

U12 - 15U 3v3 BOYS/GIRLS Recreational League Rules

Number of Players: Recommended number of players: three (3) per side (3v3). If coaches agree, can use 4v4.

Registration: All players must have properly completed registration forms.

Equipment:

- Shinguards are mandatory.
- Size 4-5 ball (introduce the Size 5 ball at 13U).
- League uniform.
- Socks over shin guards.
- Cleats are recommended (no baseball cleats). Tennis shoes are allowed.
- No jewelry of any type. Soft (non-metallic) sweatbands, rubber bands, scrunchies are allowed. No metal hair clips.
- Water bottle.

During cold weather, league shirt must be shown over any garments. No shorts or pants with pockets or shirts or coats with hoods exposed will be allowed.

Field Dimensions: 20 yds. X 30 yds. (USYSA Standards 15-25yd x 25-35yd)

Goal Dimensions: 4 ft. x 6 ft.

Game Duration: Four (4) x 10-12 minute quarters. 1-5 minute quarter breaks. Five (5) minute (max) half. Intra-Club play may have alternative Duration and to be decided between coaches and addressed with Referee.

Game Rules

- Unlimited substitution with referee's permission. Player must be at the center line at the time of stoppage of play for substitution.
 - a. Prior to a throw-in by either team
 - b. Prior to goal kick by either team
 - c. After a goal by either team
 - d. After an injury on either team when referee stops play
 - e. At half time and quarter breaks
- No offside
- All kicks are indirect (ball must touch one additional player before a goal can be scored). Player kicking the ball cannot touch the ball again until a second player for either team has touched it.
- Throw-ins occur when ball goes out of play over the touchline. Second tries will be given for the first two games.
- Goal kicks or corner kicks occur when ball goes out of play over the goal line without scoring a goal.
- Goal kicks can be placed anywhere on arc or endline.
- **GOAL ARC RULE.** Four (4) yard arc. There is no ball contact allowed within the arc, however, players or ball may pass through the arc area. If a defensive player within the arc contacts the ball. Ball contact by an offensive player constitutes a goal kick for opposing team. If ball comes to rest within the arc area, a goal kick is awarded regardless of who touched it last. Any part of the ball or players body on the line is considered in the goal arc.
- **No Penalty Kicks.** However, if Teams and Ref decide to play with awarding Penalty Kicks, use these **PK Procedures: Ball is placed on the penalty spot at midfield. All players are to stay behind the midfield line. Only the shooter is allowed to kick the ball, from**

penalty spot, on the referee whistle. If ball returns to playing area, play can continue, otherwise a goal or goal kick is awarded.

- FIVE YARD RULE. Start of play and Free kicks will take place with all players at least 5 yards away from the ball.
- No goalies
- Goals may not be scored from kickoff.
- Kickoff - the ball must move forward. Any infractions shall result in redo of kickoff
- Each successive quarter should alternate kick off from team to team.
- THERE SHALL BE NO SLIDE TACKLES or ROUGH AND OUT OF CONTROL PLAY

Referees: Center Referee may be assigned. If no Referee, Coaches and assistant coaches should referee their own games.

9V9: 12U-15U BOYS/GIRLS Recreational League Rules

Number of Players: Teams must play even-up, normally 9v9. One player must be a goalkeeper. Exceptions can be made for teams short on players when agreed upon by both coaches. The referee must be advised of any game changes. No team can have a player who is not registered with the league.

Equipment:

- Shin guards are mandatory.
- Size 4 ball. (Size 5 can be used if true 13U or 14U rosters)
- League uniform.
- Socks over shin guards.
- Cleats are recommended (no baseball cleats). Tennis shoes are allowed.
- No jewelry of any type. Soft (non-metallic) sweatbands, rubber bands, scrunchies are allowed. No metal hair clips.

- Water bottle.

During cold weather, league shirt must be shown over any garments. No shorts or pants with pockets or shirts or coats with hoods exposed will be allowed.

Field Dimensions: 70-80 yds. X 45-55 yds.

Goal Dimensions: 7 ft. x 21 ft. or 6.5 ft. x 18.5 ft.

Game Duration: Two thirty (30) minute halves. Ten (10) minute half-time.

Game Rules: (all rules will conform to FIFA Laws of the Game, except where the league has instituted exceptions)

- Throw-ins occur when ball goes out of play over the touchline. Second tries will be given for the first two games.
- Goal kicks or corner kicks occur when ball goes out of play over the goal line without scoring a goal.
- Goal kicks must clear the penalty area. Infractions shall result in redo of goal kick.
- Goalie may restart by throwing, rolling or punting the ball but not further than the LOC (Line of Confrontation) to promote building out of the back and for the safety of the Rec player.
- Kickoff - Indirect (ball must touch one additional player before a goal can be scored). Player kicking the ball cannot touch the ball again until a second player for either team has touched it.
- Kickoff - the ball must move forward. Any infractions shall result in redo of kickoff.

- Cherry Picking – Cherry Picking is the tactic of leaving a good player near an opposing goal at all times even if play is occurring near the opposing goal. IT IS NOT ALLOWED.

Exceptions to FIFA Laws of the Game

- Unlimited substitution with referees permission. Players MUST be at center line at the time of stoppage of play for substitution
 - a. Prior to a throw-in by either team
 - b. Prior to goal kick by either team
 - c. After a goal by either team
 - d. After an injury on either team when referee stops play
 - e. At half time and quarter breaks
- OFFSIDES. Standard offsides rules apply.
- GOALIE PUNT RULE. A goalie punt or drop kick may not cross the 25ft LOC line on-the-fly. The infraction will result in an indirect free kick for the opposing team at the nearest point on halfway line unless referee uses a re-kick for education purposes.
- FIVE YARD RULE. Start of play and Free kicks will take place with all players at least 5 yards (radius of center circle) away from the ball.
- Penalty Kicks are awarded for dangerous play inside the penalty area. Unless playing a non-league team in which coaches define PK rule prior to game. Alternate Rule is fouls within the penalty area are placed at the nearest point on the penalty area line.
- Fouls can result in direct and indirect kicks.
- THERE SHALL BE NO SLIDE TACKLES or ROUGH AND OUT OF CONTROL PLAY
- Regular season games can end in tie.

Coaches: Stay off playing field unless recognized by referee. Stay on your bench half of field. NO coaching from behind the goals. This includes no parents behind the goal.

Referees: Center referee will be assigned. Coaches and assistant coaches may referee their own games if an assigned referee is not available. In the case of no referee, the kickoff's team's coach shall do the first half. The receiving team's coach shall do the second half. Assistant referees may be used if assigned.