

# ORYA Rec Soccer Rules – U12 and Up



**Sides:** 8 v 8. 7 field players and a goalkeeper. Minimum 6 v 6 to start/finish the game.

**Ball:** U12 - Size 4 - home team provides the game ball

U14 & High School - Size 5 - home team provides the game ball

## **Game Length/Halftime**

- U12 - Two 30-minute halves, 5 minute halftime
- U14 and High School - Two 35-minute halves, 5 minute halftime

## **Officials**

- A referee will be provided.
- All rules infractions shall be briefly explained to the offending player.

## **Substitutions**

- Each player should play at least one half of the game.
- There are free substitutions in this age group, however they should be made at 15 minute intervals in order to maintain the flow of the game and enhance the enjoyment for the players.

## **Equipment**

- Shin guards (under socks) are required
- Jewelry is not permitted

## **Uniforms**

- Names or other enhancements to shirts are not allowed.
- Coaches may specify the color of shorts or socks.

## **Goalkeepers**

- Coaches should play at least 2 different goalies each game unless there are extenuating circumstances.
- Goalkeepers can punt the ball but should be encouraged to roll (bowl) or pass (feet) the ball out.

## **Age Specific Rules**

- Offsides are now called.
- After a goal is scored, game is restarted with a Kick-Off.
- Players no longer need to drop to midfield on goalie kicks.
- All other rules abide by FIFA Laws of the Game.