

## Rec League Game Rules



### **U6, U8:**

- Coaches referee the games from the field or sideline. Please bring a whistle and a watch.
- Ball size is 3.
- Duration is four 10 minute quarters with a 2 minute break between (May shorten for U5).
- Format is 4v4 players on the field; no goalkeeper.
- Substitutions may be made during any stoppage in play.
- There are kick-ins instead of throw-ins from the sidelines.
- Offside is not called.
- Please encourage players to not guard the goal when the opposing team is not attacking.

### **U10:**

- A Center Referee is utilized (when available).
- Players should arrive 30 min before game time to warm up.
- Ball size is 4.
- Duration is four 10-minute quarters with a 2-minute break between quarters and a 5-minute half-time break.
- Format is 7v7.
- No headers. If a player INTENTIONALLY heads the ball this is an indirect kick to the other team.
- Unlimited substitutions are allowed by both teams at any stoppage in play.
- Uses "**build-out lines**" for offside, for building out of the back and for delaying the attack when the goalie has the ball. Attackers cannot be penalized for an offside offense between the halfway line and the build-out line. The attacking team must be outside of the build-out line when the defending goalie has the ball.

### **U12:**

- Players should arrive 30 min before game time to warm up.
- A Center Referee and two Assistant Referees are utilized when available.
- Ball size is 4.
- Format is 9v9.
- Duration is two 30-minute halves with a 10-minute half-time break.
- No headers in U12 and below. If a player INTENTIONALLY heads the ball this is an indirect kick to the other team.
- Unlimited substitutions are allowed by both teams at any stoppage in play.
- Game scores are counted in U12 and U14 for division standings.
- Offside : A player is offside when he/she is in the opponent's half of the field, nearer the goal than the second to last defender and/or the ball **and is involved in play.**

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### **U14:**

- Location is MVP Pavilion turf field or similar half-field size and in sideways orientation.
- Players should arrive 30 min before game time to warm up.
- Referees are utilized when available.
- Format is 7v7.
- Ball size is 5.
- Duration is two 30 minute halves with a 10-minute half-time break.
- Unlimited substitutions are allowed but may only sub on kick-offs, goal kicks, at the beginning of a half or on own throw-in.
- Offside : A player is offside when he/she is in the opponent's half of the field, nearer the goal than the second to last defender and/or the ball ***and is involved in play.***

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### **General Laws of the Game Applicable to All Ages**

#### **Law 4: Player Equipment**

Shin guards worn under the socks are mandatory. Cleats are recommended but not required. No baseball cleats with a "toe cleat" or metal spikes are allowed. Absolutely no jewelry is

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permitted during play. Tape over earrings is not permitted even if the earrings are new and may not be removed.

### **Law 8: Start and Restart of Play**

The team that wins the coin toss chooses which goal to defend. The other team starts play with a kick from the center mark. Teams alternate kicks from the center mark to start play at the beginning of each quarter or half.

Players may not touch the ball twice at the start of play.

### **Law 12: Fouls and Misconduct**

Fouls are classified as either Penal (Contact) or Technical (Non-Contact). Penal fouls include tripping, pushing, etc. Technical fouls include dangerous play and impeding (obstruction). Yellow or red cards are administered for fouls committed carelessly or recklessly for U12 and up but are rarely required in YSC. Cards are never shown to U6-U10 players. Coaches for younger players deal with inappropriate behavior by removing the players from the game for a “cool down” period.

### **Law 13: Free Kicks**

Free kicks are either direct or indirect. A goal can be scored from a direct free kick. Indirect kicks must be touched by another player before going in the goal for the score to count.

All free kicks for U6 thru U10 are indirect free kicks.

### **Law 14: Penalty Kick**

Penalty kicks are awarded when the defense commits a direct free kick foul in the penalty area. No penalty kicks are awarded for U6-U10 age groups.

### **Law 16: Goal Kick**

A goal kick is awarded when the offense kicks the ball over the opponents' goal line. The ball must leave the goal area to be in play or the kick is retaken.

U6 use kick-ins instead of goal kicks.

### **Law 17: Corner Kick**

A corner kick is awarded when the defense kicks the ball over their goal line.

### **Tie Breaker Rules (U12 & U14)**

- a) Head to head
- b) Most Wins
- c) Goal Differential

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- d) Goals Against
- e) Misconduct
- f) Penalty Shootout