

**City of Conroe**  
**Parks & Recreation Department**

**Vision: "Bringing people together to change lives."**

**Mission: "To improve the quality of life in Conroe by providing the best parks and recreation facilities and programs at affordable prices."**

## **Conroe United 2025 Rules For Play All Divisions**

### **Divisions**

- 4 year olds
- 5 year olds
- 6-7 year olds
- 8-9 year olds
- 10-11 year olds
- 12-13 year olds

Ages 6-7, 8-9, 10-11, 12-13 have boys and girls divisions, if they have the numbers. All other divisions are Co-Ed

All games and practices will be at Carl Barton Jr. Park

**I. Field of play** — the field's size differ by age. The sizes are below.

- A. 4-5 year olds – 20x40yd
- B. 6-7 year olds – 30x60yd
- C. 8-9 year olds – 45x80yd
- D. 10-11 year olds – 45x80yd
- E. 12-13 year olds – 45x80yd
  - a. Potentially on a smaller field if playing 7v7 or smaller

**II. Markings –**

- A. Halfway Line dividing the field into 2 equal parts
- B. A Center Circle
- C. Four Corner areas
- D. Goal Box
- E. Penalty Box
- F. Penalty shot marker

**III. Goals**

- A. 4-5 year olds – 4x6ft
- B. 6-7 year olds – 6x12ft
- C. 8-9 year olds – 6x18ft or occasionally 8x24.
- D. 10-11 year olds – 8x24ft
- E. 12-13 year olds – 8x24ft
  - a. Or possibly 6x18 if playing on a smaller field

## **IV. Ball**

- A. 4-5 year olds – size 3 ball
- B. 6-13 year olds – size 4 ball

## **V. Number of players**

- A. 4 year olds – 4-5 per side (no goalie)
- B. 5 year olds – 5-6 per side (no goalie)
- C. 6-7 year olds – 7-8 per side
- D. 8-9 year olds – 8-9 per side
- E. 10-11 year olds – 8-9 per side
- F. 12-13 year olds 7-9 per side

## **VI. Substitutions**

- A. Substitutions are made at the quarter break.
- B. 9u, 11u, and 13u teams may sub during a break in game.
- C. 4u, 5u, and 7u players may only sub at quarter break. The exception is if a player is injured or is dealing with exhaustion.
- D. Each player must play at least half of the game.

## **VII. Positions**

- A. No player may play the same position group for more than 2 quarters and it cannot be consecutively.
- B. Position Groups are Defense, Midfield, Forward/Strikers, and Goalie.
- C. Only the goalie may play the same position for 2 consecutive quarters, but must switch at halftime.

## **VIII. Equipment/attire**

- A. Players must wear their soccer uniform and tennis shoes or cleats. Cleats are not required. Shin guards and socks are required. No screw in cleats.

## **IX. Officials**

- A. As in any sport, the referee has a very difficult job. However, with the help of coaches and parents, the job will not be as hard as it could be.
- B. The referee serves in two capacities: He/She upholds the technical part of the game, which is to see that all rules are observed. He/She represents and supports fair play principles yet tries to relate to the players through explanations and teaching of rules. The coach, parents, and players should all respect the referee as a person who is there to help players, have fun, and understand and enjoy the game.
- C. Each team must provide one line judge per side of the field for out of bounds calls.
- D. Any verbal abuse of referees will result in immediate ejection from the fields.

## **X. Duration of Game**

- A. 4-5 year olds four 8 minute quarters.
- B. 6-7 year olds four 10 minute quarters.
- C. 8-9 year olds four 12 minute quarters.
- D. 10-11 year olds four 12 minute quarters
- E. 12-13 year olds four 12 minute quarters
- F. There will be a two minute break between quarters and a five minute break at half time.
- G. Each quarter will begin with the ball at midfield. The team that does not start with the ball the 1<sup>st</sup> quarter, will start with the ball at midfield the 2<sup>nd</sup> quarter.

## **XI. Start of Game**

- A. Coaches or Captains will meet with the official before the game to decide who gets ball first.

## **XII. Method of Scoring**

- A. A goal is scored when the ball has completely crossed the goal line into the goal. Any part of the body may propel the ball into the goal except the arms and hands.
- B. After each goal the ball is returned to mid-field for a restart.

## **XIII. Offside**

- A. 4-5 year olds there will be no offside penalties.
- B. 6-7, 8-9, 10-11, 12-13 year olds there will be offside penalties.

## **XIV. Fouls**

- A. All fouls will result in a direct free kick, unless specified in rules.
- B. Opponents must be five yards away for 5u teams, 8 yards away for 7u teams, and 10 yards away for 9u and 11u teams. Referees will explain all infractions to players.
- C. If the Goalie picks up the ball outside of the goalie box, it will result in a direct free kick, not penalty.
- D. Back Pass Rule: If a pass is made to the goalie deliberately, without it being touched by another defender or deflected, it will result in an indirect free kick from the spot the goalie picks the ball up.

## **XV. Penalty Kicks**

- A. No penalty kicks will be taken for 4-5 year olds.
- B. Penalty kicks will be taken for 6-7, 8-9, 10-11 year old divisions.
- C. Penalty kicks are taken at the penalty spot. If not visible, it will be taken at edge of goalie box, unless official walks out the correct distance (12 yards from the goalline).

## **XVI. Goal Kick**

- A. A kick taken by the defending team from the goal area after the ball has crossed the end line last touched by the attacking team. Opponents must be outside the penalty box and cannot touch the ball until it crosses the penalty box line.

## **XVII. Corner Kick**

- A. A kick taken by the attacking team after the ball has crossed the end line, last touched by the defending team (indirect free kick).

## **XVIII. Throw-In**

- A. 4-5 year olds out of bounds will result in kick-ins.
- B. 6-7, 8-9, 10-11 year olds out of bounds will result in throw-ins.
- C. All throw in's will be made from where the ball crosses out of bounds.
- D. Overhead throw, with two feet on the ground is the correct throwing procedure.  
Jumping while throwing, throwing the ball from anywhere except over the head, and throwing off one foot will result in a turnover.
- E. Teams may be given one re-throw per game, in the first 2 weeks of the season.

## **XIX. Weather or Emergency**

- A. If only light rain, teams may continue playing. If hard rain, teams will return to cars and wait until rain stops to continue playing. In the event of the fields being rained out, games will be rescheduled to a later date.
- B. Lightning or thunder occurs, teams must return to their cars and wait **30** Minutes. The clock resets every time lightning and thunder is seen and heard.
- C. Please report any inappropriate behavior to the field supervisor or concession stand.
- D. Follow the Conroe United Facebook Page or call the Conroe United weather line at 936-522-3919.

## **XX. Head Safety**

4-5, 6-7 year olds deliberate heading is not allowed. If a player deliberately heads the ball in a game, a direct free kick should be awarded to the opposing team from the spot of the offense.

8-9, 10-11, and 12-13 year olds may head the ball with no penalty for heading.

## **XXI. Slide Tackling**

A. 4-5 and 6-7 year old divisions **will not allow** slide tackling.

B. 8-9, 10-11, and 12-13 year old divisions **will allow** slide tackling.

***Parents must sit across from coaches and players. 4–5-year-old players may sit with parents. Exceptions to the rule in age groups 6-13 must be approved by Official or League Supervisor.***