



Youth Soccer General Information

Season 2018-2019



	U4	U5/U6	U7/U8	U9/U10	U12-U16	U15/16(if avail)	U18(if avail)
Ball Size	3	3	3	4	4	5	5
Field Size (yrds.)	20 x 15	30 x 20	30 x 20	47 x 30	75 x 47	120 x 70	120 x 70
# of players	3 v 3	4 v 4	4 v 4	7 v 7	9 v 9	11 v 11	11 v 11
Roster Size	6 max.	8 max.	8 max.	12 max.	13 max.	15 max.	15 max.
Time Limit	(4) 5 min qrts	(4) 6 min qrts	(4) 8 min qrts	(2) 25 min halves	(2) 30 min halves	(2) 30 min halves	(2) 35 min halves
Half Time	5 min	5 min	5 min	5-10 min	5-10 min	10 min	10 min
Slide Tackles	Prohibited	Prohibited	Prohibited	Prohibited	Allowed	Allowed	Allowed
Heading	Prohibited	Prohibited	Prohibited	Prohibited	Restricted	Allowed	Allowed
Free Kicks	Kickoff/Goal Kicks	Kickoff/Goal Kicks	Kickoff/Goal Kicks	USSF	USSF	USSF	USSF
Fouls/Dangerous Plays	Direct Free Kick 5 yds	Direct Free Kick 5 yds	Direct Free Kick 5 yds	USSF	USSF	USSF	USSF
Offsides	No	No	No	Yes	Yes	Yes	Yes
Throw-ins	No	No	(2) retries	Yes-no retry	Yes-no retry	Yes-no retry	Yes-no retry
Corner Kicks	No	Yes	Yes	Yes	Yes	Yes	Yes
Coaching	(1) on field	(1) on field	(1) on field	(2) on sideline	(2) on sideline	(2) on sideline	(2) on sideline
Referee	Coaches Referee	Coaches Referee	Coaches Referee	(1) Ref + (2) Parent A.R.'s	(1) Ref + (2) Assitant Refs	(1) Ref + (2) Assitant Refs	(1) Ref + (2) Assitant Refs

Playing time: Each player must play AS LEAST half a game. (ALL DIVISIONS)

Equipment: Must wear provided uniform from Cabot Parks and Recreation and shin-guards. Toe-cleats and jewelry is PROHIBITED!

(U6 and under are allowed to wear just athletic shoes)

Substitutions: U4-U8(middle of the quarter or at the end of the half)

* any injury * U10(subs on a dead ball)

ALL DIVISIONS U12(both teams on YOUR teams throw-in, any goal kicks, after goals)

U15 and up(USSF)

U6-U18: Parents and fans must sit on the opposite side of the players and not behind the goals.