

Spring 2025 Recreation Program Division/Game Guidelines

KinderKix (KK) Coed Division

Individual teams assigned to fields for practices

Shin guards recommended for safety (but not required)

Soccer ball size: Size 3

Fields: U6-U8 fields

Saturday trainings ONLY for this division (approximately 45-min practice)

Each KK team uses half of their scheduled field for practice

Coaches will organize and lead players through practices but it is strongly recommended parents/guardians be present on the field each Saturday to support their child

Teams assigned to the same field can combine to practice depending on Kinder Kix attendance

U6 Coed Division

Individual teams, use pinnies for games, refer to Game Schedule for weekly matchups

Shin guards recommended for safety (but not required)

5v5 (no goalkeepers)

Soccer ball size: Size 3

Fields: U6-U8 fields

Saturday trainings and games ONLY (approximately 30-min training, 30-min game)

Each game will consist of four (4) 6-minute quarters (recommended 1-2 min breaks between quarters)

Kick-ins to restart play after ball goes out of bounds

Goal kicks taken from the end-line (opposing team waits at half line)

No corner kicks - defensive team plays all balls out on their end line

Fouls or infractions result in free kicks that are indirect (ball must be touched by another player before a goal can be scored)

Coaches are on the field with players giving instruction and encouragement. Parents remain on the sidelines through the duration of the practice and match-ups.

Substitutions allowed at any stoppage of play

Coaches will officiate/manage time

U8 Boys Division

Individual teams, use pinnies for games, refer to Game Schedule for weekly matchups

Shin guards recommended for safety

5v5 (no goalkeepers)

Soccer ball size: Size 3

Fields: U6-U8 fields

Teams each practice 1 hour during the week with 1 game each Saturday (1 hour) during the season

Each game will consist of four (4) 10-minute quarters (recommended 3-5 min breaks between quarters)

Kick-ins to restart play after ball goes out of bounds

Goal kicks taken from in front of the goal/penalty area (opposing team waits at half line or build-out line)

Corner kicks taken from line closest to corner where ball crossed the end line

Fouls or infractions result in free kicks that are indirect (ball must be touched by another player before a goal can be scored)

Coaches on field with players (ideally coaches will stay in own half for gentle directions)

Youth referees will officiate/manage time

Offside is NOT enforced

Substitutions allowed at any stoppage of play

Throw-ins start in Week 5 and players get two chances on throw-ins. Play on if the second throw-in is not correct. (How to teach throw-ins: <https://www.soccerhelp.com/Throw.shtml>)

U8/U10 Girls Division

Individual teams, use pinnies for games, refer to Game Schedule for weekly matchups

Shin guards recommended for safety

5v5 or 7v7 with goalkeepers (depending on numbers)

Soccer ball size: Size 4

Fields: U10 fields

Teams each practice 1 hour during the week with 1 game each Saturday (1 hour) during the season

Each game will consist of four (4) 10-minute quarters (recommended 3-5 min breaks between quarters) OR two (2) 25-minute halves (with 10 min half-time). Coaches should discuss this with youth referees prior to the game.

Kick-ins to restart play after ball goes out of bounds

Goal kicks taken from in front of the goal/penalty area (opposing team waits at half line or build-out line)

Corner kicks taken from line closest to corner where ball crossed the end line

Fouls or infractions result in free kicks that are indirect (ball must be touched by another player before a goal can be scored)

Coaches on sideline (ideally coaches will stay on own half of field)

Youth referees will officiate/manage time

Offside is NOT enforced

Substitutions allowed at any stoppage of play

Throw-ins start in Week 5 and players get two chances on throw-ins. Play on if the second throw-in is not correct. (How to teach throw-ins: <https://www.soccerhelp.com/Throw.shtml>)

****In the event this division is playing a U8 Boys team, they will follow the U8 Boys Division/Game Guidelines. If this division is playing a U10 Boys team, U10 Boys will adhere to the U8/U10 Girls Division/Game Guidelines.***

U10 Boys Division

Individual teams, use pinnies for games, refer to Game Schedule for weekly matchups

Shin guards recommended for safety

5v5 or 7v7 with goalkeepers (depending on numbers)

Soccer: Size 4 ball

Fields: U10 fields

Teams each practice 1 hour during the week with 1 game each Saturday (1 hour) during the season

Each game will consist of four (4) 10-minute quarters (recommended 3-5 min breaks between quarters) OR two (2) 25-minute halves (with 10 min half-time). Coaches should discuss this with youth referees prior to the game.

Throw-ins to restart play after ball goes out of bounds, players get two chances on throw-ins, ball changes hands after a second throw-in infraction (How to teach throw-ins: <https://www.soccerhelp.com/Throw.shtml>).

Goal kicks taken from in front of the goal/penalty area (opposing team waits at half line or build out line)

Corner kicks taken from line closest to corner where ball crossed the end line

Fouls or infractions result in free kicks that are indirect (ball must be touched by another player before a goal can be scored), no penalty kicks

Coaches on sideline (ideally coaches will stay on own half of field)

Youth referees will officiate/manage time

Offside is NOT enforced, but will be watched for flagrant infractions

Substitutions allowed at any stoppage of play

****In the event this division is playing a U8/U10 Girls team, they will follow the U8/U10 Girls Division/Game Guidelines.***

U12 Coed Division

Individual teams, use pinnies for games, refer to Game Schedule for weekly matchups

Shin guards recommended for safety
7v7 or 9v9 with goalkeepers (depending on numbers)
Soccer: Size 4 ball
Fields: U12 fields
Teams each practice 1 hour during the week with 1 game each Saturday (1 hour) during the season
Each game will consist of four (4) 12-minute quarters (recommended 3-5 min breaks between quarters) OR two (2) 25-minute halves (with 10 min half-time). Coaches should discuss this with youth referees prior to the game.
Throw-ins to restart play after ball goes out of bounds, players get two chances on throw-ins, ball changes hands after a second throw-in infraction (How to teach throw-ins: https://www.soccerhelp.com/Throw.shtml).
Goal kicks taken from in front of the goal/penalty area (opposing team waits at half line or build out line)
Corner kicks taken from line closest to corner where ball crossed the end line
Fouls or infractions result in free kicks that are indirect (ball must be touched by another player before a goal can be scored, no penalty kicks
Coaches on sideline (ideally coaches will stay on own half of field)
Youth referees will officiate/manage time
Offside is NOT enforced, but will be watched for flagrant infractions
Substitutions allowed at stoppage of play, throw-ins and corner kicks
U14/16 Coed Division
One large pool of U14-16 players, use pinnies for games, split pool of players into teams for weekly matchups
Shin guards recommended for safety
7v7 or 9v9 with goalkeepers (depending on numbers)
Soccer: Size 5 ball
Fields: Full regulation-size field/U12 Fields
Teams each practice 1 hour during the week with 1 game each Saturday (1 hour) during the season
Each game will consist of two 25-minute halves (10 min half-time)
Throw-ins to restart play after ball goes out of bounds, players get two chances on throw-ins, ball changes hands after a second throw-in infraction (How to teach throw-ins: https://www.soccerhelp.com/Throw.shtml).
Goal kicks taken from in front of the goal/penalty area (opposing team waits at half line or build out line)
Corner kicks taken from line closest to corner where ball crossed the end line
Fouls or infractions result in free kicks that are indirect (ball must be touched by another player before a goal can be scored), no penalty kicks
Coaches on sideline (ideally coaches will stay on own half of field)
Youth referees will officiate/manage time
Offside is NOT enforced, but will be watched for flagrant infractions
Substitutions allowed at stoppage of play, throw-ins and corner kicks