



## **FIELD**

**Dimensions:** 100 yards long and 50 yards wide (maximum).

**Markings:** No change from Laws of the Game.

**Goals:** No change from Laws of the Game.

## **BALL** Size 4

## **PLAYERS**

**Number:** Nine per team on field; one of which is a goalkeeper.  
12 maximum on roster.

**Substitutions:** Between periods, at halftime and for injuries.

**Playing time:** Minimum of two periods per game and no player should play four periods until everyone has played three.

**Teams:** Separate girls and boys teams should be promoted at all levels of play.

## **PLAYERS' EQUIPMENT**

**Footwear:** Soft-cleated soccer shoes or tennis shoes.

**Shinguards:** MANDATORY for both practices and games, and must be covered entirely by socks.

## **REFEREE**

The referee must be a certified regional referee or above.

## **DURATION OF GAME**

- Four 15-minute periods.
- Halftime break of 5–10 minutes.