

## **6U Boys & 6U Girls Rules and Pointers**

Field Size: ..... 45' x 90'	Half Time: ..... 5 minutes
Ball Size: ..... Size 3	Quarter Break: ..... 2 minutes
Short Sided Play: ..... 3 vs 3	Substitution: ..... Quarters
Total Field Time: ..... 45 minutes	Slide Tackling: ..... Not Allowed
Scheduled Warm-up: .. 15 minutes	Heading: ..... Not Allowed
Quarter Time: ..... 5 min x 4	Offside: ..... Not Enforced

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AYSO requires that every player play at least half of every game. Different players should start and finish each game also. A Goal Keeper may not be used at this level. Heading the ball is not allowed at this level. Sideline distribution will be via kick-ins instead of throw-ins.

To start the game and the second half, and after each goal, a kick off is taken from the center circle. 2<sup>nd</sup> & 4<sup>th</sup> quarters will resume play, without possession change, by means of one of the following methods: a Kick-in, Goal Kick, or Corner Kick. If play cannot be stopped for a quarter break by any of the mentioned methods, a Drop-Ball restart is used. The quarter break, if possible, shall not be at the expiration of the allotted quarter time, but at a natural stoppage near that time. The following quarter will then be shortened or lengthened accordingly.

Kick-ins (instead of throw-ins), Corner Kicks, Goal Kicks, and other free kicks will be awarded as described in the Laws of the Game. There will be no Penalty Kicks. Any foul which occurs in the goal area shall be moved an appropriate distance away from the goal. Further ALL free kicks will be considered indirect.

Players at this age should be corrected, but not penalized for any infractions. They should be encouraged to participate, engage, and have fun. Avoid correct play through stoppage unless necessary.

Players should not be carded at this level, but may be asked to leave the game temporarily (replaced by teammate) if they become emotional.

Coaches are encouraged to be on the field with players, helping to direct and encourage them. They are expected to help players on both teams as appropriate, and try to keep the game competitive and fun.

Slide tackling is NOT allowed, and players should be encouraged to stay on their feet.

## **8U Boys & 8U Girls Rules and Pointers**

Field Size: ..... 75' x 150'	Half Time: ..... 5 minutes
Ball Size: ..... Size 3	Quarter Break: ..... 2 minutes
Short Sided Play: ..... 5 vs 5	Substitution: ..... Quarters
Total Field Time: ..... 65 minutes	Slide Tackling: ..... Not Allowed
Scheduled Warm-up: .. 15 minutes	Heading: ..... Not Allowed
Quarter Time: ..... 10 min x 4	Offside: ..... Not Enforced

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AYSO requires that every player play at least half of every game. Different players should start and finish each game also. A Goal Keeper may not be used at this level. Heading the ball is not allowed at this level.

To start the game and the second half, and after each goal, a kick off is taken from the center circle. 2<sup>nd</sup> & 4<sup>th</sup> quarters will resume play, without possession change, by means of one of the following methods: a Throw-in, Goal Kick, or Corner Kick. If play cannot be stopped for a quarter break by any of the mentioned methods, a Drop-Ball restart is used. The quarter break, if possible, shall not be at the expiration of the allotted quarter time, but at a natural stoppage near that time. The following quarter will then be shortened or lengthened accordingly.

Throw-ins, Corner Kicks, Goal Kicks, and other free kicks will be awarded and enforced as described in the Laws of the Game. There will be no Penalty Kicks. Any foul which occurs in the box will result in a free kick outside the box. Further ALL free kicks will be considered indirect.

Players at this age should be corrected, but not penalized for throw-in infractions. They should repeat the throw-in until it is completed successfully.

Players should not be carded at this level, but may be asked to leave the game temporarily (replaced by teammate) if they become emotional.

Referees and coaches at this age should explain any calls to the players so that they fully understand the action that resulted in the foul, and the penalty for this foul.

Coaches are encouraged, even though there is no keeper, to play an aggressive, defensive style. Utilize three defenders across the field, and encourage them to move up to midfield as the ball moves up the field. It is not fun for players to stand in the defensive box and wait for the ball to advance to them.

Slide tackling is NOT allowed, and players should be encouraged to stay on their feet.

## **10U CoEd Rules and Pointers**

Field Size: ..... 120' x 240'	Half Time: ..... 5 minutes
Ball Size: ..... Size 4	Quarter Break: ..... 2 minutes
Short Sided Play: ..... 7 vs 7	Substitution: ..... Quarters
Total Field Time: ..... 75 minutes	Slide Tackling: ..... Not Allowed
Scheduled Warm-up: .. 15 minutes	Heading: ..... Not Allowed
Quarter Time: ..... 12.5 min x 4	Offside: ..... Loosely Enforced

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AYSO requires that every player play at least half of every game. Different players should start and finish each game also. A Goal Keeper may be used at this level. Heading the ball is not allowed at this level.

To start the game and the second half, and after each goal, a kick off is taken from the center circle. 2<sup>nd</sup> & 4<sup>th</sup> quarters will resume play, without possession change, by means of one of the following methods: a Throw-in, Goal Kick, Corner Kick, Free Kick (if one was awarded at the time of the quarter break), or Goal Keeper Possession. If play cannot be stopped for a quarter break by any of the mentioned methods, a Drop-Ball restart is used. The quarter break, if possible, shall not be at the expiration of the allotted quarter time, but at a natural stoppage near that time. The following quarter will then be shortened or lengthened accordingly.

Throw-ins, Corner Kicks, Goal Kicks, and other free kicks will be awarded and enforced as described in the Laws of the Game.

The Keeper may not Punt the ball at this level to distribute. All other aspects of keeper play are preserved, with the exception that the keeper may not perform either a half volley or full volley distribution after handling. There will be a "Build out line" half way between the midfield and the goal line. On keeper distribution, the opposing team must retreat behind this line until the ball has left the goalkeeper's hands. The keeper is not required to wait for the opposing team to retreat. The ball MUST be distributed to a teammate before it passes the BOL. Further, the BOL will be used instead of the midfield line for determination of offside. Offside is effectively called only on the attacking third of the field, instead of the attacking half.

Offside will be loosely enforced in this division. If players bodies overlap, it will not be considered an infraction. In addition, the attacking build out line will be the line of determination, Not the center line. In effect, a player can only be offside if they are in their attacking third of the field. Slide tackling is NOT allowed, and players should be encouraged to stay on their feet.

## **12U CoEd Rules and Pointers**

Field Size: ..... 150' x 270'	Half Time: ..... 5 minutes
Ball Size: ..... Size 4	Quarter Break: ..... 2 minutes
Short Sided Play: ..... 9 vs 9	Substitution: ..... Quarters
Total Field Time: ..... 85 minutes	Slide Tackling: ..... Not Allowed
Scheduled Warm-up: .. 15 minutes	Heading: ..... Not Allowed
Quarter Time: ..... 15 min x 4	Offside: ..... Fully Enforced

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AYSO requires that every player play at least half of every game. Different players should start and finish each game also. A Goal Keeper may be used at this level. Heading the ball is not allowed at this level.

To start the game and the second half, and after each goal, a kick off is taken from the center circle. 2<sup>nd</sup> & 4<sup>th</sup> quarters will resume play, without possession change, by means of one of the following methods: a Throw-in, Goal Kick, Corner Kick, Free Kick (if one was awarded at the time of the quarter break), or Goal Keeper Possession. If play cannot be stopped for a quarter break by any of the mentioned methods, a Drop-Ball restart is used. The quarter break, if possible, shall not be at the expiration of the allotted quarter time, but at a natural stoppage near that time. The following quarter will then be shortened or lengthened accordingly.

Throw-ins, Corner Kicks, Goal Kicks, and other free kicks will be awarded and enforced as described in the Laws of the Game.

A player is offside if he or she is ahead of the ball at the moment the ball touches or is played by a member of the same team, except if that player:

1. Is in his/her own half of the field.
2. Has two opponents even with or between him/her and the opponent's goal line. The referee's "moment of judgment" is the instant the ball is played, not when it is received.
3. Is the first to receive the ball from a throw-in, corner kick or goal kick.
4. Is not involved in active play by interfering with play, interfering with an opponent, or gaining an advantage by being in that position.

The Keeper may not Punt the ball at this level to distribute. All other aspects of keeper play are preserved, with the exception that the keeper may not perform either a half volley or full volley distribution after handling. The keeper is allowed to throw, roll, dribble, or kick the ball out. The keeper MUST be given space to distribute the ball. They may place the ball on the ground and kick it out. While the ball is "Live" as soon as they place it, the other team is not allowed to hang out next to the goalie to prevent this form of distribution. This will be considered unsporting behavior. However, once the keeper places the ball, they must immediately kick or dribble it. Double touch rules do apply. Slide tackling is NOT allowed, however it is legal for the keeper to slide in the box for possession (not to dispossess the ball from an opponent).

## **14U/16U CoEd Rules and Pointers**

Field Size: ..... 180' x 300'

Half Time: ..... 5 minutes

Ball Size: ..... Size 5

Quarter Break: ..... 2 minutes

Short Sided Play: ..... 11 vs 11

Substitution: ..... Quarters

Total Field Time: ..... 90 minutes

Slide Tackling: ..... Not Allowed

Scheduled Warm-up: .. 10 minutes

Heading: ..... Allowed

Quarter Time: ..... 17.5 min x 4

Offside: ..... Fully Enforced

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AYSO requires that every player play at least half of every game. Different players should start and finish each game also. A Goal Keeper may be used at this level. Heading the ball is allowed in games, but may be practiced no more than 15 minutes per week.

To start the game and the second half, and after each goal, a kick off is taken from the center circle. 2<sup>nd</sup> & 4<sup>th</sup> quarters will resume play, without possession change, by means of one of the following methods: a Throw-in, Goal Kick, Corner Kick, Free Kick (if one was awarded at the time of the quarter break), or Goal Keeper Possession. If play cannot be stopped for a quarter break by any of the mentioned methods, a Drop-Ball restart is used. The quarter break, if possible, shall not be at the expiration of the allotted quarter time, but at a natural stoppage near that time. The following quarter will then be shortened or lengthened accordingly.

Throw-ins, Corner Kicks, Goal Kicks, and other free kicks will be awarded and enforced as described in the Laws of the Game.

A player is offside if he or she is ahead of the ball at the moment the ball touches or is played by a member of the same team, except if that player:

1. Is in his/her own half of the field.
2. Has two opponents even with or between him/her and the opponent's goal line. The referee's "moment of judgment" is the instant the ball is played, not when it is received.
3. Is the first to receive the ball from a throw-in, corner kick or goal kick.
4. Is not involved in active play by interfering with play, interfering with an opponent, or gaining an advantage by being in that position.

There are no restrictions on keeper play at this level. Punting is allowed. Slide tackling is NOT allowed, however it is legal for the keeper to slide in the box for possession (not to dispossess the ball from an opponent).

## Additional Information

1. Slide Tackling is illegal for all divisions. Any contact should be considered a foul, and players should be encouraged to keep their feet even if there is no contact. At 10U and above, any contact player-to-player by a slide tackle, either before, during, or after the tackle, will be considered a foul. Anything more than moderate contact, or any contact from behind, will be considered a cardable offense.
2. Heading is not allowed at the 12U and younger divisions. Heading is allowed at the 14U/16U level; however, practice is limited to no more than 15 minutes per week at 14U/16U.
3. All Free Kicks at 8U and below are Indirect. Free kicks awarded in the Goal Area will be taken from the Goal Area Line.
4. The goalkeeper is not allowed to punt the ball at 10U and 12U. The goalkeeper is allowed to punt / volley the ball at 14/16U.
5. The uniform policy will be enforced. Players must have the proper jersey and socks to compete. Shorts are not required to be uniform specific but must be a neutral Navy or Black color. Players should bring their alternate jersey in case jamboree play is required.
6. 5 Goal Jamboree: We strive to balance teams as evenly as possible, but some days some teams are unable to compete, and others are competing at a very high level. If at any division level, the score is 5 goals or more in favor of one team, then the referee will encourage the teams to divide up and play a jamboree. Each coach will split their team evenly, and the referee will decide which group will play with which coach for the second half. Pinnies will be provided if necessary. In the absence of a referee, it is expected that the coaches institute this approach themselves. In this case, each coach would split their players evenly, and the opposing coach will select one of those two groups to play with him/her.

### Heading | Punting | Tackling Summary

Age Group	Heading?	Keeper Punting?	Slide Tackling?
6U	No	Not Applicable	No
8U	No	Not Applicable	No
10U	No	No	No
12U	No	No	No
14U/16U	Yes	Yes	No