RULES VARIATIONS

Michiana Soccer Association | Fall 2026

U5 to U7 Recreational

updated 31 August 2026

	U5 Boys	U5 Girls	U6 Boys	U6 Girls	U7 Boys	U7 Girls
Field players	4	4	4	4	4	4
Goalkeepers	0	0	0	0	0	0
Total players	4	4	4	4	4	4
Field size	20x30	20x30	20x30	20x30	30x40	30x40
Goal size	Mini	Mini	Mini	Mini	Small	Small
Ball size	3	3	3	3	3	3
Warm-up minutes	5	5	5	5	5	5
Quarters or halves	Quarters	Quarters	Quarters	Quarters	Quarters	Quarters
Minutes each	8	8	8	8	10	10
Total game time	32	32	32	32	40	40
Breaks	2 / 5 / 2	2 / 5 / 2	2 / 5 / 2	2 / 5 / 2	2 / 5 / 2	2 / 5 / 2
Indirect free kicks only	Yes	Yes	Yes	Yes	Yes	Yes
2nd-chance throw-ins	Yes	Yes	Yes	Yes	Yes	Yes
Goalkeeper time limit	n/a	n/a	n/a	n/a	n/a	n/a
Referees	Coaches	Coaches	Coaches	Coaches	Coaches	Coaches
Offside	No	No	No	No	No	No
Heading	No	No	No	No	No	No

How to read the breaks row

Breaks of 2 / 5 / 2 mean two minutes between the first and second quarters, five minutes at half time, and two minutes between the third and fourth.

Ball size is 3 across all six of these divisions.

RULES VARIATIONS

Michiana Soccer Association | Fall 2026

U8 to U15 Recreational and Co-Ed

updated 31 August 2026

	U8 Boys	U8 Girls	U10 Boys	U10 Girls	U12 Boys	U12 Girls	U15 Co-Ed
Field players	4	4	6	6	8	7	10
Goalkeepers	1	1	1	1	1	1	1
Total players	5	5	7	7	9	8	11
Field size	30x40	30x40	45x55	45x55	55x75	55x75	100x65
Goal size	Small	Small	Medium	Medium	Medium	Medium	Full
Ball size	4	4	4	4	4	4	5
Warm-up minutes	5	5	10	10	10	10	10
Quarters or halves	Halves	Halves	Halves	Halves	Halves	Halves	Halves
Minutes each	20	20	25	25	30	30	35
Total game time	40	40	50	50	60	60	70
Breaks	2 / 5 / 2	2 / 5 / 2	5	5	5	5	5
Indirect free kicks only	No	No	No	No	No	No	No
2nd-chance throw-ins	Yes	Yes	No	No	No	No	No
Goalkeeper time limit	1 half	1 half	1 half	1 half	1 half	1 half	Unlimited
Referees	Referees	Referees	Referees	Referees	Referees	Referees	Referees
Offside	No	No	Yes	Yes	Yes	Yes	Yes
Heading	No	No	No	No	No	No	Yes

U12 Girls Recreational plays 8v8 this season

Because of roster sizes, U12 Girls Rec plays 8v8 - seven field players and a goalkeeper. U12 Boys Rec continues at 9v9. Everything else for the division is unchanged.

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Academy Divisions

updated 31 August 2026

	U8 Boys	U10 Boys	U10 Girls	U12 Boys	U12 Girls
Field players	4	6	6	7	8
Goalkeepers	1	1	1	1	1
Total players	5	7	7	8	9
Field size	30x40	45x55	45x55	55x75	55x75
Goal size	Small	Medium	Medium	Medium	Medium
Ball size	4	4	4	4	4
Warm-up minutes	5	5	5	5	5
Quarters or halves	Halves	Halves	Halves	Halves	Halves
Minutes each	20	25	25	30	30
Total game time	40	50	50	60	60
Breaks	5	5	5	5	5
Indirect free kicks only	Ind & dir, no PKs	No	No	No	No
2nd-chance throw-ins	Yes	No	No	No	No
Goalkeeper time limit	1 half	1 half	1 half	1 half	1 half
Referees	Referees	Referees	Referees	Referees	Referees
Offside	No	Yes	Yes	Yes	Yes
Heading	No	No	No	No	No

U12 Boys Academy plays 8v8 this season

Because of roster sizes, U12 Boys Academy plays 8v8 - seven field players and a goalkeeper. U12 Girls Academy continues at 9v9. Everything else for the division is unchanged.

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Additional Rules

updated 31 August 2026

PLAYER SAFETY

- All jewelry must be removed. The only exception is a medic alert tag, which must be made safe.
- Taping is not permitted.
- No cloth or other material may be worn around the wrist.
- A player who appears concussed will be removed by the referee and may not return until receiving proper medical approval.
- Slide tackles are permitted, but reckless slide tackles will be taken seriously by the league and the officials.
- U12 and below: intentional heading is not allowed. If the referee judges a ball was headed deliberately, play stops and the opposing team is awarded an indirect free kick at the spot. If a defender commits it inside their own penalty area, the kick is taken at the top of the area.

SPORTSMANSHIP

- Every player must start, and coaches must strive to provide close to equal playing time.
- Players are expected to attend practice, out of respect to the team and in relation to the playing-time rule.
- Parents should contact the coach if their child cannot attend practice. A contacted absence is excused and does not affect the playing-time rule.
- There is no minimum number of players required to start a game. If a team is short one player, the opposing team plays one short as well (regular season only).
- U5 to U7 Rec teams may not have a designated goalkeeper during the run of play, and may only have players defend their own goal when the opponent has a dangerous chance of scoring.
- Goal kicks, U10 and below: attacking players must drop back to the centre line until the ball is back in play.
- Goalkeepers may punt at U10 and below, but a punt or drop kick landing beyond the centre line in the air gives an indirect free kick on the centre line where it crossed.
- Players and coaches shake hands at the end of every game.

MATCH ADMINISTRATION

- Pre-game warm-up minutes are suggested; referees may alter them as necessary.
- In divisions that do not allow penalty kicks, an indirect free kick is substituted.
- Anyone may play goal in overtime.
- Where only one referee is assigned, two club linesmen may be used.
- Red cards must be reported to the MSA Director of Coaching within 24 hours.
- Goalkeepers may play the full game during the end-of-season tournament only. In the regular season a keeper plays either the first half or the second half, or part of one.