

Fall 2025 – Recreation League

Game Formats, FAQ's, and Field Locations

	Length	Players	Goalie	Subs	Throw-Ins	Corners	Offsides	Goal Kick, Build Out Line	
League 1	4 Quarters 8 mins.	4 vs. 4	No	On the fly	Kick-in	No, Goal Kick	No	5 yards	
League 2		6 vs. 6	Yes			Yes			
League 3 Boys	2 halves 25 mins.	8 vs. 8	Yes	At stoppages	Yes	Yes	Yes, starts at build out line.	18 yards	
League 3 Girls		9 vs. 9	Yes						
League 4 Boys	2 halves 25 mins.	9 vs. 9	Yes				Yes, starts at midfield		
League 4 Girls		8 vs. 8	Yes						
League 5	2 halves 25 mins.	9 vs. 9	Yes						

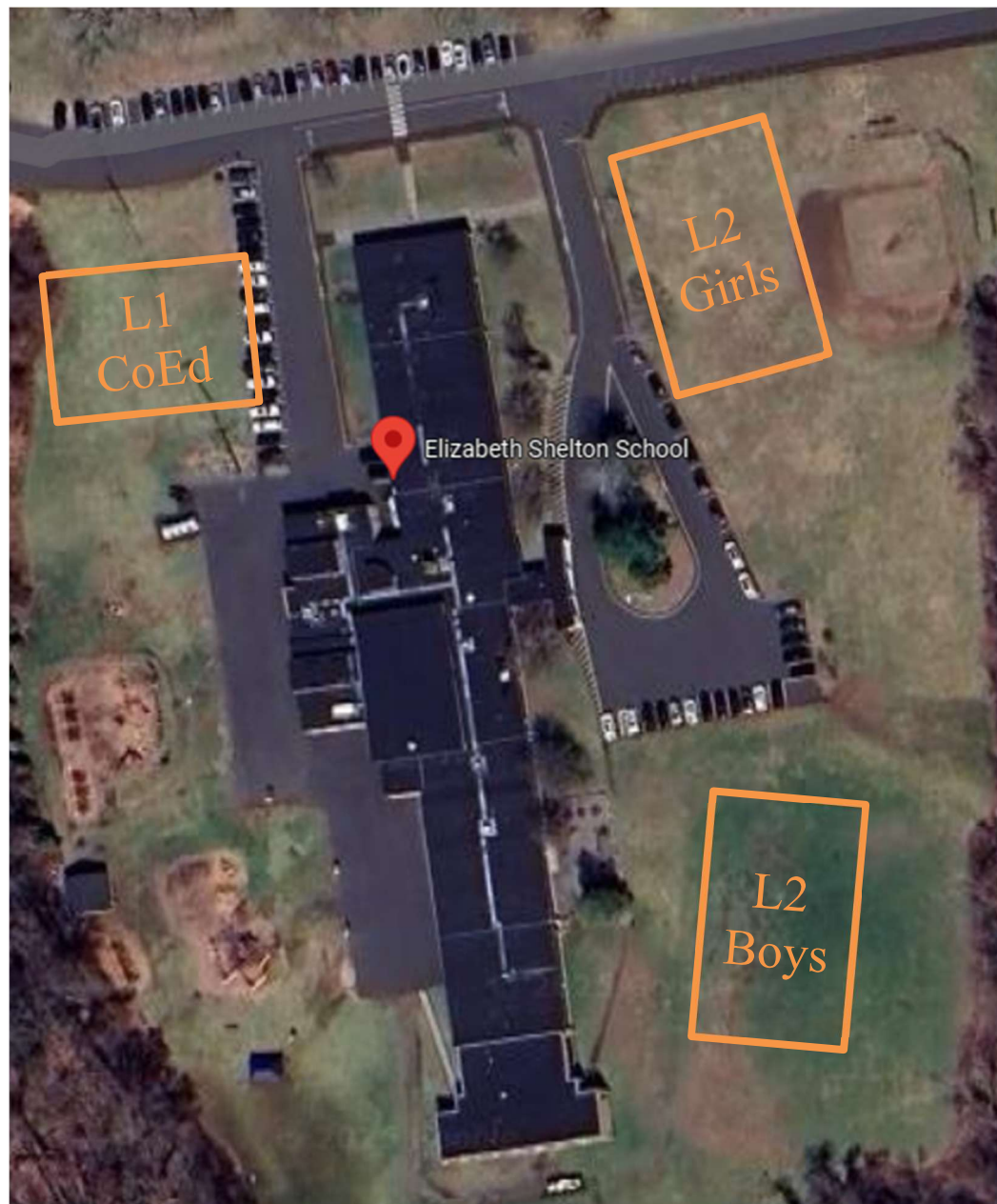
General Game Rules:

- 2 minute breaks between quarters, 4 minute breaks for games with halves
- Restarts after goals are always at midfield
- At their discretion, Referees and Coaches will enforce a build out line (usually at least 5-18 yards from the opposing team goal) and “no defender 3-10 yard zones” on restarts, to encourage positive play
- Ball Sizes:
 - 3 – Leagues 1 & 2
 - 4 – Leagues 3 & 4
 - 5 – League 5

Gameday FAQ's:

- Equipment and Uniforms:
 - Home team: wear orange uniform, away team: wear white/gray uniform
 - Wear cleats, shin guards, black shorts, and your socks (pink or black)
 - Please refrain from wearing earrings and/or jewelry whenever possible. Use tape, band-aids, etc. to cover if necessary.
 - Bring a water bottle
- Arrive no earlier than 10 minutes before listed time, games start at listed time
- SYSO follows the Shelton School District Covid policies and reserves the right to enforce additional protocols, as may be recommended by public health organizations
- Walk around the fields and not through them whenever possible. Sit on the sidelines, not within the field.
- Adhere to the SYSO Code of Conduct
- Respect spectator areas and respect Coach/Player/SYSO staff only areas

Elizabeth Shelton School Field Locations:
138 Willoughby Rd, Shelton, CT 06484



Capewell Park Field Locations:
341 Nichols Avenue

