



# **RECREATIONAL QUICK** **REFERENCE FOR REFEREES** **FALL 2021**

## **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](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 kicks.

**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 might be called if flouting of exception 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 & 19U RECREATIONAL (CO-ED)**

---

**PLAY:** 8 v 8, including goalie

**BREAKS:** No more than 10 minutes for halftime.

**NO OFFSIDES.** Don't allow team to abuse rule by "cherry picking" or camping player by opposing goalie. Coaches can be warned that offsides might be called if flouting of exception is habitual.

**HALVES:** Two 35-minute halves

**SUBS:** Same as U10-U14

**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.