

Metro FC Fall Recreational Program Game Rules

Grades PK/K/1

- 5v5 (4+GK)
- Four 8-minute quarters
- 3-minute break between quarters 1 & 2 and then between 3 & 4
- 5-minute half time
- Coaches stay on-field and coach/direct players to be involved, try to maintain spacing, and prevent bunching/crowding around the ball (which will happen).
- Referees will call out of bounds, handballs (if player picks up ball), and obvious push/ fouls, but will be more lenient in the first half of the season as players are learning game rules and to maintain the flow of play.

Grades 2/3/4

- 7v7 (6+GK)
- Four 10-minute quarters
- 3-minute break between quarters 1 & 2 and then between 3 & 4
- 5-minute half time
- Typical FIFA rules, except referees will be more lenient in the first half of the season as players are learning basic rules (e.g. not calling every bad throw-in, and accidental handball).

Grades 5-8

- 6v6 (5+GK) (teams may play 7v7 if both coaches agree)
- Three round robin 19-minute periods
- 1-minute break between periods (teams will rotate--please be ready to take the field)
- 3-Line Rule in effect for GK punts/throws--ball must bounce before buildout line at opposite end or results in a free kick for the opposing team.
- Typical FIFA rules, except referees will be more lenient in the first half of the season as players are learning basic rules (e.g. not calling every bad throw-in, and accidental handball)