



8U RECREATIONAL (CO-ED AND GIRLS)

PLAY: 3 v 3, no goalie.

BREAKS: 2 minutes at quarters; 5 minutes for halftime.

THROW INS: Up to one repeat attempt for foul throw.

FOULS/FREE KICKS: All kicks INDIRECT. Opponent must yield 4 yards.

GOAL KICKS: Opponents must be in own half of field.

NO HEADING: No intentional heading. Indirect kick awarded.

NO SLIDE TACKLING

PERIODS: Four 12-minute quarters.

SUBS: Any stoppage in play. Unlimited.

CORNERS: Yes. Opponent must yield 4 yards.

NO PENALTY KICKS

NO OFFSIDE

NO PUNTING: Does not apply at this level.

NO CARDS

10U RECREATIONAL (CO-ED AND GIRLS)

PLAY: 7 v 7, including goalie

BREAKS: No more than 5 minutes between quarters; no more than 10 minutes for halftime.

THROW INS: Up to one repeat attempt for foul throw.

PENALTY KICKS: YES. Be advised there is much confusion over PKs at this level. THERE ARE PENALTY KICKS.

NO HEADING: No intentional heading. Indirect kick awarded.

USYSA Build Out Line Rule

http://media-3.gameofficials.net/Build-Out_Line_Rule_2.pdf

NO PUNTING: Punting is not allowed in 10U. Drop kicking (allowing ball to bounce and kick it off the bounce is allowed).

PERIODS: Four 15-minute quarters
SUBS: With possession on throw-ins (and without if opponent subs); goal kicks, goals, injuries, period breaks. Unlimited.

FOULS/FREE KICKS: Normal; Direct/indirect

GOAL KICKS: Opponents in own half of field.

NO OFFSIDES: Don't allow team to abuse rule by "cherry picking" or camping player by the opposing goalie. Coaches are warned that offsides will be called flouting is habitual.

NO SLIDE TACKLING

NO CARDS

12U RECREATIONAL (CO-ED AND GIRLS)

PLAY: 9 v 9, including goalie

BREAKS: No more than 10 minutes for halftime.

NO HEADING: No intentional heading. Indirect kick awarded to

opposing team. (Note: U.S. Soccer guideline applies to 10-year-olds and under. U12 rec has 10-year-olds where U12 select does not.) Enforced on all LYSA fields regardless of opponent's home rule.

PERIODS: Two 30-minute halves

SUBS: Same as U10.

OFFSIDES NOW CALLED NORMAL.

14U RECREATIONAL (CO-ED)

PLAY: 11 v 11, including goalie

BREAKS: No more than 10 minutes for halftime.

HEADING ALLOWED.

PERIODS: Two 35-minute halves

SUBS: Same as U10, U12.

16U RECREATIONAL (CO-ED)

PLAY: 8 v 8, including goalie

BREAKS: No more than 10 minutes for halftime.

HALVES: Two 35-minute halves

SUBS: Same as U10-U14

19U RECREATIONAL (CO-ED)

PLAY: 11 v 11, including goalie

BREAKS: No more than 10 minutes for halftime.

HALVES: Two 35-minute halves

SUBS: Same as U10-U14-U16

LYSA IS A "ZERO TOLERANCE" OF ABUSE LEAGUE: You may request a Field Marshall at your game if you feel coaches, parents or players are targeting you with abuse and you should note bad behavior in your game report.