

Lakeland Rec	8Us	10Us	12Us	15Us		
Players - Max	4 v 4	7 v 7	7 v 7	7 v 7		
Ball Size	3	4	4	5		
Halves or Quarters	4 Quarters	2 Halves	2 Halves	2 Halves		
Duration	10 minutes	25 minutes	25 minutes	25 minutes		
Halftime/Between Quarters	3 minutes	5 minutes	5 minutes	5 minutes		
Substitutions	Any Stoppage	Any Stoppage	Any Stoppage	Any Stoppage		
Heading	NO	NO	YES	YES		
Goalies/Keepers	NO	YES	YES	YES		
Offsides	NO	YES	YES	YES		
Penalty Kicks	NO	YES	YES	YES		
Direct Free Kicks (all Free Kicks)	YES	YES	YES	YES		
Sliding	NO	NO	NO	NO		
Throw-ins / Kick-ins	Throw-ins	Throw-ins	Throw-ins	Throw-ins		
Games are played at Lakeland Prep Annex, 9651 Old Brownsville Road, Lakeland, TN 38002						
Summary of rules by age group:						
8Us						
A goal cannot be scored from a throw-in.						
On goal kicks, the opposing team should be moved back 10 feet from the ball.						
All Free Kicks are DIRECT - no INDIRECT KICKS						
10Us, 12Us, 15Us						
Goal kicks DO NOT HAVE to come out of the box before a second touch by another player.						
On goal kicks, the opposing team must be outside the penalty box before it is played						
A goal CAN be scored directly from a kickoff.						
Pertains to all age groups:						
Players & Coaches from both teams sit on one side of the field. Spectators sit on the opposite side of the field.						
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