



# **FORMAT OF PLAY BY DIVISION**

Approval Date: 07/15/2015

## **U-4 Recreation Division (Boys/Girls)**

- Players will train with an ISA Trainer and/or the players' coach for the first 25 minutes on Game Days. The Last 15 minutes will be played in a scrimmage style format to reinforce the skills learned in training.
- Number of Players – 4v4
  - No Goalkeepers
  - Substitutions – At any stoppage and are unlimited.
  - Each player shall play at least 50% of each game.
- Field of Play – 30 yds wide x 35 yds long
  - Goal size – 4.5' x 9.5'
  - Goal box area and corner arc
- Ball size – 3
- Goal arc – is located directly in front of the goal. There is no ball contact allowed within the goal arc. Players are permitted to pass through the goal arc. If any part of the player's body is in the goal arc, plane of the goal arc, or on the line, they are considered to be in the goal arc. If the ball stops in the goal arc area, including on the line, a goal kick is awarded. If a DEFENSIVE player touches the ball inside the goal arc, a GOAL is awarded to the opposing team. If an OFFENSIVE player touches the ball within the goal arc, a goal kick is awarded to the opposing team. This concept is only taught to help the transition into U6.
- Coaches on the field – Allowed both in the Fall and Spring Seasons.
- Duration of Training/Match – 40 minutes total
  - 25 minute Training with ISA Trainer and/or Coach
  - 15 minute Scrimmage Style Game
  - There is not practicing during the week allowed in this division.



# **FORMAT OF PLAY BY DIVISION**

## **U-6 Recreation Division (Boys/Girls)**

- Number of Players - 4 v 4
  - No Goalkeepers
  - Substitutions – At any stoppage and are unlimited.
  - Each player shall play at least 50% of each game.
  
- Field of Play – 30 yds wide x 35 yds long
  - Goal size – 4.5' x 9.5'
  - Goal box area and corner arc
  
- Ball size – 3
  
- All free kicks are direct
  - Players must be 5 yards away from ball until it is in play.
  
- No Throw-ins, Kick ins only.
  
- Goal kick – taken from any point along the end line.
  
- Offside – none
  
- Goal arc – is located directly in front of the goal. There is no ball contact allowed within the goal arc. Players are permitted to pass through the goal arc. If any part of the player's body is in the goal arc, plane of the goal arc, or on the line, they are considered to be in the goal arc. If the ball stops in the goal arc area, including on the line, a goal kick is awarded. If a DEFENSIVE player touches the ball inside the goal arc, a GOAL is awarded to the opposing team. If an OFFENSIVE player touches the ball within the goal arc, a goal kick is awarded to the opposing team.
  
- Goal Scoring - A goal may only be scored from a touch (offensive or defensive) within the team's offensive half on the field. The ball must be completely on the offensive half of the field, and cannot be touching the mid-line (Example: Kick-Off). If a player in their defensive half kicks the ball across the midline and the ball hits another player (offensive or defensive) and the ball goes in the goal, a goal will be awarded. If a ball is kicked from the defensive half and is not touched before the ball rests in the goal, a goal kick is awarded the defensive team
  
- Coaches on the field – Allowed for the first half (4 games) of the Fall Season Only. Coaches are allowed to enter field and quickly help players line up for restarts and then are to exit.
  
- Duration of Match – 41 minutes total
  - Four 8 minute quarters
  - 2-minute breaks between quarters
  - 5-minute halftime



# **FORMAT OF PLAY BY DIVISION**

## **U-8 Recreation Division (Boys/Girls)**

- Number of Players - 4 v 4
  - No Goalkeepers
  - Substitutions – At any stoppage and are unlimited.
  - Each player shall play at least 50% of each game.
  
- Field of Play – 30 yds wide x 35 yds long
  - Goal size – 4.5' x 9.5'
  - Goal box area and corner arc
  
- Ball size – 3
  
- All free kicks are direct
  - Players must be 5 yards away from ball until it is in play.
  
- Throw-ins
  
- Goal kick – taken from any point along the end line.
  
- Offside – none
  
- Goal arc – is located directly in front of the goal. There is no ball contact allowed within the goal arc. Players are permitted to pass through the goal arc. If any part of the player's body is in the goal arc, plane of the goal arc, or on the line, they are considered to be in the goal arc. If the ball stops in the goal arc area, including on the line, a goal kick is awarded. If a DEFENSIVE player touches the ball inside the goal arc, a GOAL is awarded to the opposing team. If an OFFENSIVE player touches the ball within the goal arc, a goal kick is awarded to the opposing team.
  
- Goal Scoring - A goal may only be scored from a touch (offensive or defensive) within the team's offensive half on the field. The ball must be completely on the offensive half of the field, and cannot be touching the mid-line (Example: Kick-Off). If a player in their defensive half kicks the ball across the midline and the ball hits another player (offensive or defensive) and the ball goes in the goal, a goal will be awarded. If a ball is kicked from the defensive half and is not touched before the ball rests in the goal, a goal kick is awarded the defensive team
  
- Coaches on the field – Not Allowed
  
- Duration of Match – 57 minutes total
  - Four 12 minute quarters
  - 2-minute breaks between quarters
  - 5-minute halftime



# **FORMAT OF PLAY BY DIVISION**

## **U-10 Recreation Division (Boys/Girls)**

- Number of Players – Girls 7 v 7 Boys 7 v 7  
If Boys Team Plays a Girls Team – Boys to play 6 v 6
  - Goalkeepers
  - Substitutions – At any stoppage and are unlimited.
  - Each player shall play at least 50% of each game.
  
- Field of Play – 45 yds wide x 60 yds long
  - Goal size – 6' x 18'
  - Goal box area, corner arc, penalty area and flags
  
- Ball size – 4
  
- Free kicks can be direct or indirect
  - Players must be 10 yards away from ball until it is in play.
  
- Throw-ins
  
- Goal kick – must be taken from any point inside the goal box area.
  - Ball is in play when it leaves the penalty box area.
  
- Offside Rules Apply
  
- Duration of Match – 55 minutes total
  - Two 25 minute halves
  - 5-minute halftime



# **FORMAT OF PLAY BY DIVISION**

## **U-12 Recreation Division (Boys/Girls)**

- Number of Players – Girls 7 v 7 Boys 7 v 7  
If Boys Team Plays a Girls Team – Boys to play 6 v 6
  - Goalkeepers
  - Substitutions – At any stoppage and are unlimited.
  - Each player shall play at least 50% of each game.
  
- Field of Play – 50 yds wide x 70 yds long
  - Goal size – 7' x 21'
  - Goal box area, corner arc, penalty area and flags
  
- Ball size – 4
  
- Free kicks can be direct or indirect
  - Players must be 10 yards away from ball until it is in play.
  
- Throw-ins
  
- Goal kick – must be taken from any point inside the goal box area.
  - Ball is in play when it leaves the penalty box area.
  
- Offside Rules Apply
  
- Duration of Match – 65 minutes total
  - Two 30 minute halves
  - 5-minute halftime



# FORMAT OF PLAY BY DIVISION

## U-14-U19 Recreation Division (Boys/Girls) Small Sided Play

- Number of Players – 7 v 7
  - Goalkeepers
  - Substitutions – At any stoppage and are unlimited.
  - Each player shall play at least 50% of each game.
- Field of Play – 50 yds wide x 70 yds long
  - Goal size – 7' x 21'
  - Goal box area, corner arc, penalty area and flags
- Ball size – 5
- Free kicks can be direct or indirect
  - Players must be 10 yards away from ball until it is in play.
- Throw-ins
- Goal kick – must be taken from any point inside the goal box area.
  - Ball is in play when it leaves the penalty box area.
- Offside – Three line rules apply.
- Duration of Match – 75 minutes total
  - Two 35 minute halves
  - 5-minute halftime

### OR

- Number of Players – 3 v 3
  - Substitutions – At any stoppage and are unlimited.
  - Each player shall play at least 50% of each game.
- Field of Play – 30 yds wide x 35 yds long
  - Goal size – 4.5' x 9.5'
  - Goal box area, corner arc, penalty area and flags
- Ball size – 5
- Free kicks can be direct or indirect
  - Players must be 10 yards away from ball until it is in play.
- Throw-ins
- Goal kick – must be taken from any point inside the goal box area.
  - Ball is in play when it leaves the penalty box area.
- Offside – None
- Duration of Match – 69 minutes total
  - Four 15 minute Quarters
  - 2-minute between quarters
  - 5-minute halftime