

**Brief Summary of Bell Aliant Metro League Rules 2010  
By Division**

o Under 8 and Under 10

- \_ 4 shifts per half, 7 minutes long = two 28 minute halves
- \_ Changes in between shifts
- \_ All kicks are indirect (no PKs!)
- \_ No cards
- \_ Non-competitive (referees will record the score for administrative purposes, however no scores or standings will be posted on the website for Under 10)
- \_ Size 4 ball
- \_ 7 aside (6 players and 1 keeper)
- \_ No permanent keepers – must switch up who is in net
- \_ NO OFFSIDES
- \_ Equal playing time

o Under 12 8v8

- \_ **Two 30 minute halves**
- \_ All kicks are indirect (no PKs!)
- \_ No cards
- \_ 8 aside (7 players and 1 keeper)
- \_ NO OFFSIDES

o Under 14

- \_ 40 minute halves
- \_ All normal FIFA rules apply (cards, kicks, etc)

o Under 16

- \_ 40 minute halves
- \_ All normal FIFA rules apply (cards, kicks, etc)