

Recreational Rules

Kaneland Soccer emphasizes small sided games and smaller fields to support player development. Game play rules have been modified to support this philosophy and keep games safe and fun.

Division U6

Uniform	Home = light jersey, Away = dark jersey
Field	30 yards x 20 yards
Goals	Pugs
Ball	Size 3
Players	3 v 3; no goalkeepers. Substitutions "on the fly" / when the child tires
Players' Equipment	Tennis shoes or rounded soft-cleated soccer shoes. Shinguards – MANDATORY at all practices and games. Shinguards are worn under the socks. No Jewelry
Referee	Could be registered youth or adult referee, coach or parent. Referees should emphasize safety, fairness, fun and learning.
Duration of Game	2 15 minute halves. 5 minute half time,
Start of Play	The game should be started by a free kick in the middle of the field. A coin flip will determine which team will kick off. The opposing team will start the second half. Referees will end quarters when the ball goes out of play as close to regulation time as possible. The next quarter will begin with the appropriate re-start (throw-in, corner kick, free kick) by the team with possession. The referee will ensure that all opponents are at least 10 feet from the spot of any free kick.
Ball In and Out of Play	When the whole ball crosses the touch line either on the ground or in the air, it should be thrown in from where it crossed the line, by a player on the opposing team. When the whole ball crosses the goal line (not into the goal), it should be kicked into play from where it crossed the line by a player on the opposing team.
Method of Scoring	A goal is scored when the whole ball completely crosses the goal line between the goal posts and under the crossbar. No score is kept at this level.
Fouls and Misconduct	Direct free kick for all fouls, with opponents 10 feet away. Referees should explain ALL infractions.

Division U8

Field	45 yards x 35 yards
Uniforms	Home = Light Jersey. Away = Dark Jersey
Goals	4.5 tall x 9 feet wide
Ball	Size 4
Players	5 v 5 (4 field players, 1 goalie). Substitutions on stops (throw ins, kicks)
Players' Equipment	Tennis shoes or rounded soft-cleated soccer shoes. Shinguards are MANDATORY at all practices and games. Shinguards worn under socks. No jewelry.
Referee	Registered youth or adult referee. Referees should emphasize safety, fairness, fun and learning.
Duration of Game	2 x 25 minute halves, 5 minute half time
Start of Play	The game should be started by an indirect, free kick in the middle of the field. A coin flip will determine which team will kick off. The opposing team will start the second half. The referee will ensure that all opponents are at least 16 feet from the spot of any free kick.
Ball In & Out of Play	When the whole ball crosses the touch line either on the ground or in the air, it should be thrown in from where it crossed the line, by a player on the opposing team. When the whole ball crosses the goal line (not into the goal), it should be kicked into play from the goal area line by a player on the opposing team (usually the goalkeeper or a defender).
Free Kicks	All free kicks are indirect kicks (the ball must touch a player other than the player who took the kick before going into the goal).
Method of Scoring	A goal is scored when the whole ball completely crosses the goal line between the goal posts and under the crossbar. Scores are kept at this level.
Goaltender Scoring	Based on the small sided/small field player development philosophy, goaltenders may not score (punts, goal kicks, throws). Where a goaltender is the last player to touch the ball prior to the ball entering the opponent's goal, possession of the ball changes and the ball is returned to play with a goal kick.
Fouls & Misconducts	Referees should explain ALL infractions. There are NO penalty kicks at the U8 level.

Division U10

Field	45 yards x 35 yards
Goals	6.5 X 12 feet
Ball Size	Size 4
Players	5 v 5 (4 field players + 1 goalie), Substitutions on kicks and throw ins.
Players' Equipment	Tennis shoes or rounded soft-cleated soccer shoes. Shinguards – MANDATORY at all practices and games. Shinguards worn under socks. No Jewelry
Referee	Registered youth or adult referee. Referees should emphasize safety, fairness, fun and learning.
Duration of Game	2 x 30 minute halves. 5-7 minute half time
Start of Play	The game should be started by a free kick in the middle of the field. A coin flip will determine which team will kick off. The opposing team will start the second half. Referees will end quarters when the ball goes out of play as close to regulation time as possible. The next quarter will begin with the appropriate re-start (throw-in, corner kick, free kick) by the team with possession. The referee will ensure that all opponents are at least 18 feet from the spot of the free kick.
Ball In & Out of Play	When the whole ball crosses the touch line either on the ground or in the air, it should be thrown in from where it crossed the line by a player on the opposing team. When the whole ball crosses the goal line (not into the goal), it should be kicked into play from the goal area line by a player on the opposing team (usually the goalkeeper or a defender).
Method of Scoring	A goal is scored when the whole ball completely crosses the goal line between the goal posts and under the crossbar. Scores are kept at this level.
Free Kicks	All free kicks are indirect kicks (the ball must touch a player other than the player who took the kick before going into the goal).
Goaltender Scoring	Based on the small sided/small field player development philosophy, goaltenders may not score (punts, goal kicks, throws). Where a goaltender is the last player to touch the ball prior to the ball entering the opponent's goal, possession of the ball changes and the ball is returned to play with a goal kick.
Fouls & Misconducts	All Direct and Indirect Free Kick fouls are enforced (e.g., tripping, handball, offside, etc.), including penalty kicks.

Divison U12

Field	45 x 35 yards
Goals	6.5 X 18 ft
Ball Size	Size 4
Players	5 v 5 (4 field players and 1 goalie). More players may be used if both coaches agree. Substitutions on kicks and throws.
Players' Equipment	Tennis shoes or rounded soft-cleated soccer shoes. Shinguards – MANDATORY at all practices and games.No jewelry.
Referee	Registered youth or adult referee, with 2 Assistant Referees. Referees should emphasize safety, fairness, fun and learning.
Duration of Game	2 30-minute halves; Halftime break 5-7 minutes.
Start of Play	The game should be started by a free kick in the middle of the field. A coin flip will determine which team will kick off. The opposing team will start the second half. Referees will end each half when the ball goes out of play as close to regulation time as possible. The referee will ensure that all opponents are at least 18 feet from the spot of any free kick.
Ball In & Out of Play	When the whole ball crosses the touch line either on the ground or in the air, it should be thrown in from where it crossed the line by a player on the opposing team. When the whole ball crosses the goal line (not into the goal), it should be kicked into play from the goal area line by a player on the opposing team (usually the goalkeeper or a defender).
Method of Scoring	A goal is scored when the whole ball completely crosses the goal line between the goal posts and under the crossbar. Scores are kept at this level.
Free Kicks	All free kicks are indirect kicks (the ball must touch a player other than the player who took the kick before going into the goal).
Goaltender Scoring	Based on the small sided/small field player development philosophy, goaltenders may not score (punts, goal kicks, throws). Where a goaltender is the last player to touch the ball prior to the ball entering the opponent's goal, possession of the ball changes and the ball is returned to play with a goal kick.
Fouls & Misconducts	All Direct and Indirect Free Kick fouls are enforced (e.g., tripping, handball, offside, etc.), including penalty kicks.
Offsides	Offsides is enforced