

<b>Arlington Rec</b>	U8s	U10s	U12s	U14s	U15s
Players - Max	4 v 4 (No Keepers)	7 v 7	7 v 7	7 v 7	7 v 7
Ball Size	3	4	4	4	4
Halves or Quarters	4 Quarters	2 Halves	2 Halves	2 Halves	2 Halves
Duration	10 minutes	25 minutes	25 minutes	30 minutes	30 minutes
Halftime/Between Quarters	3 minutes	5 minutes	5 minutes	5 minutes	5 minutes
Substitutions	Any Stoppage	Any Stoppage	Any Stoppage	Any Stoppage	Any Stoppage
Heading	NO	NO	NO	YES	YES
Offsides	NO	YES	YES	YES	YES
Penalty Kicks	NO	NO	NO	NO	NO
Direct Free Kicks	NO	NO	NO	NO	NO
Sliding	NO	NO	NO	NO	NO
Throw-ins / Kick-ins	BOTH	Throw-ins	Throw-ins	Throw-ins	Throw-ins
For games at Arlington, the teams should both be on one side of the field and the parents should be on the opposite side.					
Games will be played at Forrest Street Park, 12124 Forrest Street.					
Summary of rules by age group:					
U8s:					
Kick-ins or Throw-ins. Player cannot dribble the ball from a kick-in. A goal cannot be scored from a kick-in or throw-in.					
No keepers. No players should be standing directly in front of the goal. Talk to the coach if there is a problem.					
Goal kicks are taken from the goal line.					
On goal kicks, the opposing team should be moved back to the halfway line.					
U10s/U12s/U14s/U15s:					
Goal kicks DO HAVE to come out of the box before a second touch by another player.					
A goal cannot be scored directly from a kickoff.					
Pertains to all age groups:					
Stress "over your head, both feet on the ground" on every throw-in. Allow do-overs if not done correctly!					
Substitutions can be on either team's possession for throw-ins.					
Keep an eye on the sidelines constantly for substitutions.					
Make sure the coaches know to wait on your signal before sending in substitutions.					
Show up on time and look professional.					
Wear a referee shirt with your badge.					
Bring a whistle that is loud!					
No cell phones during the game. Use a WATCH to keep time.					
					04/06/26