



Recreational Rules of the Game

3rd-8th Grades

	Number of Players	Duration	Field Size	Goal Size	Ball Size	Heading
3 rd & 4 th	7 v 7	Two 25-minute Halves	120' x 180'	6' x 18'	Size 4 ball	Not Allowed
5 th & 6 th	9 v 9	Two 30-minute Halves	180' x 225'	7' x 21'	Size 4 ball	Not Allowed
7 th - 12 th	11 v 11	Two 35-minute Halves	Full Size Turf	8' x 24'	Size 5 ball	Allowed

Unless expressly addressed below, all standard Laws of the Game shall apply.

Only officially rostered players may play. Players may not guest-play on other teams without league approval.

Players shall wear a PYSL uniform (Home:red/Away:blue) and shin guards. All items of jewelry (necklaces, rings, bracelets, earrings) are forbidden and must be removed.

Players shall play at least half of the game and be rotated in position. Exceptions to playing time are allowed for injury, conditioning, or discipline. Coaches who use reduced playing time for disciplinary purposes must have league approval and must explain the situation to the child's parents.

Substitutions shall be made from the half-line only with approval of the referee during a stoppage in play.

Teams shall position themselves on opposite ends of the field. Parents shall position themselves across the pitch from the coaches and players and shall not be behind the goal area.

Home team shall supply 3 game balls to the referee before the start of the game.

No coach, team official, or spectator may not enter the field during a game unless permission is granted by the referee. This includes aiding an injured player.

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.

Blowout Rule

Blowouts are prohibited. Coaches shall make changes early to avoid unequal games.

If a team reaches a 5 goal advantage (eg: 5-0) over another team, they shall remove a player from play and play down a player. An additional player shall be removed for any subsequent increase in the goal advantage. No team shall continue scoring after a 7-0 advantage. Players may be returned to play when the goal advantage reaches 4.

Failure to abide by this rule shall be reported to the League by both coaches.

Build Out Line (3rd & 4th Only)

When the goalkeeper controls the ball with their hands during play, during a goal kick, or during a free kick awarded below the Build Out Line, the opposing team must move behind the Build Out Line.

The opposing team may not cross the Build Out Line until the goalkeeper distributes the ball to a teammate & the teammate receives and touches the ball. ***“First touch is free”***

If the goalkeeper distributes the ball BEFORE the opposing team has dropped behind the line, the ball is live when it is distributed. The opposing team need not wait for the first touch to touch the ball.

Goalkeepers must distribute on the ground. No punting or drop kicks allowed. A punt will result in an indirect free-kick being awarded from the nearest part of the penalty area.

The Build Out Line is the off-side line for 3rd & 4th.

SIDELINE ETTIQUITE

Coaches are responsible for policing their own sidelines. Please ensure that all spectators are limiting their participation to cheering. If you have a parent that will not follow your reminders, notify the Board immediately and we will address the conduct.

THIS IS TO BE READ BEFORE EACH GAME

“Parents and spectators:

Thank you for coming to support your player in today’s game. Players love to hear cheering and words of encouragement from the sideline during the game.

Please remember that PYSL prohibits coaching from the sidelines, criticizing the referees and coaches, and negative comments directed at the opposing team.

We are here for the kids to have fun. So let them play.”