

DASC Recreation Pocket Guide								
	U5	U6	U7	U8	U9	U10	U12	U14 - U19
Format	3v3	3v3	4v4	4v4	7v7	7v7	9v9	9v9 or 11v11
Ball Size	3	3	3	3	4	4	4	5
Goalkeepers	No	No	No	No	Yes	Yes	Yes	Yes
Penalty Kicks	No	No	No	No	Yes	Yes	Yes	Yes
Offsides	No	No	No	No	No	Yes	Yes	Yes
Restarts for Fouls	Indirect	Indirect	Indirect	Indirect	Indirect and Direct	Indirect and Direct	Indirect and Direct	Indirect and Direct
Slide tackles	No	No	No	No	No	No	Yes	Yes
Game Duration	4 x 8 min Quarters, 2 min. quarter breaks; 5	4 x 8min Quarters, 2 min. quarter breaks; 5	2 x 20 min halves; 5 min. halftime	2 x 20 min halves; 5 min. halftime	2 x 25min Halves, 5 min. halftime	2 x 25min Halves, , 5 min. halftime	2 x 30min Halves, , 5 min. halftime	2 x 35/40min Halves
Breaks	2min after 1st and 3rd	2min after 1st and 3rd	n/a	n/a	n/a	n/a	n/a	n/a
Half Time	5min	5min	5min	5min	5min	5min	10min	10min
Goals from Kickoffs	No	No	No	No	No	No	Yes	Yes
Restart out of bounds	Kick-in	Kick-in	Kick-in	Throw-in	Throw-in	Throw-in	Throw-in	Throw-in
Do-Overs for Restarts	Yes	Yes	Yes - 1 per instance	Yes - 1 per instance	Yes	No	No	No
Build-out Line	Yes	Yes	Yes	Yes	Yes	Yes	U11 Yes, U12 No	No
Goalkeeper Punting	n/a	n/a	n/a	n/a	No	No	Yes	Yes
Heading	No	No	No	No	No	No	U11 No, U12 Yes	Yes
Assistant Referees	No	No	No	No	No	No	Yes	Yes
Yellow/Red Cards	No	No	No	No	Yes	Yes	Yes	Yes
Scores/Standings	No	No	No	No	No	No	Yes	Yes
Max. Roster Size	6	6	8	8	10	10	14	22
Goal Size	4'Hx6'W	4'Hx6'W	4'Hx6'W	4'Hx6'W	6'7"Hx16'5"W	6'7"Hx16'5"W	7'Hx21'W	8'Hx24'W
Distance opponents must be from ball for goal kicks, corner kicks, direct and indirect kicks	Midfield for Goal kicks 4 Yards for all others	Midfield for Goal kicks 4 Yards for all others	Midfield for Goal kicks 4 Yards for all others	Midfield for Goal kicks 4 Yards for all others	10 Yards	10 Yards	10 Yards	10 Yards

Can goals be scored off a kickoff	No	No	No	No	No	No	Yes	Yes
Substitutions	At any stoppages and unlimited	At any stoppages and unlimited	At any stoppages and unlimited	At any stoppages and unlimited	At any stoppages and unlimited	At any stoppages and unlimited	At any stoppages and unlimited	At any stoppages and some leagues can be
"Do-overs" allowed for incorrectly taken kickoffs, goal kicks, corner kicks or throw-ins	(No Throw-ins use kick-ins)	(No Throw-ins use kick-ins)	Yes - 1 per instance	Yes - 1 per instance	Yes - 1 per instance	Yes - 1 per instance	No	No
Goalkeeper Distribution Rule	N/A	N/A	N/A	N/A	The Goalkeeper cannot punt the ball.	The Goalkeeper cannot punt the ball.	No Rule	No Rule
Use of Assistant Referees (AR's)	No	No	No	No	Parent used AR's	Parent used AR's	Certified AR's	Certified AR's
Field Size	Length (20 min - 30 max.) Width (15 min. -	Length (20 min - 30 max.) Width (15 min. -	Length (25 min - 35 max.) Width (20 min. -	Length (25 min - 35 max.) Width (20 min. -	Length (45 min - 60 max.) Width (35 min. -	Length (45 min - 60 max.) Width (35 min. -	Length (70 min - 80 max.) Width (45 min. -	Length (100 min - 120 max.) Width (50 min. -