 th
Players On Field	9v9 (includes goalie)	11v11 (includes goalie)
Roster Size	≥14	≥16
Goal size	7' x 21'	8' x 24'
Ball Size	4	4
Duration of game	Four 12 minute quarters	Four 12 minute quarters
Off Sides	Yes	Yes
Penalty Kicks	Yes, opponents must be 8 yards off	Yes, opponents must be 8 yards off
Corner Kick	Yes (Direct)	Yes (Direct)
Free Kicks	Yes, opponents must be 8 yards off	Yes, opponents must be 8 yards off
Throw In	*Conform to FIFA rules	*Conform to FIFA rules
Goal Kicks	Opponents must be out of penalty box, ball must clear box before being touched by 2 nd player.	Opponents must be out of penalty box, ball must clear box before being touched by 2 nd player.
Shin Guards	Mandatory	Mandatory
Substitution	1. At the end of the quarters. 2. After an injury by either team, when referee stops play. If injured player is sub'd, opposing team may sub one player	1. At the end of the quarters. 2. After an injury by either team, when referee stops play. If injured player is sub'd, opposing team may sub one player
Slide Tackling	Not Allowed	Not Allowed
Headers	Not Allowed (change possession)	Not Allowed (change possession)
Goalie Restart	The goalie has six seconds to put ball in play.	The goalie has six seconds to put ball in play.
*Yellow Card Fouls	Send player off field until next substitution & allow for player to be subbed	Send player off field until next substitution & allow for player to be subbed
*Red Card Fouls	Send player off field for balance of game, team doesn't play down a player, a substitution is allowed	Send player off field for balance of game, team doesn't play down a player, a substitution is allowed
Coaches	Coaches/ players on opposite side from spectators. Please allow 5 yards separation on sideline.	Coaches/ players on opposite side from spectators. Please allow 5 yards separation on sideline.