

Recreation Rules for ARAA Rec Soccer Spring 2008

For all programs:

- We play by running clock; the time does not stop for any reason.
- Putting the ball into play after out-of-bounds is the same as you were taught (throw-in, goal kick, corner kick), except if a player does it incorrectly (feet leave ground during throw-in, ball doesn't come all the way in, kids trips during kick, etc.), gently correct the player and allow them to redo it until it is correct.
- Substitutions can be done at any stoppage in play; goalkeepers should only change at half, unless they are injured.
- Indirect kicks are used for all fouls.
- Goalies must throw the ball when they have it in their hands (no drop-kicks).

For weather:

- You can call the ARAA hotline at (763) 422-9555 (press 6 and 1) after 6:00pm (for 6:15 practices/games) or after 7:15pm (for 7:30 practices/games) the day of the game to find out if games have been cancelled.
- We will play soccer in the rain but, not if weather is severe. Often, we will not cancel games/practices prior to the scheduled time due to weather unless it is obvious that the severe weather will interfere throughout the entire night.

U6s:

- Playing Time: Quarters are 10 minutes each. Two minutes between quarters and three minutes at the half.
- Players: 5 vs 5, no goalkeeper. If a team has less than 8 players, coaches will agree to have both teams play 4 vs 4.
- Coaches: can be on the fields with their players throughout the season unless it is interfering with the game play.

U8s and U10s:

- Playing Time: Quarters are 12 minutes each. Two minutes between quarters and three minutes at the half.
- Players: 5 vs 5, plus one goalkeeper (6 players total). If a team is short players, coaches will agree to have both teams play 4 vs 4, plus one goalkeeper (5 players total). Teams can choose to play 6v6, plus one goalkeeper (7 players total) if they have at least 11 players.
- Coaches: Can be on fields with their players up to June 1st unless it is interfering with the game play. After June 1st, coaches must coach from the sidelines.

U12s:

- Playing Time: Quarters are 10 minutes each. Two minutes between quarters and three minutes at the half.
- Players: 3 vs 3, no goalkeeper. If teams both agree, they can change to 4v4, no goalkeeper. There should always be at least one girl player on the field if possible.
- Coaches: Cannot be on the field with their players.