

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.

No captains or coin toss necessary.



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 goal kick. Offensive team awarded corner kick.

If the ball stops in the goal box, a goal kick is awarded to the defending team.

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 10 minutes for halftime.

YELLOW CARDS ALLOWED FOR REPEAT OFFENDERS.

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.

GOAL KICKS: Opponents in own half of field.

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: Two 25-minute halves

SUBS: With possession on throw-ins, goal kicks, goals, injuries, (when opponent subs.) Unlimited.

FOULS/FREE KICKS: Normal; Direct/indirect

NO SLIDE TACKLING

NO OFFSIDES: Don't allow team to abuse rule by "cherry picking" or parking player by the opposing goalie. Coaches are warned that offsidings will be called when habitual.

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 allowed. Indirect kick awarded to the opposing team. Enforced on all LYSA Rec home 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.

14U RECREATIONAL (GIRLS)

PLAY: 8 v 8, including goalie

SUBS: Same as U10-U14

BREAKS: No more than 10 minutes for halftime.

HALVES: Two 35-minute halves

HEADING ALLOWED.

16U & 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

HEADING ALLOWED.

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.