

# United Recreational Soccer League

U13

Game Day Format	7v7, 6 field players & 1 GK (No minimum field player counts to start game & players may join the opposing team's roster if needed on game day)
Match Time	35min halves, 5-minute halftime
Game Day Ball Size 5	Home Team will provide 2 to 3 sanitized game balls per game, referee will approve pre-game.
Player Substitutions	Unlimited substitutions, at any stoppage of play, on Referee Approval
Mercy Rule	Up 5 points, opposing team may add a player until it is at a 3-point differential.
No Throw-Ins	Restarts will occur via kick-in at touchline. All touchline restarts are indirect free kicks
Jersey Colors	Home Team Should Change First If Needed Players should bring two different color jerseys to games in case of conflicting colors, jersey numbers not required
Pre-Game	Warmups no earlier than 20min prior to kickoff start time
Post-Game	Players & coaching staff will leave field immediately following game end

**HAVE FUN!!**