

Bel Air FC Rec Soccer Rules

League Wide Season Rules No Exceptions!

No practices before August 1st!

All Teams are limited to 1 practice per week

All injuries must be reported to the Chairman, Asst Chairman,
Age Commissioner within 24 hrs.

Please follow weather guidelines published by BARC

All Players will have with no exceptions:

Cleats & Shin Guards Required

No Slide Tackles

Proper Soccer Uniform (jersey, shorts, socks)

No playing with Jewelry

Earrings must be removed or taped (clinic, U8, U10, U12)

Earrings must be removed completely (U13, U16)

No playing or practicing with cast's or splints

No smoking by anyone on the grounds

No alcohol by anyone on the grounds

No pets by anyone on the grounds (dog, cat, etc.)

REFEREE'S HAVE FINAL SAY

Teams required to play down if an opponent is short
players. Team that is short will play with no subs.

5 Goal Max Game Score Differential

A team with a 5 goal advantage is required to remove a
player from the field and play down. If a 6th goal is scored,
an additional player must be removed from the field,
and so on. If the trailing team score a goal, a
player can be added back.

U8 Boys and Girls

8 v 8 (7 on field + 1 goalie)

12 Minute Quarters

2 Minutes Break B/W Quarters

8 Minute Halftime

Subs on everything except Corner and Fouls

Max Playtime for Keeper 50% of game

Offsides Will Be Called

No Head Balls

Build Out Line in Use

No Coaches on the fields

Zero tolerance for challenging the ref

Ball Size 3

U10 Boys and Girls

8 v 8 (7 on field + 1 goalie)

25 Minute Halves

10 minute halftime

Subs on everything except Corner and Fouls

Max Playtime for Keeper 50% of game

Offsides Will Be Called

No Head Balls

Zero tolerance for challenging the ref

Ball Size 4

U12 Boys and Girls

9 v 9 (8 on field + 1 goalie)

30 minute halves

10 minute half time

Subs on everything except Corner and Fouls

Offsides Will Be Called

No Head Balls

Max Playtime for Keeper 50% of game

Zero tolerance for challenging the ref

Ball Size 4

NRSL U13 & U16 Boys and Girls

Follow NRSL Rules

Ball Size 5

U8, U10, U12 Playoff Rules

Should a game be tied, games will extend with 2
five-minute overtime periods. The entire overtime
period must be played, there is no golden goal.

If after overtime a game remains tied, the game
will move to a penalty kick shootout, best of 5. If
still tied, each team will get 1 additional kick and
will continue to alternate until someone wins.

U13 & U16 NRSL Playoff Rules

Should a game be tied, games will extend with 2
five-minute overtime periods. The entire overtime
period is golden goal meaning if one team scores
the game is over and the scoring team wins.

If after overtime a game remains tied, the game
will move to a penalty kick shootout, best of 5. If
still tied, each team will get 1 additional kick and
will continue to alternate until someone wins.

