

Regulations
Optimist Club of Washington Soccer League

	Game Time	Fouls	Heading	Off-Sides	Corner Kicks	PKs	Subs	Coach on Field	Playing Time	# on Field	Goal Keeper	Size Ball
4 year old	4 - 8 minute quarters	All indirect	No	No	Yes	No	at quarters or as needed	Yes 1	Min 2 qtrs/max 3 qtrs	5/6	None	3
5 year old	4 - 8 minute quarters	All indirect	No	No	Yes	No	at quarters or as needed	Yes 1	Min 2 qtrs/max 3 qtrs	5/6	Yes	3
6 year old	4 - 8 minute quarters	All indirect	No	No	Yes	No	at quarters or as needed	Yes 1	Min 2 qtrs/max 3 qtrs	5/6	Yes	3
7-8-9 y.o. Boys	2 - 30 Minute Periods	FIFA	No	Yes	Yes	Yes	*Note	No - but may have one on other side diagonal from the bench	Min. 10 minutes each half – must play in each half	11	Yes	4
7-8-9 y.o. Girls	2 - 30 Minute Periods	FIFA	No	Yes	Yes	Yes	*Note	No - but may have one on other side diagonal from the bench	Min. 10 minutes each half – must play in each half	8	Yes	4
9-10-11yo Boys	2 - 30 Minute Periods	FIFA	No	Yes	Yes	Yes	*Note	No	Min. 15 minutes each half	11	Yes	4
9-10-11yo Girls.	2 - 30 Minute Periods	FIFA	No	Yes	Yes	Yes	*Note	No	Min. 15 minutes each half	11 or <	Yes	4
13+ y.o.	2 - 30 Minute Periods	FIFA	Yes	Yes	Yes	Yes	*Note	No	Min. 15 minutes each half	11	Yes	5

* Substitute between periods, when a goal is scored, either team on a goal kick, injured player, cautioned player, red card, player is required to leave the field – (bleeding or equipment issues) – **Have the player on the ½ line before during in game substitution. If concussion - player must leave the field and not return until Dr. release.**