



Recreational Rules of the Game

U9-U19

1. Game Play Summary

- A. Heading is NOT allowed in games or practices for U12 and under, as recommended by the US Youth Soccer Association. For U14, heading should be limited in practice.
- B. No overtime periods are played; games ending in a tie are recorded as a tie.
- C. NO Blowouts: Coaches SHALL do their best to keep games competitive and avoid blowouts. The following rules have been implemented to address blowouts:
 - 1. Removal of players for each goal scored above a 4 goal advantage
 - 2. Forfeiture of the game by any team who ends with an 8 goal advantage

How the rule works: If a team has a 4-goal advantage over another team, the leading coach shall remove a player for each subsequent goal scored. For example, after the 5th goal (5-0 scoreline), a player shall be removed from the field and the scoring team shall play short a player. If a 6th goal is scored (6-0 scoreline), a second player shall be removed, and the scoring team shall play short two players. If a goal is then scored by the trailing team (6-1 scoreline), the leading coach may add a player to the field, etc.

- D. Number of players on field
 - 1. U9 – U10: 7-a-side (7 v 7), six (6) field players and one (1) goalkeeper
 - 2. U11 – U12: 9-a-side (9 v 9), eight (8) field players and one (1) goalkeeper
 - 3. U13 and up: 11-a-side (11 v 11), 10 field players and one (1) goalkeeper
- E. A team must field the minimum number of players required to start or continue a game:
 - 1. U9 – U10: Five (5); U11 – U19: Seven (7)
 - 2. Forfeiture shall apply if the minimum number of players is not achieved.

In the interest of recreational soccer, if game is determined to be a forfeiture in the U12 and younger ages, it is recommended that teams either share players or play down to the number of the opponent and continue to play the game as a “friendly” for the kids’ sake, even if the result does not count.

- F. The referee is in full charge from the time he/she arrives at the field until he/she retires from the field, whether or not play is underway. Send offs (ejections) may be issued before, during, or after the game is played.
- G. Only a player designated as Captain may ask for clarification of a decision at a stoppage of play. No person, coach, or player shall interfere with, challenge or question the referee before, during, or after the game.
- H. A coach, team official, or spectator may not enter the field during a game unless permission is granted by the referee. This includes, but is not limited to, aiding an injured player.
- I. Each rostered player present at the game shall play at least a half of the game. Exceptions are allowed for injury, conditioning, or discipline. The coach shall keep a written record of players who are unable to play a half of the game, along with the reason. Coaches who use reduced playing time for disciplinary purposes must have the approval of their club director and must explain the situation to the child's parents.
- J. Teams shall position themselves on opposite sides of the field. Exceptions require the agreement of both coaches and approval by the referee. The home team shall have choice of the side of the field. Parents shall position themselves across the pitch from the coaches and players and shall not be behind the goal area.
- K. Home teams shall report the score as directed by the division director. Home teams should check with the official at the end of the match to confirm the official final score.
- L. Both teams shall supply a game ball to the referee before the start of the game. The referee shall select the most appropriate ball. The referee may request another ball if neither are considered adequate.

Key Elements of the FIFA Laws of the Game

Law 1 - Field of Play

Dimensions

- U9 – U10: Length 55 – 65 yards, Width 35 – 45 yards
- U11 – U12: Length 70 – 80 yards, Width 45 – 55 yards

Field Markings

Build Out Line (U9 – U10 only)

- Build Out line is the midpoint from the top of the penalty box to the halfway line.
- It is required for 7v7 play at the U9 – U10 age groups.
- It is used to promote playing the ball out of the back in an unpressured setting.
- When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the Build Out Line.
- If the goalkeeper distributes a pass to a teammate, it is only live when the teammate receives and touches the ball, not when it leaves the hand or foot of the goalkeeper. **No punting is allowed.**
- When the ball is live, only then can the opposing team cross the Build Out line to attack the ball.
- The buildout line is the off-side line in U9-U10 games.

Law 2 - The Ball

Size 4 ball for U9 – U12; size 5 ball for U14 and up

Law 3 - The Players

Maximum number of players for U9 – U10 is seven (7), one (1) of whom is the goalkeeper. The minimum to start a match is five (5).

Maximum number of players for U11 – U12 is nine (9), one (1) of whom is the goalkeeper. The minimum to start a match is seven (7).

Substitutions: Substitutes must be at the intersection of the halfway line and touch line to request a substitution. A substitute shall not enter the field of play until he/she has been given a signal to do so by the referee.

Substitutions may take place at any time authorized by the referee, but should be limited to the following times:

1. Prior to a throw-in, in your favor. If the team in possession of the ball substitutes, the other team may substitute players as well.
2. Prior to a goal kick, by either team.
3. After a goal, by either team.
4. After an injury, when the referee stops play, by either team.
5. At half time.
6. When the referee stops play to caution a player, only the cautioned player may be substituted, prior to the restart of the game.
7. The number of substitutes shall be unlimited.

Any of the players may change places with the goalkeeper if the referee is informed before the change is made, and the change is made during a stoppage in play

Law 4 – The Player's Equipment

For games between PYSL teams only, Home team wears RED, Visitors wear BLUE.

Required equipment includes:

- PYSL reversible red/blue jersey
- Shin-guards (must be worn under the socks)
- Footwear is required, but cannot have metal cleats or spikes in the front

Players may not use equipment or wear anything that is dangerous.

All items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. Using tape to cover jewelry is not permitted

Law 5 - The Referee

There shall only be one (1) referee (Center) in U9 – U18 PYSL matches unless a referee is receiving training/mentorship by an additional referee during the match.

The referee has full authority to enforce the Laws of the Game and is in full charge from the time he/she arrives at the field until he/she retires from the field, whether or not play is underway. Send offs (ejections) may be issued before, during, or after the game is played.

Law 6 - The Other Match Officials

Assistant Referees (ARs) may be utilized as on-field officials at the discretion of the league. These 'on-field' match officials assist the referee with inspecting the field of play, the balls and players' equipment (including if problems have been resolved) and maintaining records of time, goals, misconduct etc.

Law 7 - The Duration of the Match

U9 – U10 games shall be two (2) 25-minute halves, with a half-time break not to exceed 10 minutes.

U11 – U12 games shall be two (2) 30-minute halves, with a half-time break not to exceed 10 minutes.

U14 - U18 games shall be two (2) 30- minute halves, with a half-time break not to exceed 10 minutes.

An abandoned or cancelled match will not be replayed unless specifically authorized by the PYSL Board.

Law 8 - The Start and Restart of Play

All players must be on their own half of play except the player taking the kick-off. Opponents must be outside of the center circle while kick off is in progress.

Law 9 - The Ball In and Out of Play

For a ball to be out of play, the entirety of the ball must be beyond the outer plane of either the touch or goal line.

Law 10 – Determining the Outcome of a Match

No overtime periods are played; games ending in a tie are recorded as a tie except for City Cup, or as otherwise stated by the Board.

Law 11 - Offside

Offside will be called beginning at the U9 level. In U9-U10 games, the Build Out Line will be used to penalize for offside. At all other ages, the halfway line will be used to penalize for offside.

An attacking player in the opponent's half of the field is in an "offside" position if there are less than two (2) defenders (including goalkeeper) between him/her and the goal at the time the ball is played.

It is not an offense to be in an offside position. It is an offense only when the player in an "offside" position is involved in the play. This includes touching the ball, blocking a defender's view, blocking a defender's path, drawing a defender, etc.

Law 12 - Fouls and Misconduct

Only an independent neutral referee may issue cautions or send offs. Coaches or parents who are not licensed referees and are refereeing a game because a referee was not available may not caution or eject a player.

Send offs shall be reviewed by the PYSL board and may result in sanctions to the sent off player/coach in the discretion of the PYSL Board.

Law 13 - Free Kicks

Opponents must be 8 yards away from the ball before a direct or indirect free kick is allowed.

Direct free kick – A goal may be scored directly against the opposing side without the ball having first touched another player.

Indirect free kick – A goal may **NOT** be scored directly from the kick without the ball having first touched another player from either team.

Law 14 - Penalty Kicks

Opponents must be 10 yards away from the ball (penalty mark), behind the penalty mark, outside the penalty area, but inside the field of play, before the penalty kick is allowed.

Law 15 – Throw-Ins

The thrower must 1) face the field of play, 2) have part of each foot on the touchline or on the ground outside the touchline at the moment the ball is thrown, and 3) throw the ball with both hands from behind and over the head from the point where it left the field of play.

All opponents must stand at least two (2) yards from the point at which the throw-in is taken.

Law 16 - Goal Kicks

Players Do Not need to be outside of the penalty box to receive the ball during a goal kick.

Build Out Line – (U9 – U10 only) – See also **Law 1. Field of Play, Field Markings**

- When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the Build Out Line.
- The opposing team may only cross the Build Out line to attack the ball once the ball is live.
- The ball is live as soon as a teammate receives the pass from the goalkeeper or when the ball passes the Build Out Line. The ball IS NOT live when it leaves the hands or feet of the Goalkeeper, but only after it is received by the second player. ("First Pass Is Free").
- No punting or Drop Kicks are allowed.