SIU REC RULES SUMMARY (Revised 3/1/17)					
	U5 and U6	**U7 and U8**	**U10**	**U12**	**U13 and older**
Max/Min # Players on the Roster	6/3	8/4	12/6	14/8	18/14
Max/Min # Players on the Field	3/2	5/4	7/5	9/7	11/7
Goalkeeper	No	No	Yes	Yes	Yes
Goalkeeper Distribution	N/A	N/A	Throw, Roll, Punt	Throw, Roll, Punt	Throw, Roll, Punt
Game Duration	4 x 6 min	4 x 10 min	4 x 12 min	2 x 30 min	2 x 35 (U14) 2 x 40 (U16) 2 x 45 (U18)
Time Between Quarters/Halves	2-5 min	2-5 min	2-5 min	5 min	10 min
Practices per week	None	1 (45-60 min)	2 (45-60 min)	2 (75 min) for U12 2-3 (75-90 min) for U14 3 (90-120 min) for U16 and older	
Substitutions	Anytime/Unlimited	Anytime/Unlimited	Any Stoppage/Unlimited	Either team after goal or before goal kick. By the team taking a throw-in.	
Ball size	3	3	4	4	5
Throw In /Kick In	Kick in	Coach's option (2 tries at a throw in)	Throw in	Throw in	Throw in
Goal kick	Kick in	Yes	Yes	Yes	Yes
Corner kick	Kick in	Yes	Yes	Yes	Yes
Penalty kick	No	No	Yes	Yes	Yes
Foul restarts	Direct kick	Direct kick	Direct kick	Direct kick	Direct kick
Offsides	No	**No, ball cannot be played in the goal box by either team**	Obvious offsides are called & explained	Yes	Yes
Referee	Coach	1	USSF	USSF	USSF
Asst. Referee	No	No	No	USSF or club	USSF
Scores / Standings	No/no	Yes/no	Yes/no	Yes	Yes
Field size (Yards, L x W)	30x20	40x25	60x40	80x50	110x65
Goal size (Feet, H x W)	4x6	4x6	6'6" x 18'6"	7x21	8x24
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	2x4	4x14	4x14	6x20
Penalty Area (Yards, L x W)	None	None	10x26	14x34	18x44
Penalty Mark (Yards from Goal)	None	Non	8	10	12
Technical Area	None	Midfield flag for Subs; Line painted 5' from touch line, extending from top of penalty box to outside of center circle.			