



ASA Recreation League: Game Day Rules

By Age Group

Age Group:	U5	U6	U7	U8	U9	U10	U11	U12	U13-U19 (SFL)
Heading	No heading in practice or games							U12 & U13 Limited heading in practice	No Restrictions
Roster Size (suggested)	10-12	12-14	14-18	16-20			18-22		
Travel Players	No (not applicable)			Yes (max 2 per team)		No			
Goal Keeper	No			Yes (rule introduction)		Yes (rule enforcement: passback - 6 seconds - double touch)			
Kickoff	No	Kickoff	Kickoff (must move ball forward)						
Throw-in / Kick-in	Continuous Play	Kick-in	Throw-in						
Goal Kick / Corner Kick	Continuous Play	Yes (midfield restricted line on gk's)			Yes				
Offside / Free Kick	No	No - Offside Yes - Free Kicks		Yes					
Substitution	Anytime				When referee allows (throw-in, goal-kick, kick-off, injury)				

*substitution may be made with permission of the referee at the time of a goal kick, kick off, or when your team is awarded a throw-in. If the team taking the throw-in chooses to sub, the opposing team may sub as well. Substitution is not allowed at other stoppages in play.