

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 kickoff.



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 CARDS & NO PENALTY KICKS

NO OFFSIDE

NO PUNTING

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 for Goalie Possession moments:

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.

YELLOW 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.

OFFSIDES NOW CALLED NORMAL.

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.

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

SUBS: Same as U10-U14

BREAKS: No more than 10 minutes for halftime.

HALVES: Two 35-minute halves

19U RECREATIONAL (CO-ED)

PLAY: 8 v 8, including goalie

SUBS: Same as U10-U14

BREAKS: No more than 10 minutes for halftime.

HALVES: Two 35-minute halves

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.