

ALL LEAGUES: Team listed as Visitor (2nd on schedule) will take kickoff for all matches.

Home team chooses which way to defend first, and takes second half kicko

**FALL 2022****8U RECREATIONAL (CO-ED AND GIRLS)**

PLAY: 4 v 4, no goalie. Goalbox should be empty of players.**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****No ball contact allowed within the goal box.** Defending team awarded the goal kick. Offensive team awarded a goal.

If the ball stops in the goal box, a goal kick or corner kick is awarded at the discretion of the official.

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****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 / NO DROP-KICKING:** Play out of the back.**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 SLIDE TACKLING****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.**CARDS ALLOWED FOR REPEAT OFFENDERS.****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. (Enforced on all LYSA Rec matches 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: 8 v 8, 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.