



## WSA REC GAME GUIDELINES



### Kindergarten Boys & Girls

1. 4 versus 4 (no Goalkeeper)
2. Number 3 ball
3. 12 minute quarters
4. No off-sides, throw-ins, corner kicks or goal kicks
5. **Coaches on the field** - max of two coaches at any one time with a couple of balls to help & to keep play moving
6. Field size – 40 x 25 yards

### 1st Grade Boys & Girls

1. 4 versus 4 (no Goalkeeper)
2. Number 3 ball
3. 12 minute quarters
4. No off-sides, corner kicks or goal kicks (throw-ins allowed if it does not slow game down)
5. **Coaches on the boundaries** of field with a couple of balls to help & to keep play moving
6. Field size – 40 x 25 yards

### 2nd Grade Boys & Girls

1. 5 versus 5 (no Goalkeeper)
2. Number 3 ball
3. 15 minute quarters
4. No off-sides (corner kicks, goal kicks & throw-ins allowed if it does not slow game down)
5. **Coaches on the sidelines, no coaches on field, team on separate side of the field from parents**
6. Field size – 50 x 30 yards

### 3rd & 4th Grade Boys & Girls

1. 8 versus 8 (with Goalkeeper)
2. Number 4 ball
3. 30 minute halves
4. All rules applied except for \*off-sides
  - a. Off-sides will be called if blatant
5. **Coaches on the sidelines, no coaches on field, team on separate side of the field from parents**
6. Field size – 70 x 50 yards (Fields should be fully lined for games)
7. Consider taking goal kicks from the top of the 18 yard box instead of the 6 yard box

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### 5th & 6th Grade Boys & Girls

1. 8 versus 8 (with Goalkeeper)
2. Number 4 ball
3. 35 minute halves
4. All rules apply
5. ***Coaches on the sidelines, no coaches on field, team on separate side of the field from parents***
6. Field size – 70 x 50 yards (fields should be fully lined for games)

### 5th & 6th Grade Boys

1. 8 versus 8 (with Goalkeeper)
2. Number 4 ball
3. 35 minute halves
4. All rules apply
5. ***Coaches on the sidelines, no coaches on field, team on separate side of the field from parents***
6. Field size – 70 x 50 yards (fields should be fully lined for games)

### 7th – 12th Grade Boys & Girls

1. 11 versus 11 (with Goalkeeper)
2. Number 5 ball
3. 35 or 40 minute halves
4. All rules applied
5. ***Coaches on the sidelines, no coaches on field, team separate from parents***
6. Field size – Regulation full size field (fields should be fully lined for games)

### Highly recommended to all Coaches:

- **Keep it Simple & Positive**
- **Be flexible so kids can play**
- **Non competitive**
- **Play all equally**
- **Keep instructions simple – do not over coach**
- **Pre, halftime, post game comments – 1 to 2 coaching points works best**
- **Have Fun**