

Impact United Recreation

Modified Rules of Play: U8 - U18

	U8	U9	U10	U11	U12	U14 & U16
Number of Players	6v6 (goalie + 5)	6v6 (goalie + 5)	8 v 8 (goalie + 7)	8 v 8 (goalie + 7)	8 v 8 (goalie + 7)	8 v 8 (goalie + 7)
Ball Size	#3	#4	#4	#4	#4	#5
Size of goals	5' x 10'	5' x 10'	Full	Full	Full	Full
Game Length	(2) 25 min. halves	(2) 25 min. halves	(2) 25 min. halves	(2) 30 min. halves	(2) 30 min. halves	(2) 35 min. halves
Halftime Break	5 min.	5 min.	5 min.	5 min.	5 min.	5 min.
Referees	1 Referee	2 Referee System	2 Referee System	2 Referee System	2 Referee System	Center Referee 2 Asst. Referees (Line)
Offside	No	Yes	Yes	Yes	Yes	Yes
Direct Free Kicks	IFK only	Yes	Yes	Yes	Yes	Yes
Penalty Kicks	No	No	Yes	Yes	Yes	Yes
Slide Tackle Allowed?	No. IFK for Dangerous Play	No. IFK for Dangerous Play	No. IFK for Dangerous Play	Yes	Yes	Yes

- For Indirect Free Kicks (IFKs) and Direct Free Kicks (DFKs), opposing players must be at least 10 yds away.
- Substitutions for U8 are at any stoppage of play.
- Substitutions for U9 – U18 are at:
 - 1) Own possession throw-in *
 - 2) Any goal kick
 - 3) Any kickoff
 - 4) Any injury

* Additionally, the non-possessing team may substitute prior to a throw-in by the possessing team if the possessing team is also making a substitution and the non-possessing team's substitutes are ready to enter the game.

Referee Uniform and Equipment

The Impact United Referee uniform consists of a yellow Impact United referee shirt and black shorts or pants. If the weather is cold, wear your referee shirt OVER your jacket or coat.

There are additional items you will need at EVERY game:

- your whistle
- a watch
- copy of age specific rules grid
- a quarter or flipping coin to determine field side and ball possession
- water bottle
- Sunscreen

Center referees will also bring flags for Assistant Referee (Line) use in U14 & U18 games.

Observation

Referee Coordinators will observe several games throughout the season. Please be prepared to accept constructive feedback without becoming defensive. Maintain a positive, professional attitude through all discussions.

Referee Code

- Study the game of soccer.
- Know the laws and the rules.
- Attend meetings, clinics, seminars.
- Be professional; i.e. On time, in proper uniform, prepared, fit.
- Show respect to players, coaches, parents and spectators.
- Know and use proper procedures.
- Explain the rules when needed.
- Help less experienced referees.
- Take each game seriously.
- Smile, enjoy the game.
- Always remain calm.
- Be neutral.
- Be firm, fair and honest.
- Be consistent.
- Implement good management techniques.
- Show courage and confidence; avoid arrogance.
- Accept only the number and level of assignments that can be done well.
- Seek evaluation from coaches/players.
- Be assessed regularly.
- Play the game to better understand it.