

**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.

**SPRING 2024****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:** 5 minutes between quarters; 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](http://media-3.gameofficials.net/Build-Out_Line_Rule_2.pdf)**NO PUNTING / NO DROP-KICKING:** Play out of the back.**PERIODS:** Four 15-minute quarters**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 offsides 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.**16U 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**19U RECREATIONAL (CO-ED)****PLAY:** 11 v 11, including goalie**SUBS:** Same as U10-U14**BREAKS:** No more than 10 minutes for halftime.**HALVES:** Two 35-minute halves**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.