

2022 Modified Rules Overview - FDLA Rec League

	U4/U5 / U6	U7 / U8	U9/U10	U12	U14	High School
Law 1 - The Field of Play	Minimum (L x W): 20 yds x 15 yds Maximum (L x W): 30 yds x 25 yds	Minimum (L x W): 25 yds x 20 yds Maximum (L x W): 35 yds x 30 yds	Minimum (L x W): 45 yds x 35 yds Maximum (L x W): 60 yds x 45 yds	Minimum (L x W): 70 yds x 45 yds Maximum (L x W): 80 yds x 55 yds	Minimum (L x W): 100 yds x 50 yds Maximum (L x W): 130 yds x 100 yds	Minimum (L x W): 100 yds x 50 yds Maximum (L x W): 130 yds x 100 yds
Law 2 - The Ball	Size three (3)	Size three (3)	Size four (4)	Size four (4)	Size five (5)	Size five (5)
Law 3 - The Number of Players	Games will be played with four players per side. No goalkeepers. Each player shall play a minimum of 50% of total playing time. Pinnie Rule in Place.	Games will be played with four players per side. No goalkeepers. Each player shall play a minimum of 50% of total playing time. Pinnie Rule in Place.	Games will be played with seven players per side, including a goalkeeper. Each player shall play a minimum of 50% of total playing time	SAME AS U10 with nine players.	Games will be played with eleven players, including a goalkeeper. Each player shall play a minimum of 50% of total playing time	SAME AS U14. Two girls on the playing field should be present. If playing down, the opposing may also play down if they desire.
Law 4 - Players Equipment	Uniform is a jersey, black shorts, socks, shinguards and shoes. Nothing potentially injurious to the players or another players may be worn (including jewelry or metal hair clips).	SAME AT ALL LEVELS.	SAME AT ALL LEVELS.	SAME AT ALL LEVELS.	SAME AT ALL LEVELS.	SAME AT ALL LEVELS.
Law 5 - The Referees	An emphasis on the development of skills and an explanation of the rule when calls are made. Coaches are allowed on the field. No Referees	An emphasis on the development of skills and an explanation of the rule when calls are made. No Referees	An emphasis on the development of skills and an explanation of the rule when calls are made. Referee fee is \$12 each referee (2 referee system).	SAME AS U10. Referee fee is \$18 each referee (2 referee system).	SAME AS U10 and U12. Referee fee is \$28 (2 referee system)	SAME AS U10, 12, and 14. Referee fee is \$30. (2 referee system)
Law 6 - Game Duration	The game will be divided into 4 equal, 10 minute quarters. There will be 2 minute breaks between quarters and a half-time break of 5 minutes.	The game will be divided into 4 equal, 12 minute quarters. There will be 2 minute breaks between quarters and a half-time break of 5 minutes.	The game will be divided into 2 equal, 25 minute halves. There will be a half-time break of 5 minutes.	The game will be divided into 2 equal, 30 minute halves. There will be a half-time break of 5 minutes.	SAME as U12.	SAME as U12 and U14
Law 7 - Start of Play	A kick off starts play to begin the game, after each quarter or half, or following a goal. The ball must move (any direction) and may not be retouched by the kicker until another players touches the ball. (FIFA rule)	FIFA Rules Apply	FIFA Rules Apply	FIFA Rules Apply	FIFA Rules Apply	FIFA Rules Apply
Law 8 - Ball In and Out of Play	FIFA Rules Apply. The ball is out of play when it has entirely crossed the sideline or goal line or when play has been stopped by the referee.	FIFA Rules Apply	FIFA Rules Apply	FIFA Rules Apply	FIFA Rules Apply	FIFA Rules Apply
Law 9 - Goal Scoring	FIFA Rules Apply. Goals may NOT be scored on the kick off.	FIFA Rules Apply. Goals may be scored on the kick off.	FIFA Rules Apply	FIFA Rules Apply	FIFA Rules Apply	FIFA Rules Apply
Law 10 - Offside	None	None	FIFA Rules Apply - Explanation may be given for calls made during a game. KEEP IN MIND NEW RULE of Deliberate vs. Deflection! Per build out rule, no offside call can be made in between the half line and the build out line in U9/U10 only.	FIFA Rules Apply - Explanation may be given for calls made during a game. KEEP IN MIND NEW RULE of Deliberate vs. Deflection!	FIFA Rules Apply - Explanation may be given for calls made during a game. KEEP IN MIND NEW RULE of Deliberate vs. Deflection!	FIFA Rules Apply unless on shorten field. Referee's discretion for advantage on short field will be called.
Law 11 - Fouls and Misconduct	FIFA rules apply. Exception: ALL fouls result in an indirect free kick . The referee must explain all fouls to the offending player.	FIFA rules apply. Exception: ALL fouls result in an indirect free kick . The referee must explain all fouls to the offending player.	FIFA Rules Apply - Explanation may be given for calls made during a game.	FIFA Rules Apply - Explanation may be given for calls made during a game.	FIFA Rules Apply - Explanation may be given for calls made during a game.	FIFA Rules Apply - Explanation may be given for calls made during a game.
Law 12 - Free Kicks	ALL free kicks are indirect and opponents are at least 4 yards from the ball until it is in play	ALL free kicks are indirect and opponents are at least 4 yards from the ball until it is in play	FIFA Rules Apply. 8 yds minimum distance for restart.	FIFA Rules Apply. 10 yds minimum distance for restart.	FIFA Rules Apply. 10 yds minimum distance for restart.	FIFA Rules Apply. 10 yds minimum distance for restart.
Law 13 - Penalty Kicks	Penalty kick from goal box by a nonpinnie player for goalkeeper in box prior to ball entering goal area only. Referee's discretion if players are not understanding. (No Goalkeeper present during free kick.)	Penalty kick from goal box by a nonpinnie player for goalkeeper in box prior to ball entering goal area only. Referee's discretion if players are not understanding. (No Goalkeeper present during free kick.)	Yes (10 yd.) *****	Yes (12 yd)	Yes (12 yd.)	Yes (12 yd.)
Law 14 - Inbound Throws	FIFA Rules Apply, with exception of redos are allowed.	FIFA Rules Apply, with exception of redos are allowed. *****	FIFA Rules Apply. (No redos.)	FIFA Rules Apply.	FIFA Rules Apply.	FIFA Rules Apply.
Law 15 - Goal Kicks	The goal kick should be taken anywhere within the goal area. Opposing players must be 4 yards away from the ball until it is in play.	The goal kick should be taken anywhere within the goal area. Opposing players must be 4 yards away from the ball until it is in play.	The goal kick should be taken anywhere within the goal area. If the ball does not travel outside the penalty area prior to being touched, a rekick is awarded. (FIFA rules)	FIFA Rules Apply.	FIFA Rules Apply.	FIFA Rules Apply. (Regular Size Field)
Law 16 - Corner Kick	FIFA rules apply with the exception that opponents must be 4 yards away from the ball until it is in play.	FIFA rules apply with the exception that opponents must be 4 yards away from the ball until it is in play.	FIFA rules apply. Opponents must be 8 yards away from the ball until it is in play.	FIFA Rules Apply. (10 yds.)	FIFA Rules Apply.	FIFA Rules Apply.
Headers	NO- IFK	NO- IFK	NO- IFK	YES (U11, please don't)	YES	YES
Build Out Line	NO	None	Yes (Fields divided up into 1/3 of the Field for keeper Distribution)	NO	NO	NO