

USA of Indiana Recreational League Rules

For Coaches and Referees - Effective 4/22/25

	5U & 6U	7U & 8U	10U	12U & 14U & 19U
Field Size	30 yards x 20 yards	40 yards x 30 yards	50 yards x 40 yards	75 yards x 55 yards
Goal Size	4 feet x 6 feet	5 feet x 10 feet	6 feet x 18 feet	6 feet x 18 feet
Center Circle	6 yards in diameter	10 yards in diameter	10 yards in diameter	16 yards in diameter
Corner Arc	Two foot radius	Two foot radius	1 yard radius	1 yard radius
Goal Area	None	None	14 yards x 4 yards	14 yards x 4 yards
Penalty Area	NONE		22 yards x 9 yards Penalty mark is 8 yards from the center of the Goal Line.	34 yards x 14 yards Penalty mark is 10 yards from the center of the Goal Line.
Law 2: The Ball	Size 3		Size 4	
Law 3: Number of Players	3 per side. No goalkeepers.	4 per side. No goalkeepers.	7 per side, one of whom must be designated a goalkeeper.	9 per side, one of whom must be designated a goalkeeper.
Substitutions	On the fly. Quarters, Injuries, Any dead ball by either team.	Quarters, Injuries, Any dead ball by either team.	Throw-ins by team in possession or both teams have sub at line. Halftime, Goal Kick, kick-off, Injury.	Throw-ins by team in possession or both teams have sub at line. Halftime. Goal Kick, kick-off, Injury.
Goal Keeper Distribution	NA	NA	Drop-kicks, ground kicks throwing and rolling past midfield are allowed. A goalie may PUNT the ball but it must land in their defensive half before crossing the midfield line. An infraction will result in an indirect free kick from the midfield line for the opposing team.	Per FIFA rules
Law 4: Players' Equipment	Shin guards are mandatory. Tennis shoes or soft cleat soccer shoes.			
Law 5: Referee	Parent Volunteer or Junior Referee	USSF Licensed Referee	USSF Licensed Referee	
Assistant Referee	Not Used	Not Used	Club Ref – out of bounds calls only, not paid.	USSF Licensed Referee or non paid Club Ref (out of bounds calls only)
Law 7: Duration of the Game	Four 8-minute quarters. Two-minute break between quarters 1 & 2 & between quarters 3 & 4. Five-minute halftime.	Four 10-minute quarters. Two-minute break between quarters 1 & 2 & between quarters 3 & 4. Five-minute halftime	Two 25 minute halves. Five-minute halftime	Two 30-minute halves. Five-minute halftime

	5U-6U	7U-8U	10U	12U & 14U 19U
Law 8: Start of Play	Opponents 10 feet from ball. Kicker must kick ball slightly forward to teammate.	Opponents 15 feet from ball. Kicker must kick ball slightly forward to teammate.	Conforms to FIFA. Opponents 15 feet from ball	Conforms to FIFA. Opponents 24 feet from ball.
Law 9: Ball In and Out of Play	Conforms to FIFA			
Law 10: Method of Scoring	Only from offensive side of field. Not from free kick.		Conforms to FIFA	
Law 11: Offside	No “cherry picking” is allowed. Formal offside is not played but Referees are instructed to enforce the no cherry picking rule.			Offside is played conforming standard to FIFA rules
Law 12: Fouls and Misconduct	No cautions or send-offs.	Cautions or send-offs only by USSF Licensed Referee.	Cautions or send-offs only by USSF Licensed Referee.	
Law 13: Free Kicks	All free kicks are indirect. Opponents 3 yards from ball.	All free kicks are indirect. Opponents 5 yards from ball.	Conforms to FIFA	
Law 14: Penalty Kicks	Not permitted		Conforms to FIFA	
Law 15: Throw-In/Kick- In	Kick-In, opponent 3 yards from ball	Throw-ins. Conforms to FIFA		
Law 16: The Goal Kick	Awarded to defensive team when ball is placed out of play over the end line by the offensive. The defensive team must be on its defensive side of the field and may not advance until the ball has been touched by an offensive team player on the field (receiver of the kick)		Conforms to FIFA	
Law 17: The Corner Kick	Awarded to the offensive team when the ball is placed out of bounds over the end line by the defensive team. Ball is placed with the nearest corner arc and kicked by the offensive team to restart play. The corner kick is in-direct.		Conforms to FIFA	
Standings:	No standings or other records of game results are kept.			
Other:	Coaches are not allowed on the field during play except to assist in positioning players for starts and restarts of play. Players should be allowed to play with a minimum of active coaching.	Coaches are not to be on the field during play. For 10U – Goalkeeper punts may not cross the midfield line in the air. The restart is an indirect free kick to the opponent at midfield.		
USAi Recreational Rules follow FIFA rules and guidelines except as noted in the above rules.				
It is intended that all recreational league players play more 75% or more of each game so long as the players are physically able to safely play.				

Rec U12-U19 use size #5 ball and follow the U19 above rules including two 30 minute halves.