

Bartlett Rec	D4Fs (U7s)	D4Ms (U7s)	D3s (U9s)	D2s (U12s)	D1s (U16s)	DHS
Players - Max	4 x 4	4 x 4	7 v 7	7 v 7	7 v 7	7 v 7
Ball Size	4	4	4	4	5	5
Halves or Quarters	4 Quarters	4 Quarters	2 Halves	2 Halves	2 Halves	2 Halves
Duration	10 minutes	8 minutes	20 minutes	24 minutes	26 minutes	26 minutes
Halftime/Between Quarters	3 minutes	3 minutes	5 minutes	5 minutes	5 minutes	5 minutes
Substitutions	Any Stoppage	Any Stoppage	Any Stoppage	Any Stoppage	Any Stoppage	Any Stoppage
Heading	NO	NO	NO	NO	YES	YES
Offsides	NO	NO	YES	YES	YES	YES
Penalty Kicks	NO	NO	NO	NO	NO	NO
Direct Free Kicks	NO	NO	NO	NO	NO	NO
Sliding	NO	NO	NO	NO	NO	NO
Throw-ins / Kick-ins	Throw-ins	Throw-ins	Throw-ins	Throw-ins	Throw-ins	Throw-ins
Summary of rules by age group:						
D4s (U7s)						
A goal cannot be scored from a kick-in or throw-in.						
On goal kicks, the opposing team should be moved back to the halfway line.						
D3s/D2s/D1s/DHS:						
Goal kicks DO NOT HAVE to come out of the box before a second touch by another player.						
A goal CAN be scored directly from a kickoff.						
Pertains to all age groups:						
If possible, the teams should both be on one side of the field and the parents should be on the opposite side.						
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 yellow shirt with your badge.						
Bring a whistle that is loud!						
No cell phones during the game. Use a WATCH to keep time.						