



**NWAL
Rec Rules Summary**



	U5	U6	U7	U8	U10	U12	U14-16
Ball Size	No Refs 3	No Refs 3	3	3	4	4	5
# of Players	3 v 3 NO Goalie	3 v 3 NO Goalie	5 v 5 1 must be a Goalie	5 v 5 1 must be a Goalie	8 v 8 1 must be a Goalie	8 v 8 1 must be a Goalie	11 v 11 1 must be a Goalie
Duration of Game	4-8 minute Qtrs Break Qtrs in half for substitutions 5 min half	4-8minute Qtrs Break Qtrs in half for substitutions 5 min half	4-12minute Qtrs Break Qtrs in half for substitutions 5 min half	4-12minute Qtrs Break Qtrs in half for substitutions 5 min half	2-25 min Halves 5 min half	2-30 min Halves 5 min half	2-35 min Halves 5 min half
Equipment	Shin guards Socks that cover shin guards Jersey and Shorts Tennis Shoes/Cleats Hard Cast (see below) No Hard billed hats NO TOE CLEAT JEWELRY (see below) NO BLOOD	Shin guards Socks that cover shin guards Jersey and Shorts Tennis Shoes/Cleats Hard Cast (see below) No Hard billed hats NO TOE CLEAT JEWELRY (see below) NO BLOOD	Shin guards Socks that cover shin guards Jersey and Shorts Tennis Shoes/Cleats Hard Cast (see below) No Hard billed hats NO TOE CLEAT JEWELRY (see below) NO BLOOD	Shin guards Socks that cover shin guards Jersey and Shorts Tennis Shoes/Cleats Hard Cast (see below) No Hard billed hats NO TOE CLEAT JEWELRY (see below) NO BLOOD	Shin guards Socks that cover shin guards Jersey and Shorts Tennis Shoes/Cleats Hard Cast (see below) No hard-billed hats NO TOE CLEAT JEWELRY (see below) NO BLOOD	Shin guards Socks that Covered Shin Guards Jersey and Shorts Tennis Shoes/Cleats Hard Cast (see below) No hard-billed hats NO TOE CLEAT JEWELRY (see below) NO BLOOD	Shin guards Socks that Covered Shin Guards Jersey and Shorts Tennis Shoes/Cleats Hard Cast (see below) No hard-billed hats NO TOE CLEAT JEWELRY (see below) NO BLOOD
Slide Tackles	NOT ALLOWED	NOT ALLOWED	NOT ALLOWED	NOT ALLOWED	Safe Not from Behind	Safe Not from Behind	Safe Not from Behind
Free Kicks	Only Indirect at least 10 yards from the Goal No Penalty Kicks	Only Indirect at least 10 yards from the Goal No Penalty Kicks	Only Indirect at least 10 yards from the Goal No Penalty Kicks	Only Indirect at least 10 yards from the Goal No Penalty Kicks	FIFA	FIFA	FIFA
Throw-ins	Kick In	Kick In	1 Retry	1 Retry	No Retry	No Retry	No Retry
Substitutions	In the middle of each quarter or at the end of a quarter Or at Coaches Discretion	In the middle of each quarter or at the end of a quarter Or at Coaches Discretion	Both Teams on **Throw-ins Goal Kicks After Goals Unlimited	Both Teams on **Throw-ins Goal Kicks After Goals Unlimited	Both Teams on ** Throw-ins Goal Kicks After Goals Unlimited For injury	Both Teams on ** Throw-ins Goal Kicks After Goals Unlimited For injury	Both Teams on ** Throw-ins Goal Kicks After Goals Unlimited For injury
Cards	Coaches Ref No Cards	Coaches Ref No Cards	Do not Use	Do not Use	Yellow or Red	Yellow or Red	Yellow or Red

* NO DUALS are allowed for any game.

** Weather, If you see lightning and hear thunder within 30 seconds of the strike CLEAR THE FIELD. If you hear Thunder, but see no lightning, CLEAR THE FIELD. Restart the game 30 minutes after seeing the last lightning strike and you hear no more thunder.

*** State issued team roster must be available for Referee review at each game

**** Hard Cast must be covered with a soft material or bubblewrap for the player to play.

***** Jewelry such as bracelets (except medic alert), watches, necklaces, hoop earrings are not allowed. Beginner stud earrings must be taped to play.