

NYSA REC SOCCER RULES

Rules: All standard FIFA Laws of the Game will apply with the following age division modifications.

U13 SPECIFIC RULES (modifications)

- 9v9 – eight field players and a goal keeper
- (goal keeper must wear distinguishing color from all other field players)
- COED Play – each side must have at least one girl in play at all times.
 - This rule does not prevent more girls from playing and one of the goals of NYSA is to get equal playing time for all players on a team. Coaches please do your best to adhere to playing time. If there are extenuating circumstances it should be discussed with referee and opposing coach to come to an agreement.
- 70 minute game played in two 35 minute halves
- If necessary or requested by **ONE** coach, a water break will be taken midway through each half
- Water break (if taken) will be at a natural stoppage of play around the 15 minute mark
- Clock will **STOP** through the water break or extra time added for stoppage
- Unlimited substitutions with permission of referee (*see below*)
- Coaches/Spectators should remain off the field during the game (unless requested by the referee)
- **NO JEWELRY OF ANY KIND. NO EXCEPTIONS!**
- All players must wear shin guards **INSIDE** their socks
- **NO** intentional heading – treated as dangerous play – award Indirect Free kick to opposing team
- **NO** slide tackling (restart IDFK or DFK depending on if a foul was committed)
- There **WILL** be offside
- Size 4 ball

General Rules that pertain to U13

In the interest of fairness and in the spirit of the game if a team shows up short of players, the opposing team either lends players or plays down to even out the game.

NO JEWELRY OF ANY KIND. NO EXCEPTIONS! Refer to the Laws of the Game (Law 4.1) for more information.

All players must wear shin guards INSIDE their socks. Refer to the Laws of the Game (Law 4) for more information.

There ***will be offsides*** Refer to Law 11 for more information.

Intentional Headers are **NOT** allowed in U13 (and below) games.

Goal Keepers should be in a distinguishing color from all other field players (and officials if possible). This can be accomplished using practice pennies. Refer to [Laws of the Game \(Law 4.3\)](#) for more information.

Three-person crews (center referee and two assistant referees) will be assigned to U13 and above games at the NYSA.

Substitutions:

Substitutions are unlimited and can occur at any stoppage. Normally substitutions should not be allowed on offensive motions (free kicks, corner kicks) unless there is an injury. Allow the substitution if done by the team in possession but advise the coach against substituting on an offensive motion.

Substitutions should be made at the half-way line and with permission of the referee. Refer to the Laws of the Game (Law 3.3) for more information.

Kick-Off:

The ball may move in ANY direction. Refer to the Laws of the Game (Law 8.1) for more information.

Fouls:

All fouls identified in Law 12 apply. Refer to the Laws of the Game (Law 12) for more information. Play should be allowed to continue for trifling contact. It is a contact sport and there will be incidental contact especially at lower levels. An effort will be made to allow play to continue as much as possible unless there is an injury or foul resulting in a change of possession.

Free Kicks:

Opponents must be at least 10 yards from the ball during free kicks in games. Free kicks may be either direct (may score directly) or indirect (must be touched or played by another player before a goal can be scored).). Refer to the Laws of the Game (Law 13) for further details.

[NYSASports.com/nysaofficials/rules](https://nysasports.com/nysaofficials/rules)

Rev 8/05/25

U13 RULES

Penalty Kicks:

Penalty kicks may be awarded in U11 and above games. A penalty kick results from a player committing one of the ten direct free kick fouls inside his or her own (defending) penalty area. The penalty kick is taken from the penalty mark with all other players outside the penalty area and behind the penalty mark (except for the opposing goalkeeper). Refer to the Laws of the Game (Law 14) for further details.

Throw-in:

Second chances are NOT given for improper throw-ins for U13 and older players. Can NOT score directly from a throw-in. There is NO offside on a throw-in. An improper throw-in results in a throw-in for the opposing team. Refer to the Laws of the Game (Law 15) for further details.

Goal Kick:

The goal kick can be taken anywhere inside the goal area (6 yard box). The ball is in play once it is kicked and moves. The ball does NOT need to leave the penalty area before it is considered to be in play. The defending team may position players within the penalty area but the attacking team can NOT have players in the penalty area until the ball is kicked (and moves). Once the ball is kicked and moves the ball is considered to be in play. Refer to the Laws of the Game (Law 16) for further details.

Corner Kick:

The ball must be placed in the corner area nearest to the point where the ball passed over the goal line or the goalkeeper's position when penalized. (Law 17).

A corner kick is awarded if a goalkeeper, inside their penalty area, controls the ball with their hand(s)/ arm(s) for more than **eight seconds** before releasing it.

The referee will decide when the goalkeeper has control of the ball and the eight seconds begin and will visually **count down the last five seconds** with a raised hand.

A goalkeeper cannot be challenged by an opponent when in control of the ball with their hand(s)/arm(s). (Law 12-3)
