

Arlington Recreational Soccer Formats – Updated

Age Group	Game Format	Team Size*	Team Cap**	Restart from Sideline	Game Length (mins)	Min # of Player to Start	Field Size***	Ball Size	Referee	Offside	Free Kicks	Additional Rules	Select Players Allowed? ****
K	4v4 (no GK)	8	8	Coaches restart with roll-in	4x8	3	30x20	3	Coaches	No	Indirect Only	No	No
1 st	4v4 (no GK)	8	8	Kick-in	4x10	3	30x20	3	Coaches	No	Indirect Only	No	1
2 nd	4v4 (no GK)	8	8	Throw-in (with forgiveness)	4x12	3	30x20	3	1 Ref	No	Indirect Only	No	1
3 rd	7v7 (6+GK)	11	13	Throw-in	2x25	5	60x40	4	1 Ref	Yes	Indirect & Direct	Build Out Line	2
4 th	7v7 (6+GK)	11	13	Throw-in	2x25	5	60x40	4	1 Ref	Yes	Indirect & Direct	Build Out Line	2
5 th	9v9 (8+GK)	14	17	Throw-in	2x30	6	75x47	4	1 Ref	Yes	Indirect & Direct	No	No
6 th	9v9 (8+GK)	14	17	Throw-in	2x30	6	75x47	4	1 Ref	Yes	Indirect & Direct	No	No
7 th	11v11 (10+GK)	16	21	Throw-in	2x30	7	112x75	5	1 Ref	Yes	Indirect & Direct	No	No
8 th	11v11 (10+GK)	16	21	Throw-in	2x30	7	112x75	5	1 Ref	Yes	Indirect & Direct	No	No
HS	11v11 (10+GK)	18	-	Throw-in	2x30	7	112x75	5	3 Refs	Yes	Indirect & Direct	No	No

* Teams cannot exceed the team size limit without the permission of the team coach. Managers must receive this approval from the coach before adding any player to the team past the team size limit. Teams under this number of players cannot refuse a player being added to the team.

** Teams cannot exceed this limit except under approval from the Recreational Soccer Director, the Club Manager, and the team's coach.

*** These are ideal measurements. Some field sizes may vary.

****ADP players do not count toward the Select Player cap, however the total combined number of ADP and Travel players cannot exceed half the team's total number of players. For example, a 4th grade team of 12 players could have up 6 spots Travel and/or ADP; a team of 11, up to 5 Travel and/or ADP.