2026-2027 UNION POINT SPORTS YOUTH & HIGH SCHOOL SOCCER RULES AND REGULATIONS

I. UNIFORMS

All teams must provide their own uniforms, complete with numbers for each

player on the back of the jersey.

- All uniforms should be the same color, except for the goalie.
- Pinnies will be provided by Union Point Sports if there is a color clash.

II. SHIN GUARDS

Shin guards are mandatory for all players and must always be worn – referees

will not allow a player to play if they do not have shin guards.

III. FOOTWEAR

- Rubber cleats or turf shoes can be worn on the turf (no stud cleats are allowed).

IV. LENGTH OF GAME

- All games are 50 minutes in length (2-25-minute halves with a short

halftime/water break) - No additional time will be added; the clock will always run to

allow each game to kick off at the proper time.

    - If a team is late to their game, the game clock will begin and that time will not be made up.

V. OVERTIME

There will be no overtime period during the regular season – the game will end in a tie.

- For playoffs, the game will go straight to penalty kicks (penalties will be best of three) – **shooters must be players on the field when the final whistle has blown.**

VI. HEADING

- No heading U12 and below (U14 and HS age groups heading is allowed).

VII. SLIDE TACKLING

- There is no slide tackling allowed.

VIII. GOAL KICKS, PUNTING/DROPKICKS & THROW-INS

- For U10 only, all players of the opposing team must back up to the midfield line for goal kicks.
  - Goal kicks cannot go past midfield in the air (for any age group); however, if the ball is deflected in the air and the ball goes past midfield, the ball will be played as normal.
- No punting or drop kicks at any age group
  - Goalies at all age groups can throw the ball over midfield.
- There will be no second-chance throw-ins for an incorrect throw-in.
  - In the event of a bad throw-in, the opposing team will receive the ball at the same spot via a throw-in.
  - Referees are asked to please educate the player as to why the call was made for a bad throw-in.

IX. OFFSIDES

- No offsides.

X. SUBSTITUTIONS

- Subs will be allowed on the fly at any time during the game – please make sure players sub in at the midfield line.

XI. REFEREES

- Each game will have one referee, and they will keep the official time and score of the game.

XII. CARD SYSTEM (Blue, Yellow & Red Card)

- **Blue Card (2-minute penalty)**
  a. Players can come back on the field if a goal is scored by the opposing team only.
  b. If the team playing a man down due to the penalty scores a goal, that team is to play out the duration of the penalty regardless.
- **Yellow Card (3-minute penalty)**
  a. The team playing a man down due to receiving a yellow card must serve the full time of the penalty even if a goal is scored by either team.
- **Red Card (5-minute penalty)**
  a. The player is ejected from the game & suspended for the next game or more, depending on the severity of the red card.
  b. The team can play at full strength after the full five-minute penalty is served – even if a goal is scored by either team, the team will serve the entirety of the 5-minute penalty.

XIII. GAME BALLS

- U12 and below will use a size 4 ball & U14 and higher will use a size 5 ball.

XIV. LEAGUE FORMAT

- All age groups are 7v7 (GK + six field players)

XV. GAME ROSTERS

- Game rosters are not needed for teams.
- Younger players can play up, but older players are prohibited from playing down.

XVI. GAME SCORING

- No more than +8 goal differential will count toward the final score of the game.
  - **For example: if a game ends 16-1, then the final score is 9-1.**

XVII. PLAYOFFS

- Playoffs are for the top four teams from each age group.
- Playoff tiebreakers are as follows: goal differential, goals scored, head-to-head.

*****Please Note: No more than +8 goal differential will count toward the final score of the game*****

We thank you again for participating in the youth soccer league here at Union Point Sports, and we hope you enjoy the league and our incredible indoor facility under the bubble!

If you have any questions at all, please do not hesitate to contact our League Director, Steve Garrity, via email at steve@unionpointsports.com or by phone at 781-660-2871.