

## Spring 2026 – Recreation League Game Formats, FAQ's, and Field Locations

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

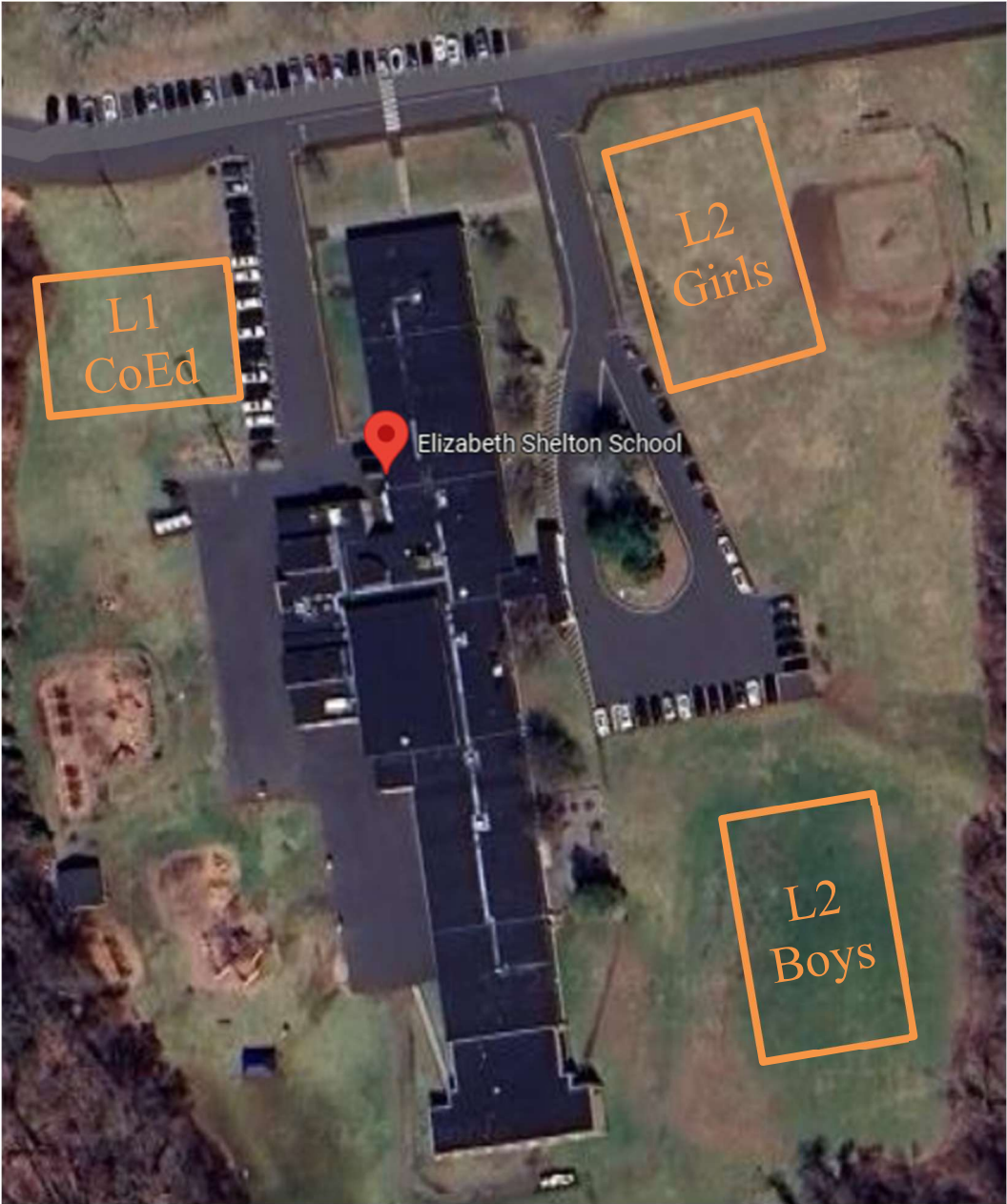
### General Game Rules:

- 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



Long Hill School Field Location:  
565 Long Hill Avenue

