(U6) & Soccer Stars Division Rules

- Games will be played 3v3 or 4v4, there will be no goalie.
- Size 3 ball
- Games will consist of (4) 6-minute quarters for a total game time of 24 minutes. (The clock does not stop, games are played with a running clock)
- Three or four players on the field per team. Must be agreed to before the game starts.
- Each player must play at least 50% of the time
- Teams may be co-ed
- All players must wear shin guards during the game
- All players must remove accessories & jewelry i.e. watches, bracelets, necklaces & earrings.
- Coaches will referee the game. One on each side of the field and must not stand in the path of the goal
- All goals are celebrated, not counted. We DO NOT keep score
- There is no winner or loser
- We use SOSC issued goals only
- Kick off will start each quarter alternating which team gets to kick off
- For all kick offs, throw-ins, free kicks etc. the opposing team must give five-yard distance off the ball
- For all goal kicks, the opposing teams must be behind midfield
- There will be no off sides rule
- No direct kicks will be awarded. Only indirect kicks for fouls.
- There will be no red cards
- Throw-ins will be used
- Corner kicks will be awarded
- Heading is NOT allowed and will result in a free kick
- All infractions will be explained to the player
- Medals will be awarded to all players at the end of the season

(U7) Division Rules

- Games will be played 7v7* Games will consist of four* 8 minute quarters for a total game time of 32 minutes. *You can elect to play 6v6 or 8v8 if both teams have large rosters or add one 8 minute period for a total of 40 minutes, coaches must determine how to play before the game. (The clock does not stop, games are played with a running clock)
- There is no goalie.
- Size 3 ball
- All players must wear shin guards during the game
- All players must remove accessories & jewelry i.e. watches, bracelets, necklaces & earrings
- Teams may be co-ed
- Each player should play at least 50% of the time
- Coaches will referee the game. One on each side of the field and not in the path of the goal
- You must be across the half-way line in order to score a goal. Goals scored from behind the half-way line will not count and will result in a goal kick for the opposing team
- All goals are celebrated, not counted. We DO NOT keep score
- There is no winner or loser
- We use SOSC issued goals only. Kick off will start the first and second half alternating halves
- For all kick offs, throw ins, free kicks, etc. the opposing team must give five-yard distance off the ball
- For all goal kicks, the opposing teams must be behind midfield
- There will be no off sides rule, however coaches should discourage players from standing in front of the opposing goal without involving themselves in active game play
- No direct kicks will be awarded. Only indirect kicks for fouls.
- There will be no red cards
- Throw-ins will be used
- Corner kicks will be awarded
- Heading is NOT allowed and will result in a free kick
- All infractions will be explained to the player
- Medals or Trophies will be awarded to all players at the end of the season

(U8) Division Rules

- Games will consist of four 10-minute quarters for a total game time of 40 minutes. Quarters are only for changing players and half time should not exceed 5 minutes.
- Games will be played be played 7v7, 8v8 or 9v9 depending on the available roster size for each team. Number of players must be agreed to by coaches prior to the game and include the use of a goal keeper.
- No shots are allowed within the goal area box or circle. Goals scored from within the box will result in a Goal kick for the opposing team. NO Punting.
- Size 3 ball
- All players must wear shin guards during the game
- All players must remove accessories & jewelry i.e. watches, bracelets,
- Teams may be co-ed
- Each player should play at least 50% of the time
- Coaches will referee the game. One on each side of the field and not in the path of the goal
- You must be across the half-way line in order to score a goal. Goals scored from behind the half-way line will not count and will result in a goal kick.
- All goals are celebrated, not counted. We DO NOT keep score
- There is no winner or loser
- We use SOSC issued goals only. Kick off will start the first and second half alternating halves
- For all kick offs, throw ins, free kicks, etc. the opposing team must give five-yard distance off the ball
- For all goal kicks, the opposing teams must be behind midfield
- There will be no off sides rule, however coaches should discourage players from standing in front of the opposing goal without involving themselves in active game play
- No direct kicks will be awarded. Only indirect kicks for fouls.
- There will be no red cards
- Throw-ins will be used
- Corner kicks will be awarded
- Heading is NOT allowed and will result in a free kick
- All infractions will be explained to the player
- Medals or Trophies will be awarded to all players at the end of the season

(U10) & (U9) Division Rules

- 8v8 or 9v9 depending on roster availability with one player being the goalkeeper. Coaches should agree to the number of players prior to the beginning of the game and balance teams as necessary amongst their rosters.
- Size 4 ball
- Games will consist of two 25 min halves, with water breaks for a total game time of 50 minutes
- Teams may be co-ed and each player should play at least 50% of the time.
- All players must wear shin guards during the game
- All players must remove accessories & jewelry i.e. watches, bracelets, necklaces & earrings
- A single center referee shall ref the game. If no referees are provided, the coaches will referee the game. One on each side of the field
- All goals are celebrated, not counted. We DO NOT keep score. There is no winner or loser
- We use SOSC issued goals only
- Kick off will start the first and second half alternating ends of the pitch
- For all kick offs, throw-ins, free kicks the opposing team must give 5 yards distance off the ball
- The Build Out Line will be used in all games which is a line equidistant between the penalty area line and halfway line on the field.
- When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed and will result in a free kick)
- After the ball is put into play by the goalkeeper and received by their player the opposing team can cross the build out line and play resumes as normal. The opposing team must also move behind the build out line during a goal kick until the ball is put into play. The team taking a goal kick may receive the ball within their goal box. The ball does not have to leave the goal box to be live.
- There will be no off sides rule, however a player may not wait on the opposing teams side of the field to receive the ball without engaging in the play of the game.
- No direct kicks will be awarded. Only indirect kicks for fouls.
- There will be no red cards, All infractions will be explained to the player
- Throw-ins will be used, Corner kicks will be awarded
- Heading is NOT allowed and will result in a free kick
- Master Rosters for the division will be used for check-in and League Directors are the only ones to sign off on additions to rosters

U12 Division Rules

- Games will be played 9v9 or 10v10 based on roster size and availability , with one player per team being a goalkeeper
- Size 4 ball
- Games will consist of two 25-minute halves for a total game time of 50 minutes (The clock does not stop, games are played with a running clock)
- Heading is NOT allowed and will result in a free kick.
- All players must wear shin guards during the game
- Teams may be co-ed
- Each player should play at least 50% of the time
- All players must remove accessories & jewelry i.e. watches, bracelets, necklaces & earrings
- Referee will be provided by SOSC and the referee decision is final
- All goals are celebrated, not counted. We DO NOT keep score
- There is no winner or loser
- We use SOSC issued goals only
- Kick off will start the first and second half alternating halves
- For all kick offs, throw ins, free kicks, etc. the opposing team must give five yard distance off the ball or as directed by the referee
- The team taking a goal kick may receive the ball within their goal box. The opposing team must be outside of the goal box for the kick. The ball does not have to leave the goal box to be live
- The off sides rule will be enforced and should be introduced and taught during play
- No direct kicks will be awarded. Only indirect kicks for fouls. No indirect kicks inside the goal box. Move to closest area outside.
- There will be no red cards, All infractions will be explained to the player
- Throw-ins will be used, Corner kicks will be awarded
- Heading is NOT allowed and will result in a free kick
- Master Rosters for the division may be used for check-in and League Directors are the only ones to sign off on additions to rosters

Middle School Division Rules U14

- Middle School Division is for players in Middle School
- Games will be played 9v9 , 10v10 or 11v11 based on roster availability
- Size 5 ball
- Games will consist of two 25-minute halves for a total game time of 50 minute (The clock does not stop, games are played with a running clock, water breaks will be used)
- 8 , 9 or 10 players on the field per team with one of them being a goalkeeper
- Heading is NOT allowed and will result in a free kick.
- All players must wear shin guards during the game
- Teams may be co-ed
- Each player should play at least 50% of the time
- All players must remove accessories & jewelry i.e. watches, bracelets, necklaces & earrings
- Referee will be provided by SOSC and the referee decision is final
- All goals are celebrated, not counted. We DO NOT keep score
- There is no winner or loser
- We use SOSC issued goals only
- Kick off will start the first and second half alternating halves
- For all kick offs, throw ins, free kicks, etc. the opposing team must give five yard distance off the ball or as directed by the referee
- The team taking a goal kick may receive the ball within their goal box. The opposing team must be outside of the goal box for the kick. The ball does not have to leave the goal box to be live
- The off sides rule will be enforced and should be taught during play
- No direct kicks will be awarded. Only indirect kicks for fouls. No indirect kicks inside the goal box. Move kick to closest area outside of the box.
- There will be no red cards, All infractions will be explained to the player
- Throw-ins will be used, Corner kicks will be awarded
- Heading is NOT allowed and will result in a free kick
- Master Rosters for the division may be used for check-in and League Directors are the only ones to sign off on additions to rosters