

- Fall Interleague Play -
- Area Tournament -
- Winter League -

Division Age (as of July 31)	Small sided		Full-Sided		
	U10 8 & 9	U12 10 & 11	U14 12 & 13	U16 14 & 15	U19 16, 17 & 18
Players					
Number of players on field	9		11		
Minimum number of players	6		7		
Substitutions	No player will sit out 2 quarters until all players have sat out 1 quarter.			Players must play at least two quarters (if a player arrives during the 2nd or 3rd quarter they only have to play 1 quarter).	
Goalkeeper changes	No player will be a goalkeeper for more than half the match		None required		
Game					
Half	25 min.	30 min.	35 min.	40 min.	45 min.
Ball size	4		5		
Field & goals	Small sided	Regulation (Law I)			
Spectators	All spectators on one side of the field, coaches & players on the other				
Coaches	Only the coach (with age appropriate certification) and one assistant may be in the technical area. A coach (or assistant) with age appropriate certification must be present. All technical staff will have Region issued IDs.				
Teams	The home team is the one listed first on the schedule and will occupy the left side (when facing the field) technical area.				
Referees	Diagonal system of control				
Fouls/Misconduct/Restarts					
Free kicks	Laws XIII & XIV				
Offside	Law XI				
Distance	8 yards	10 yards (Law XIII)			
Misconduct (Cautions & Send Offs)	Referees should work with the coaches as much as possible	Law XII			
Throw in's	Law XV (do not penalize trifling infractions)				
Play					
Slide tackling	Allowed - Law XII				
Heading the ball	Allowed				
Sportmanship					
Playing down	Coach's discretion - not mandatory				
Running up the score	When there is > 4 goal differential, coaches should take corrective action to mitigate the situation. The referee takes no action except to note the circumstances in the match report.				