

Lakeshore League Recreation Soccer

Quick Rules Guide

	3 rd & 4 th	5 th & 6 th
Players On Field	7v7 (includes goalie)	9v9 (includes goalie)
Ball Size	4	4
Duration of game	Four 12 minute quarters	Four 12 minute quarters
Off Sides	Yes	Yes
Penalty Kicks	Yes, opponents must be 8 yards off	Yes, opponents must be 8 yards off
Corner Kick	Yes (Direct)	Yes (Direct)
Free Kicks	Yes, opponents must be 8 yards off	Yes, opponents must be 8 yards off
Throw In	*Conform to FIFA rules	*Conform to FIFA rules
Goal Kicks	Offensive players must be outside of penalty box. Defenders may play the ball below the penalty box. Opponents must wait for the ball to be contacted before entering the penalty box.	Offensive players must be out of penalty box. Defenders may play the ball below the penalty box. Opponents must wait for the ball to be contacted before entering the penalty box.
Shin Guards	Mandatory	Mandatory
Substitution	1. At the end of the quarter. 2. At the mid-quarter subbing break. 3. After an injury by either team, when referee stops play. Only injured player may be sub'd. If injured player is sub'd, opposing team may sub one player	1. At the end of the quarter. 2. At the mid-quarter subbing break. 3. After an injury by either team, when referee stops play. If injured player is sub'd, opposing team may sub one player
Slide Tackling	Not Allowed	Not Allowed
Headers	Not Allowed (change possession)	Not Allowed (change possession)
Goalie Restart	The goalie has six seconds to put ball in play.	The goalie has six seconds to put ball in play.
*Yellow Card Fouls	Send player off field until next substitution & allow for player to be subbed	Send player off field until next substitution & allow for player to be subbed
*Red Card Fouls	Send player off field for balance of game, team doesn't play down a player, a substitution is allowed	Send player off field for balance of game, team doesn't play down a player, a substitution is allowed
Coaches	Coaches/ players on opposite side from spectators. Please allow 5 yards separation on sideline.	Coaches/ players on opposite side from spectators. Please allow 5 yards separation on sideline.

Note: The new goal kick rule allowing defenders to play the ball below the penalty box is in effect.