



# RECREATIONAL QUICK REFERENCE FOR REFEREES

## U8 RECREATIONAL (CO-ED AND GIRLS)

---

**PLAY:** 4 v 4, 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**

## U10 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.

**NO PUNTING:** Punting is not allowed 7 v 7. 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:** Normal.

**OFFSIDE:** No, but don't allow team to abuse rule by "cherry picking" or camping player by the opposing goalie. Coaches are warned that offside might be called if flouting of exception is habitual.

**NO SLIDE TACKLING**

**NO CARDS**

## U12 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.

## U14 RECREATIONAL (CO-ED)

---

**PLAY:** 11 v 11, including goalie

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

**PERIODS:** Two 35-minute halves

**SUBS:** Same as U10, U12.

## U16-18 RECREATIONAL (CO-ED)

---

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

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

**NO PUNTING:** No punting in these small-sided, short field games.

**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. Thank you.