

Rules Summary - Recreational Games

ROFC

Co-scheduled games with BHYSL, CS, MHYSA, SOCS and U19 ITPRS, LAYSL, NMCYS, RSC, TYSL

Last updated for Spring 2026 season

Division (Grade)	U5/U6 (Pre-K/Kindergarten)	U7/8 (1st & 2nd Grades)	U9/10 (3rd & 4th Grades)	U11/12 (5th & 6th Grades)	U13/14 (7th & 8th Grades)	U19 (9th Grade and up)
Ball size	3	3	4	4	5	5
Players (incl keeper)	3v3 (no goalkeeper)	5v5	7v7	9v9	11v11	11v11
Minimum to play	2	4	5	7	7	7
Preferred roster size	10	10	12	15	18	22
Length of game	2 x 20 minutes	2 x 25 minutes	2 x 30 minutes	2 x 30 minutes	2 x 35 minutes	2 x 40 min minutes
Scoring	At 4 goals differential, the losing team can add an additional player. At 3 goals or less, the additional player is removed.					
Substitutions	Unlimited in number. Referee must be informed. Can be made by either team on any restart when the ball is out of play.					
Kick or Throw-in for ball out of play over sideline	Kick-in; one touch only by kicking player (not dribble). 5 yds opponent distance	Throw-in				
Throw-in redo	n/a	Yes*	No	No	No	No
Offside Rule Enforced	No	No	Yes (between build out line and goal line)	Yes	Yes	Yes
Pass Back Rule	n/a	Enforced	Enforced	Enforced	Enforced	Enforced
Heading	No - a purposeful header results in indirect kick from spot of infraction				Yes	Yes
Slide Tackling	NO (Dangerous Play)	NO (Dangerous Play)	NO (Dangerous Play)	Yes	Yes	Yes
Free kicks **	All indirect. No free kick closer than 10 yards to opponent's goal (move out to 10).	All indirect. Free kicks in opposing penalty area brought out of penalty area for indirect kick.	All indirect, except for penalty kicks.	Per FIFA Laws of the Game		
Build out line	No	Yes (between top of penalty area and halfway line)		No	No	No
Restart Distance	5 Yards	6 Yards	8 Yards	8 Yards	10 Yards	10 Yards
Penalty kicks	No	No	Yes (10 yards)		Yes (12 yards)	
Goal kicks **	Kick-in from end line; more than one touch (dribble) allowed. Opponents retreat behind halfway line until the ball is kicked	Ball is placed within the combined goal/penalty area. Opponents retreat beyond the build out line until ball is kicked and moves.	Ball is placed within the goal area (smaller box). Opponents retreat beyond the build out line until the ball is kicked and moves.	Per FIFA. Ball placed anywhere within goal area. Ball is in play when it is kicked and moves. Opponents must stay outside penalty area until ball is in play.		
Goal Keeper Punting	n/a	No; indirect free kick to other team		Yes	Yes	Yes
Equipment	Required: Shirt, shorts, shinguards, socks (covering shinguards), shoes.					
	Pinnies if color conflict	Home team changes for color conflict (visitors may change if they have alternate). Either goalkeeper must change for color conflicts. Referee may allow optional equipment (cold weather gear, goalkeeper cap, head/elbow/knee protection, religion-required clothing, etc) if deemed not dangerous.				
Jewelry	NONE ALLOWED. Taping does not make jewelry safe. (Jewelry: items worn for decoration or display, not having any purpose for the game.) Medic Alert bracelet/similar item should be taped, allowing medallion to be seen.					
Referee	No ref, coaches on field	Yes	Yes	Yes	Yes	Yes
Asst Referee	No	No	No	Yes	Yes	Yes
Seating	Home team and spectators sit on the east or south sideline. Away team and spectators sit on west or north sideline. No coaches or spectators behind end lines.					

Notes:

* If the first throw-in is a foul throw, the same team takes another throw. The ball is turned over to the other team if the second throw is a foul throw.

** For U10 and under, the boundaries of the penalty area and the goal area are the same, despite any markings on the field.