

8U LEAGUE RULES

The purpose for this age group is to re-introduce the fundamental skills. Play should be low key and aimed at participation and fun for the players. Coaches' emphasis should be on developing sportsmanship and keeping participation fun.

BALL Size 3

PLAYERS 8 players counting the goalie

TIMEOUTS No timeouts

PERIODS 4 Quarters with 8 minute

PLAYING TIME Each player must play equivalent of at least full TWO QUARTERS

CLOCK STOPS Injury

HALF TIME 5 Minutes

CHANGE ENDS YES, at Half.

OVERTIME NO Overtime

EQUIPMENT Shin Guards (Required)

10U LEAGUE RULES

The purpose for this age group is to re-introduce the fundamental skills. Play should be low key and aimed at participation and fun for the players. Coaches' emphasis should be on developing sportsmanship and keeping participation fun.

BALL Size 4

PLAYERS 9 players counting the goalie

TIMEOUTS No timeouts

PERIODS 4 Quarters with 10 minute

PLAYING TIME Each player must play equivalent of at least full TWO QUARTERS

CLOCK STOPS Injury

HALF TIME 5 Minutes

CHANGE ENDS YES, at Half.

OVERTIME NO Overtime

EQUIPMENT Shin Guards (Required)

HEADING No

14U LEAGUE RULES

The purpose for this age group is to re-introduce the fundamental skills. Play should be low key and aimed at participation and fun for the players. Coaches' emphasis should be on developing sportsmanship and keeping participation fun.

BALL Size 5

PLAYERS 11 players counting the goalie

TIMEOUTS No timeouts

PERIODS Two 20 minute halves

PLAYING TIME Each player must play equivalent of at least a full half

CLOCK STOPS Injury

HALF TIME 5 Minutes

CHANGE ENDS YES, at Half.

OVERTIME NO Overtime

OFFSIDES Yes

Equipment Shin guards (required)