

# NYSA REC SOCCER RULES

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

## U9 SPECIFIC RULES (modifications)

- 5v5 – four field players and a goal keeper
- (goal keeper must wear distinguishing color from all other field players)
- 50 minute game played in two 25 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 12.5 minute mark
- Clock will continue to **RUN** through the water break
- 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 **NOT** be offside
- Goalie may **NOT** punt the ball
- Build-Out line will be used (see [build-out line page](#) for more details). This may be annotated as the penalty box depending on field size.
- Free kick distance modified for field size: 4 yards between defensive players and ball.
- Size 3 ball

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## General Rules that pertain to U9

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 **NOT** be offsides for U9 (and below).

Intentional Headers are **NOT** allowed in U12 (and below) games.

One Center Referee will be used for U9.

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U8 RULES

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## 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.

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## Kick-Off:

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

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## Misconduct:

Misconduct should be rare in U8 games. There is no need for the public cautioning and sending off of young players (leave your red and yellow cards in your bag). Officials should work cooperatively with the coach when a U8 player may need a “time out”. Refer to the Laws of the Game (Law 12).

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## Fouls:

The following, if deliberately done, are the fouls most likely to occur in U-8 games: kicking, tripping, pushing, holding, handling the ball and dangerous play. Do not stop play for trifling violations. It's a player's game, so keep the fun going and let them play.

All fouls identified in Law 12 apply. 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. Refer to the Laws of the Game (Law 12) for more information.

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## Free Kicks:

Opponents must be at least **4 yards** from the ball during free kicks in games. Free kicks may be direct or indirect. Refer to the Laws of the Game (Law 13) for further details.

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## Penalty Kicks:

Penalty kicks are NOT awarded in U8 (and below) games. If a player committing one of the ten direct free kick fouls inside his or her own (defending) goal area, the restart will be a direct free kick at the top of the goal area and a “wall” can be built by the defending team. Refer to the Laws of the Game (Law 14) for further details.

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## Throw-in:

A second throw-in should be allowed in U-8 and below games if the first attempt was improperly done. Following brief, corrective instructions, a second attempt should be permitted. If the second attempt is still done improperly, let it go. Proper technique can be reinforced later by the coach. Keep the game moving and minimize interruptions. Can NOT score directly from a throw-in. Refer to the Laws of the Game (Law 15) for further details.

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## 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). With a build out line depicted attacking players must retreat beyond the build out line. 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.

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**The Build-Out line** is to be placed halfway between the top of the penalty area and the midfield line

1. The line also is used for the offside line. Players cannot be penalized for an offside offense between the halfway line and the build out line
2. The opposing team must move behind the build out line in the following situations a. On a Goal Kick b. When the goalkeeper has possession of the ball (with their hands)
3. The goalkeeper may release the ball into play prior to the opposing team reaching the build out line (quick restart). The opposing team may challenge for the ball once the ball has either a. Been touched by a teammate of the goalkeeper b. Goalkeeper has dropped the ball and touched it with their feet
4. Once the opposing team is behind the build out line, the goalkeeper can pass, throw, or roll the ball into play (punting, including drop kicking, is not permitted for U10 and younger matches) \*
5. The opposing team may cross the build out line when: a. The goalkeeper passes, throws, or rolls the ball with their hands to a teammate who then touches the ball (First Touch is Free) Behind the Build-Out Line# b. On a Goal Kick when the ball has been kicked and moved and touched by a teammate Behind the BuildOut Line# c. The Goalkeeper in possession of the ball with their hands drops the ball to the ground then touches it with their feet i. An indirect free kick will be awarded to the opposing team if: a. The GK drops the ball to the ground and does not touch it with their feet within 8 seconds b. The GK releases the ball with their hands and the receiving player chooses not to touch the ball within 8 seconds.
6. If the opposing team crosses the build out line before the above (Point #5, a, b, c) the referee will: a. From Goal Kick – Retake the Goal Kick b. From the Goalkeepers possession – An Indirect Free Kick is awarded to the goalkeepers' team