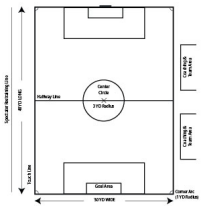
Coordinator: Nick Heffley

Rules & Guidelines

- Size 3 ball 
- 5 vs 5
- Substitute at beginning of each quarter and at the 4 minute mark of the 4th quarter , except for injury
- Soccer Cleats Required
- One Center Referee
- Coaches MUST stay in the Coaches Box
- Opposing players must be 5 yards away on goal, corner, and other free kicks
- Only indirect kicks are taken for fouls
- Throw-ins, kick-offs, corner kicks, and goal kicks will be played
- Max roster size 9
- Field size 40 yds long x 30 yds wide
- Penalty Area 8 yds long x 20 yds wide
- Goal Box 4 yds long x 12 yds wide
- Goal size 6 ft x 12 ft
- Use Goal Keeper (must be substituted each quarter)
- Center Circle 3 yard radius
- Corner Arcs 1 yd
- 4 quarters x 10 minutes (2 minute break between quarters, 5 minute break at half)

Rules & Guidelines for All Rec Divisions

- SHINGUARDS ARE REQUIRED
- NO JEWELRY IS ALLOWED: pierced earrings, necklaces, rings, etc must be removed before games and practices
- 2 minute breaks at quarters, 5 minute breaks at half
- Bench area is to be supervised at all times by an adult.
- Coaches and spectators are to stay in designated areas only; spectators are not permitted behind the goal areas, or on the same side of the field as the players
- Defensive players are allowed in the penalty area on goal kicks.
- Offensive Players may be inside the center circle for a Kick-off
- NO SLIDE TACKLING IS ALLOWED
- All children play at least 2 quarters, unless being disciplined.