

SIU REC RULES SUMMERY (Revised 8-4-2022)

	U4 U5 U6	U8	U10	U12	U14 and older
Max/Min # Players on the Roster	8/4	8/4	12/5	16/7	18/7
Max/Min # Players on the Field	4/3	4/3	7/5	9/7	11/7
Gender	COED	COED	BOYS/GIRLS	BOYS/GIRLS	COED
Goalkeeper	No	No	Yes	Yes	Yes
Goalkeeper Distribution	N/A	N/A	Throw/Roll	Throw/Roll/Punt	Throw/Roll/Punt
Game Duration	4 X 8 min	4 x 10 min	2 x 25 min	2 x 30 min	2 x 30(U14) 2 x 35(U16) 2 x 40(U18)
Time between Quarters/Halves	2-5 min	2-5 min	2-5 min	5min	10 min
Practices per week	None	1 (45-60 min)	2 (60-90)	2 (75-90)	2(75-90)
Substitutions	Anytime/Unlimited	Anytime/Unlimited	Any stoppage/Unlimited	Either team after goal or before goal kick. By the team taking throw-in.	
Ball size	3	3	4	4	5
Shin Guards	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
ThrowIn/Kick In	Kick In	Throw In	Throw In	Throw In	Throw In
Goal Kick	Kick In	Yes	Yes	Yes	Yes
CornerKick	Kick In	Yes	Yes	Yes	Yes
Penalty Kick	No	No	Yes	Yes	Yes
Foul Restarts	Indirect kick	Indirect kick	Direct kick	Direct kick	Direct kick
Offsides	No	No	no	Yes	Yes
Referee	Coach	Coach	2	3	3
Scores/Standings	No/No	Yes/No	Yes/No	Yes/No	Yes/No
Field Size(Yards, L x W)	30x20	35 x 25	60 x 40	80 x 50	110 x 65
Goal Size(Feet, H x W)	4x6	4x6	6'6" x 18'6"	7 x 21	8 x 24
Center Circle (yards, radius)	None	5	5	8	10
Corner arc (Feet, radius)	None	3(optional)	3	3	3
Goal Area (Yards, L x W)	None	6 yd arc (Neither team can touch ball in Arc)	4 x 14	4 x 14	6 x 20
Penalty Area (Yards, L x W)	None	None	10 x 26	14 x 34	18 x 44
Penalty Mark (Yards, from Goal)	None	None	8	10	12