



4v4 | Kindergarten - 2nd Grade

- Four (4) 10 minute quarters with 3 minute water-breaks in between quarters.
- No goalies to be used.
- Throw-ins, corner-kicks, goal-kicks, and kick-offs will be used for any restart.
- No score is to be kept.
- No offsides.
- No slide tackling.
- Only four (4) players on the field at any given time. (Unless both teams agree to add an additional player to each side)
- **SUBSTITUTIONS:** Substitutes may enter the game during any stoppage in play. There is no limit on substitutions. Every player MUST play at least half of the game.
- **SIDELINES:** Parents must be on the opposite side of the field as the teams' bench.
- Home team will wear their NAVY WUFC jerseys and the other team will wear the club provided pinnies.
- No jewelry is permitted, even if taped. Medical alert bracelets/necklaces are allowed, if taped.
- Shin guards, covered by socks, are mandatory in all games. Players not wearing shin guards will not be allowed to participate.
- No direct free kicks. All set pieces are indirect. An indirect free kick means that someone else has to touch the ball before it can be taken as a shot on goal.
- No heading.
- No slide tackling.

7v7 (Includes Goalies) | 3rd - 8th Grade

- Two (2) 25 minute halves with a 5 minute halftime.
- Goalies cannot punt the ball.
- Throw-ins, corner-kicks, goal-kicks, and kick-offs will be used for any restart.
- No score is to be kept.
- Offside will be called when it is a clear and obvious infraction as seen by the referee.
- 3rd and 4th grade teams will not utilize the Build Out Line (BOL) this spring season.
- Only seven (7) players on the field at any given time. (Unless both teams agree to add an additional player to each side)
- **SUBSTITUTIONS:** Substitutes may enter the game during any stoppage in play. There is no limit on substitutions. Every player MUST play at least half of the game.
- **SIDELINES:** Parents must be on the opposite side of the field as the teams' bench.
- Home team will wear their NAVY WUFC jersey and the away team will wear their WHITE WUFC jerseys.
- No jewelry is permitted, even if taped. Medical alert bracelets/necklaces are allowed, if taped.
- Shin guards, covered by socks, are mandatory in all games. Players not wearing shin guards will not be allowed to participate.
- No direct free kicks. All set pieces are indirect. An indirect free kick means that someone else has to touch the ball before it can be taken as a shot on goal.
 - Any infraction inside the penalty box will result in an indirect free kick to be placed at the top of the penalty box parallel to where the infraction occurred.
- No heading for 3rd - 6th grade teams.
- Any other rules not covered here will be enforced based on FIFA rules/laws of the game.
- No slide tackling.