

1st-2nd Grade Soccer Cheat Sheet

General

- U8 play 7 v 7.
- U8 uses size 3 soccer balls.
- U8 plays on 50 yds x 40yds size fields.

Time

- Four 12-minute Quarters
- One minute break between quarters
- Five minute halftime

Build Out Line

- Once goalie gains possession OR a goal kick is awarded, all defensive players must move behind the build out line.
- Defense cannot move past the line until the ball is played to an offensive player and then touched twice by the offense. Once ball has been touched twice, the defense can move forward.

Offsides

- There is no offsides in U8 Games

Scoring

- This is a non competitive league
- No score is kept in the regular season
- No slaughter rule

Miscellaneous

- All rule infractions shall be briefly explained to the offending player by referee.
- Substitutions will be on the fly
- Slide Tackling is prohibited
- Heading is not allowed, when a player deliberately heads the ball, an indirect free kick shall be awarded to the other team.

U10 Soccer Cheat Sheet 2024

General

- U10 play 7 v 7
- U10 plays with size 4 soccer balls.
- U10 plays on 60 yds by 45 yds field

Time

- Four 14-minute Quarters for Coed Leagues
- Two 30-Minute Halves for Girls Only Leagues
- 1 minute break between Quarters
- 5 minute break at Halftime

Scoring

- Score is kept in U10 games, coaches are expected to report scores
- If a game is tied at the end of the game, the result will be a tie, unless it is a playoff game in which teams will have a penalty kick shootout
 - Teams will select 3 players to shoot a penalty shot
- **Slaughter Rule**- The slaughter rule dictates that if a team is winning by three (3) goals, the coach in the lead should begin to pull back his/her players.
 - When down by four (4) goals, the losing team must add a player
 - When up by six (6) goals the winning team must remove a player
 - Referees will be responsible for ensuring that the proper steps are taken in a slaughter situation. This is not optional for either the winning or losing coach.

Build Out Line

- The Build Out Lines are marked on the field approximately 4 feet in front of the edge of both goalkeeper boxes.
 - When the GK is in possession of the ball (either during play or on a goal kick), the opposing team must drop behind the Build Out Line allowing the GK to pass, throw, or roll the ball to a teammate.
 - After the ball is put into play and the first player (other than the GK and usually a defender) on the team with possession, touches the ball the opposing team can cross the Build Out Line and play can resume as normal.
- GK's are NOT allowed to punt the ball.
 - If the GK does punt restart with the GK

Heading

- Players in U10 programs and younger shall not engage in heading, either in practices or in games.
 - When a player deliberately heads the ball in the game, an indirect free kick should be awarded to the opposing team from the spot of offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

Miscellaneous

- Slide tackling is not allowed

U12/U14 Soccer Cheat Sheet 2024

General

- U12 play 9v9
- U12 plays with size 4 soccer balls
- U14 play 11v11
- U14 play with size 5 soccer balls

Time

- U12 – Two 30-minute Halves
- U14 – Two 35-minute Halves
- 5 minute break at Halftime

Scoring

- Score is kept in U10 games, coaches are expected to report scores
- If a game is tied at the end of the game, the result will be a tie, unless it is a playoff game in which teams will have a penalty kick shootout
 - Teams will select 3 players to shoot a penalty shot
- **Slaughter Rule**- The slaughter rule dictates that if a team is winning by three (3) goals, the coach in the lead should begin to pull back his/her players.
 - When down by four (4) goals, the losing team must add a player
 - When up by six (6) goals the winning team must remove a player
 - Referees will be responsible for ensuring that the proper steps are taken in a slaughter situation. This is not optional for either the winning or losing coach.

Heading

- Heading is permitted

Miscellaneous

- Slide tackling is not allowed