

NED Div. 3/4 (Comp./Travel) Quick Rules

- Inspect field and goals for safety
- Check roster and passes
- Check players for safe equipment ♦ no jewelry
- Dressed to play: no more than 13 for U9-10 ♦ 16 for U11-12 ♦ 22 for U13-14
- Halves: 35 min. U9 to U12 ♦ 40 min. U13/U14
- #4 ball U9 to U12 ♦ #5 ball U13 and older
- 7v7 U9/U10 ♦ 8v8 U11-U12 ♦ 11v11 U13/14
- No retakes for throw-ins ♦ Offside is used
- Sub on any stoppage with ref permission
- Goal kick from goal box
- Penalty from 8-yards 7v7 ♦ 10-yards 8v8 ♦ as marked 11v11
- Defense yields 6 yards on free kicks 7v7 ♦ 8 yards 8v8 ♦ 10 yards 11v11
- Goalie restrictions per FIFA rules – cannot handle kicked pass-backs (indirect free kick)
- Swearing – verbal abuse – red card offense

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Northeast District CJSA

NED Division 5 (Rec.) Quick Rules

- Inspect field and goals for safety ♦ Check roster
- Check players for safe equipment-no jewelry
- No more than 13 players dressed to play
- 15-minute quarters (4) U14 and younger
- #4 ball U12 and younger ♦ #5 U13 and older
- 7v7 or less as agreed by coaches U12 and younger ♦ 6v6 U13+.
- Throw-ins: 1 retake all ages ♦ Offside is used
- Sub on any stoppage with ref permission
- Goal kick from top of penalty box for U9 and U10 ♦ from goal box for U11 and older
- Penalty from 8-yard line or as marked
- Defense yields 6 yards on free kicks
- Goalie restrictions per FIFA rules
- Ball from goal kick or goalie must touch a player or field before crossing half field or indirect free kick from where the ball crossed
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