

ONEONTA UNITED FUTBOL CLUB  
YOUTH SOCCER  
U-5 RULES

1. The field is marked as a scaled down regulation soccer field without a penalty area.
2. Teams consist of 4 vs 4. Substitutions will be made at any time. Each player should play half the game (2 quarters). Games will consist of four 5 minute quarters. Quarter breaks will occur on a natural game stoppage. Quarter breaks are 2 minutes. Halftime break is 5 minutes.
3. Players must wear shin guards to all practices and games. Soccer cleats shall be soft cleated with no toe cleat. No jewelry is allowed at games or practice (includes metal hair barrettes.) The ball is a size 3.
4. Coaches will referee U-5 games. They should be treated with respect. All comments from the sidelines shall be positive. The game should emphasize fun, fairness and safety. Play should only be stopped for substantial breaches of the laws (blatant shoving, tripping, picking up the ball and running with it, playing goalkeeper.) Any infringements to the laws should be explained to the players.
5. Rules will be similar to regular soccer with the following exceptions. No offside, no penalty kicks, no goalkeepers, all free kicks are direct. When a throw-in is taken incorrectly, instruct the player on proper technique and have them try again. If they do it wrong a second time, let it go. Work on it at practice. All defenders must line up at the edge of the center mark on goal kicks. Free kicks shall be backed up enough from the goal to prevent defensive players from getting hurt.
6. Games start with a kick off at the center mark of the field. Both teams should be on their half of the field with the defending team 6 yards from the center mark. A coin toss determines which team kicks off. The other team gets the second half kick-off. Kickoffs will restart the game after goals and in the second half. Do not switch sides.
7. Opponents should be back 6 yards for free kicks. The ball is out of play when the ball completely crosses the goal line or touch line. No goalkeepers are allowed in U-6. Defensive players cannot “camp out” in the goal area.
8. Deliberate Heading Is not allowed. Restart is a dropped ball.

ONEONTA UNITED FUTBOL CLUB  
YOUTH SOCCER  
U-7 RULES

1. The field is marked as a scaled down regulation soccer field. The only significance of the penalty area is to designate the area defensive players must clear for a goal kick.
2. Teams consist of 5v5 with one goalkeeper per team (goalkeeper is one of the 5). Substitutions will be made on goal kicks, after goals, on your throw-ins and on an injury. Each player should play half the game. Games will consist of 4 - 8 minute quarters. Quarter breaks will occur on a natural game stoppage. Quarter breaks are 2 minutes. Halftime break is 5 minutes.
3. Players must wear shin guards to all practices and games. Soccer cleats shall be soft cleated with no toe cleat. No jewelry is allowed at games or practice (includes metal hair barrettes.) The ball is a size 3.
4. Coaches will referee U-7 games. They should be treated with respect. All comments from the sidelines shall be positive. The game should emphasize fun, fairness and safety. Any infringements to the laws should be briefly explained to the players.
5. Rules will be similar to regular soccer with the following exceptions. No offside, no penalty kicks, all free kicks are indirect, corner kicks allowed. Incorrect throw-ins should be whistled and explained. If it happens again, let it go. NEW RULE: Goal kicks are in play when the ball is kicked and moves, not when the ball leaves the penalty area. Defensive players will line up on their side of the center line for goalie distribution, not a goal kick. For stationary goal kicks, defensive players will line up on their side of the penalty box. Free kick infringements in the penalty area shall be taken at the closest point outside the penalty area. Extra care will be taken to protect the keeper when gaining possession of the ball.
6. Games start with a kick-off at the center of the field. Both teams should be on their half of the field with the defending team 6 yards from the center mark. A coin toss determines which team kicks off first. The other team gets the second half kick-off. Kick-offs will restart the game after goals and in the second half. Teams do not switch sides at half time.
7. Opponents should be back 8 yards for free kicks and 2 yards for throw-ins. The ball is out of play when the ball completely crosses the goal line or touch line.
8. Coaches should remain within 10 yards of the halfway line, on sidelines, on their own side of the field. Reasonable words of encouragement are fine at all times from parents and coaches. Coaches are encouraged to limit tactical instruction during games. Parents should refrain from coaching from the sidelines. Coaches and players will be on one side of the field, and spectators will be on the other. No one will be allowed to stand behind the goal area of the field.
9. Deliberate Heading Is not allowed. Restart is a dropped ball.

ONEONTA UNITED FUTBOL CLUB  
YOUTH SOCCER  
U-9 RULES

1. The field is marked as a scaled down regulation soccer field.
2. Teams consist of 7v7 with one goalkeeper per team (goalkeeper is one of the 7). Substitutions will be made on goal kicks, after goals, on your throw-ins and on an injury. Each player should play half the game. Games will consist of 4 - 10 minute quarters. Quarter breaks will occur on a natural game stoppage. Quarter breaks are 2 minutes. Halftime break is 5 minutes.
3. Players must wear shin guards to all practices and games. Soccer cleats shall be soft cleated with no toe cleat. No jewelry is allowed at games or practice (includes metal hair barrettes.) The ball is a size 4.
4. Trained referees will referee U-9 games subject to availability; coach ref is an option to prevent cancellation. They should be treated with respect. All comments from the sidelines shall be positive. The game should emphasize fun, fairness and safety.
5. Rules will be similar to regular soccer. Blatant offside will be called. Second chances will be given for throw-ins. All defenders must be out of the penalty area on goal kicks. Free kicks infringements in the penalty area shall result in a penalty kick for the fouled team. Extra care will be taken to protect the keeper when gaining possession of the ball.
6. Games start with a kick-off at the center of the field. Both teams should be on their half of the field with the defending team outside the center circle. A coin toss determines which team kicks off first with the winner choosing which side to play and the loser getting the kickoff. The other team gets the second half kick-off. Kick-offs will restart the game after goals and in the second half. Change of sides at halftime.
7. Opponents should be back 8 yards for free kicks and 2 yards for throw-ins. The ball is out of play when the ball completely crosses the goal line or touch line.
8. Coaches should remain within 10 yards of the halfway line, on the sideline, on their own side of the field. Reasonable words of encouragement are fine at all times from parents and coaches. Coaches are encouraged to limit tactical instruction during games. Parents should refrain from coaching from the sidelines. Coaches and players will be on one side of the field, and spectators will be on the other. No one will be allowed to stand behind the goal area of the field
9. Deliberate Heading Is not allowed. Restart is a dropped ball.
10. Do not shoot on kick offs.

ONEONTA UNITED FUTBOL CLUB  
YOUTH SOCCER  
U-11 RULES

1. The field is marked as a scaled down regulation soccer field.
2. Teams consist of 7v7 with one goalkeeper per team (goalkeeper is one of the 7). Substitutions will be made on goal kicks, after goals, on your throw-ins and on an injury. Each player should play half the game. Games will consist of 2-20 minute halves. Halftime break is 5 minutes.
3. Players must wear shin guards to all practices and games. Soccer cleats shall be soft cleated with no toe cleat. No jewelry is allowed at games or practice (includes metal hair barrettes.) The ball is a size 4.
4. Trained referees will referee U-11 games subject to availability; coach ref is an option to prevent cancellation. They should be treated with respect. All comments from the sidelines shall be positive. The game should emphasize fun, fairness and safety.
5. Rules will be similar to regular soccer. Blatant offside will be called. Second chances will be given for throw-ins. All defenders must be out of the penalty area on goal kicks. Free kicks infringements in the penalty area shall result in a penalty kick for the fouled team. Extra care will be taken to protect the keeper when gaining possession of the ball.
6. Games start with a kick-off at the center of the field. Both teams should be on their half of the field with the defending team outside the center circle. A coin toss determines which team kicks off first with the winner choosing which side to play and the loser getting the kickoff. The other team gets the second half kick-off. Kick-offs will restart the game after goals and in the second half. Change of sides at halftime.
7. Opponents should be back 8 yards for free kicks and 2 yards for throw-ins. The ball is out of play when the ball completely crosses the goal line or touch line.
8. Coaches should remain within 10 yards of the halfway line, on the sideline, on their own side of the field. Reasonable words of encouragement are fine at all times from parents and coaches. Coaches are encouraged to limit tactical instruction during games. Parents should refrain from coaching from the sidelines. Coaches and players will be on one side of the field, and spectators will be on the other. No one will be allowed to stand behind the goal area of the field
9. Deliberate Heading Is not allowed. Restart is a dropped ball.
10. Do not shoot on kick offs.

ONEONTA UNITED FUTBOL CLUB  
YOUTH SOCCER  
U-14 RULES

1. The field is marked as a scaled down regulation soccer field.
2. Teams consist of 3v3 with no goalkeeper. Substitutions will be made on the fly. Each player should play half the game. Games will consist of 2-15 minute halves. Halftime break is 5 minutes.
3. Players must wear shin guards to all practices and games. Soccer cleats shall be soft cleated with no toe cleat. No jewelry is allowed at games or practice (includes metal hair barrettes.) The ball is a size 5.
4. Trained referees will referee U-14 games subject to availability; coach ref is an option to prevent cancellation. They should be treated with respect. All comments from the sidelines shall be positive. The game should emphasize fun, fairness and safety.
5. Rules will be similar to regular soccer. Blatant Offside will be called. Second chances will not be given for throw-ins. All defenders must be out of the penalty area on goal kicks. Free-kick infringements in the penalty area shall result in a penalty kick for the fouled team. Extra care will be taken to protect the keeper when gaining possession of the ball.
6. Games start with a kick-off at the center of the field. Both teams should be on their half of the field with the defending team outside the center circle. A coin toss determines which team kicks off first. The other team gets the second half kick-off. Kick-offs will restart the game after goals and in the second half. Change of sides at halftime.
7. Opponents should be back 10 yards for free kicks and 2 yards for throw-ins. The ball is out of play when the ball completely crosses the goal line or touch line.
8. Coaches should remain within 10 yards of the halfway line, on the sideline, on their own side of the field. Reasonable words of encouragement are fine at all times from parents and coaches. Coaches are encouraged to limit tactical instruction during games. Parents should refrain from coaching from the sidelines. Coaches and players will be on one side of the field, and spectators will be on the other. No one will be allowed to stand behind the goal area of the field
9. Do not shoot on kick offs.