



Playing Rules

Adopted November 13, 2003
Revised August, 2019

Reviewed August 31, 2022

1) RYSA Playing Rules

- FIFA Laws of the Game - modified (as recommended by USSF and NTSSA)
- The Rules of Play for youth competition within RYSA shall be the FIFA Laws of the Game modified as follows:

LAW I – The Field of Play

- A. The following are recommended field and goal sizes:

Age Group	Field Width	Field Length	Goal Size
Under 19	Min. 80 yds.	Min. 112 yds.	8 ft. x 24 ft.
Under 16	Min. 75 yds.	Min. 112 yds.	8 ft. x 24 ft.
Under 14	Min. 75 yds.	Min. 112 yds.	8 ft. x 24 ft.
Under 12	Min. 47 yds.	Min. 75 yds.	6.5 ft. x 18.5ft
Under 10	Min. 30 yds.	Min. 47 yds.	6.5 ft. x 18.5ft
Under 8 and below	Min. 20 yds.	Min. 30 yds.	4 ft. x 6 ft.

LAW II – The Ball

- A. Ball sizes for various age groups will be as follows:

Age Group	Ball Size
Under 19, Under 16, & Under 14	#5
Under 12 & Under 10	#4
Under 8 & Under 6	#3

LAW III – The Players

- A. The Under 6, Under 8, Under 10 age divisions shall play under the additional Developmental Player Program modified Rules for Under 6, Under 8, and Under 10.
- B. Max and Min players on field:
1. U8 – 4/3
 2. U10 – 7/5
 3. U12 – 9/6
 4. U13+ – 11/7
- C. Substitutions:
1. Prior to a throw-in, in your favor; (Opposing team may also substitute if you do so when throw-in is in your favor.)
 2. Either team, at a goal-kick;
 3. Either team, after a goal is scored;
 4. Either team at an injury, when the referee stops the play;
 5. At halftime;
 6. When a caution (yellow card) is given, that player may be substituted for.
- D. Each recreational player, when present at a game, shall be required to play the minimum of 50% of the time, unless the player's time has been reduced for medical or disciplinary reasons, in which case the coach must notify the player, and the opposing coach prior to the beginning of the game that the minimum time has been reduced (non-attendance at practice and non-payment of fees may be cause for disciplinary action).

- E. No youth team shall be allowed more than eighteen (18), except U16 through U19 teams which may have up to twenty-two (22), players on its roster at any given time during the seasonal year.

LAW IV – Players’ Equipment

- A. Each player shall have a number on the back of his jersey, not less than four (4) inches high. Shin guards, meeting the standards set forth in the FIFA Laws of the Game or subsequent memoranda, shall be mandatory.

LAW V – Referee * Conform to FIFA**

LAW VI – Other Match Officials * Conform to FIFA**

LAW VII – Duration of the Match

Age Group	Length of game	Half time
Under 19	Two (2) 45 min. halves	10 min.
Under 16	Two (2) 40 min. halves	10 min.
Under 14	Two (2) 35 min. halves	10 min.
Under 12	Two (2) 30 min. halves	10 min.
Under 10	Two (2) 25 min. halves	5 min.
Under 8	Four (4) 10 min. quarters	5 min.
Under 6	Four (4) 10 min. quarters	5 min.

LAW VIII – Start and Restart of Play * Conform to FIFA**

LAW IX – Ball in and out of Play * Conform to FIFA**

LAW X – Method of Scoring * Conform to FIFA**

LAW XI – Offside * Conform to FIFA**

LAW XII – Fouls and Misconduct

- A. Charging the goalkeeper in possession of the ball is NOT ALLOWED in any youth play in RYSA. Possession is defined as: "One or two hands on the ball, holding it, bouncing it, tossing it up and then catching it, or patting it along the ground."
- B. It is not an intentional "hand-ball" offense for any player to attempt to protect the vital areas of his or her body (chest, crotch, face) by placing hands or arms across them to protect them from being struck at close range by the ball. The match referee shall be the sole judge of whether the hands or arms were used to deliberately propel the ball.
- C. Coaches and assistant coaches are subject to the same game disciplinary procedures by the referee as are the players, i.e., cautions and/or ejections.
- D. U12 and below recreational play shall not engage in heading, either in practices or in games. When a player deliberately heads the ball in a game, an indirect free kick (IFK) is awarded to the opposing team from the spot of the offense. If the infringement occurred within the goal area, the IFK should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.
- E. Under 10 and Under 9 – no punting is allowed. All attacking players must retreat behind the build out line which should be equidistant between the penalty area line and the halfway line.
- F. Slide tackling is not allowed in U8 and below. The result of this foul would be an indirect free kick (IFK).

- LAW XIII – Free Kicks *** Conform to FIFA**
- LAW XIV – Penalty Kick *** Conform to FIFA**
- LAW XV – Throw-In *** Conform to FIFA**
- LAW XVI – Goal Kick *** Conform to FIFA**
- LAW XVII – Corner Kick *** Conform to FIFA**

2) Modified playing rules for Under 4

4U divisions do not play traditional matches but rather go through a training/development program that requires the full participation of both Coaches and Parents to assist these young toddlers learn basic soccer fundamentals with numerous soccer ball touches.

The program's basics are created by the **Director of Coaching Education** and supported by the Board of Directors (BOD). This program will traverse the soccer year which is the consecutive Fall and Spring seasons of which an eligible 4U player can be placed in said program.

This program may or may not include Referees, BOD members, or other volunteers to be present at all sessions, but at least one shall be present, except for the assigned team's Coaches and/or Team Managers.

Training sessions do not follow modified playing rules with the exception of full player participation in the activities and 50% playing time requirements.

- The total session count will not exceed six (6) per season.
- Coaches can be on the playing field when needed. As the season moves on, be on the field less and less.
- Opposing parents/coaches and players should shake hands after each training session.
- Do not record league standings or scores.
- Participation awards for ALL - no trophies or awards just for the best team.
- Non-playing players, parents and spectators should not be located less than three (3) yards from outside the touchline, nor should they be closer than three (3) yards to the goal line.
- NO individual should be allowed to run the length of the field except participants of the game.
- Parent/coaches should not excessively coach or instruct players during the game.
- Be a cheerleader of both teams. Be a positive role model for your players.

LAW I – THE FIELD

Conform to FIFA with the following exceptions:

- A. Field Markings:
 1. A center circle with a three (3) yard radius.
 2. Four corner arcs each with a two (2) foot radius.
 3. Goal area: half circle extending two (2) yards from goal center, from goal post to goal post.

LAW II – THE BALL

- A. Size three (3).

LAW III – NUMBER OF PLAYERS

- A. Maximum number of players on the field at any one time is four (4). There shall be no goalkeeper.
- B. Maximum number of players on the roster should not exceed eight (8).
- C. Substitutions:
 1. Either team, at a kick-in;
 2. Either team, at a goal-kick;
 3. Either team, after a goal is scored;

4. Either team at an injury, when the referee stops the play;
 5. At halftime;
 6. When a caution (yellow card) is given, that player may be substituted for.
- D. Playing Time: Each player shall play a minimum of 50% of the total playing time.

LAW IV – PLAYERS EQUIPMENT

Player's equipment must conform to FIFA with the following exceptions:

- A. Footwear: Tennis shoes or soft-cleat soccer shoes.

LAW V – REFEREE

- A. Registered Referee.
- B. Referee's decisions on points of fact connected with the game shall be final.
- C. All rule infractions shall be briefly explained to the offending player.

LAW VI – OTHER MATCH OFFICIALS

- A. None.

LAW VII – DURATION OF THE MATCH

- A. The game shall be divided into four (4) equal ten (10) minute quarters.
- B. There shall be a two (2) minute break between quarters one (1) and two (2), and another two (2) minute break between quarters three (3) and four (4).
- C. There shall be a half-time break of five (5) minutes between quarters two (2) and three (3).

LAW VIII – THE START OF PLAY

Conform to FIFA with the following exception:

- A. Opponents must be three (3) yards from the center mark while the kick-off is in progress.

LAW IX – BALL IN AND OUT OF PLAY

Conform to FIFA with the following exception:

- A. The ball is put into play by an indirect free kick (IFK), in place of Throw-in. (See Law XV.)

LAW X – METHOD OF SCORING * Conform to FIFA**

LAW XI – OFFSIDE

- A. There shall be no offside.

LAW XII – FOULS AND MISCONDUCT

Conform to FIFA with the following exceptions:

- A. All fouls will result in an indirect free kick (IFK) with the opponents three (3) yards away.
- B. Referee must explain all infractions to the offending player.
- C. No caution or ejections shall be issued to players except by an independent neutral referee
- D. Slide tackling is not allowed. The result of this foul would be an indirect free kick (IFK).

LAW XIII – FREE KICKS

Conform to FIFA with the following exceptions.

- A. Shall be classified under one heading: **Indirect.**
- B. Opponents must be three (3) yards away.

LAW XIV – PENALTY KICK

- A. There shall be no penalty kicks.

LAW XV – THROW-IN

- A. Replaced by a kick-in. Kick-in is an indirect free kick (IFK) from the touchline. Opponents must be three (3) yards away.

LAW XVI – GOAL KICK

Conform to FIFA with the following exceptions:

- A. Goal kick may be taken from any point two (2) to three (3) yards from the goal.
- B. Opponents must be three (3) yards away from the ball.

LAW XVII – CORNER KICK

Conform to FIFA with the following exception:

Opponents must be three (3) yards away from the corner arc.

3) Modified playing rules for Under 6

- Opposing parents/coaches and players should shake hands after each game.
- Do not record league standings.
- Do not record final score.
- Participation awards for ALL - no trophies or awards just for the best team.
- Coaches, non-playing players, parents and spectators should not be located less than three (3) yards from outside the touchline, nor should they be closer than three (3) yards to the goal line.
- NO individual should be allowed to run the length of the field except participants of the game.
- Parent/coaches should not **excessively** coach or instruct players during the game.

LAW I – THE FIELD

Conform to FIFA with the following exceptions:

- B. Field Markings:
 4. A center circle with a three (3) yard radius.
 5. Four corner arcs each with a two (2) foot radius.
 6. Goal area: half circle extending two (2) yards from goal center, from goal post to goal post.

LAW II – THE BALL

- A. Size three (3).

LAW III – NUMBER OF PLAYERS

- E. Maximum number of players on the field at any one time is four (4). There shall be no goalkeeper.
- F. Maximum number of players on the roster should not exceed eight (8).
- G. Substitutions:
 7. Either team, at a kick-in;
 8. Either team, at a goal-kick;
 9. Either team, after a goal is scored;
 10. Either team at an injury, when the referee stops the play;
 11. At halftime;
 12. When a caution (yellow card) is given, that player may be substituted for.
- H. Playing Time: Each player shall play a minimum of 50% of the total playing time.

LAW IV – PLAYERS EQUIPMENT

Player's equipment must conform to FIFA with the following exceptions:

- B. Footwear: Tennis shoes or soft-cleat soccer shoes.

LAW V – REFEREE

- D. Registered Referee.
- E. Referee's decisions on points of fact connected with the game shall be final.
- F. All rule infractions shall be briefly explained to the offending player.

LAW VI – OTHER MATCH OFFICIALS

- B. None.

LAW VII – DURATION OF THE MATCH

- D. The game shall be divided into four (4) equal ten (10) minute quarters.
- E. There shall be a two (2) minute break between quarters one (1) and two (2), and another two (2) minute break between quarters three (3) and four (4).
- F. There shall be a half-time break of five (5) minutes between quarters two (2) and three (3).

LAW VIII – THE START OF PLAY

Conform to FIFA with the following exception:

- B. Opponents must be three (3) yards from the center mark while the kick-off is in progress.

LAW IX – BALL IN AND OUT OF PLAY

Conform to FIFA with the following exception:

- B. The ball is put into play by an indirect free kick (IFK), in place of Throw-in. (See Law XV.)

LAW X – METHOD OF SCORING * Conform to FIFA**

LAW XI – OFFSIDE

- B. There shall be no offside.

LAW XII – FOULS AND MISCONDUCT

Conform to FIFA with the following exceptions:

- E. All fouls will result in an indirect free kick (IFK) with the opponents three (3) yards away.
- F. Referee must explain all infractions to the offending player.
- G. No caution or ejections shall be issued to players except by an independent neutral referee
- H. Slide tackling is not allowed. The result of this foul would be an indirect free kick (IFK).

LAW XIII – FREE KICKS

Conform to FIFA with the following exceptions.

- C. Shall be classified under one heading: **Indirect**.
- D. Opponents must be three (3) yards away.

LAW XIV – PENALTY KICK

- B. There shall be no penalty kicks.

LAW XV – THROW-IN

- B. Replaced by a kick-in. Kick-in is an indirect free kick (IFK) from the touchline. Opponents must be three (3) yards away.

LAW XVI – GOAL KICK

Conform to FIFA with the following exceptions:

- C. Goal kick may be taken from any point two (2) to three (3) yards from the goal.
- D. Opponents must be three (3) yards away from the ball.

LAW XVII – CORNER KICK

Conform to FIFA with the following exception:

- A. Opponents must be three (3) yards away from the corner arc.

4) Modified playing rules for Under 8

- Opposing parent/coaches and players should shake hands after each game.
- Do not record league standings.
- Do not record final score.
- Participation awards for ALL - no trophies or awards just for the best team.
- Parent/coaches, non-playing players, parents and spectators should not be located less than three (3) yards from outside the touchline, nor should they be closer than ten (10) yards to the goal line.
- NO individual should be allowed to run the length of the field except participants of the game.
- Parent/coaches should not coach or instruct players during the game.

LAW I -THE FIELD

A. Markings:

1. Distinctive lines not more than five (5) inches wide.
2. A halfway line shall be marked out across the field.
3. A center circle with a five (5) yard radius.
4. Four corner arcs each with a two (2) foot radius.
5. Goal area six (6) yards from each goal post and six (6) yards into the field of play joined by a line drawn parallel with the goal line.

LAW II - THE BALL

A. Size three (3).

LAW III - NUMBER OF PLAYERS

- A. Maximum number of players on the field at any one time is Four (4).
- B. Maximum number of players on the roster should not exceed – Eight (8).
- C. Substitutions:
 1. Either team, at a throw-in;
 2. Either team, at a goal-kick;
 3. Either team, after a goal is scored;
 4. Either team at an injury, when the referee stops the play;
 5. At halftime;
 6. When a caution (yellow card) is given, that player may be substituted for.
- D. Playing Time: Each player shall play a minimum of 50% of the total playing time. No player shall be in goalkeeper position more than 50% of game.

LAW IV - PLAYERS EQUIPMENT

Player's equipment must conform to FIFA with the following exceptions:

- A. Footwear: Tennis shoes or soft-cleat soccer shoes.

LAW V - REFEREE

- A. Registered Referee.
- B. Referee's decisions on points of fact connected with the game shall be final.
- C. All rule infractions shall be briefly explained to the offending player.
- D. Only registered referees have the power to caution or send off players.

LAW VI - ASSISTANT REFEREE

- A. None.

LAW VII - DURATION OF GAME

- A. The game shall be divided into four (4) equal ten (10) minute quarters.
- B. There shall be a two (2) minute break between quarter one (1) and quarter two (2), and another two (2) minute break between quarters three (3) and four (4).
- C. There shall be a half-time break of five (5) minutes between quarters two (2) and three (3).

LAW VIII - THE START OF PLAY

Conform to FIFA with the following exception:

- A. Opponents must be five (5) yards from the center mark while kicking off is in progress.

LAW IX - BALL IN AND OUT OF PLAY * Conform to FIFA**

LAW X - METHOD OF SCORING * Conform to FIFA**

LAW XI - OFFSIDE

- A. There shall be no off-side.

LAW XII - FOULS AND MISCONDUCT

Conform to FIFA with the following exceptions:

- A. All fouls will result in an indirect free kick (IFK) with the opponents five (5) yards away.
- B. Referee must explain all infractions to the offending player.
- C. No caution or ejections shall be issued to players except by an independent neutral referee.
- D. Slide tackling is not allowed. The result of this foul would be an indirect free kick (IFK).

LAW XIII - FREE KICK

Conform to FIFA with the following exceptions.

- A. Shall be classified under one heading: **Indirect**.
- B. No free kicks shall be taken by the attacking team within the defending team's goal area.

LAW XIV - PENALTY KICK

- A. No penalty kicks are to be taken during these games.

LAW XV - THROW-IN * Conform to FIFA**

LAW XVI - GOAL KICK

Conform to FIFA with the following exceptions:

- A. Goal kick may be taken from any point inside the goal area.
- B. Opponents must be five (5) yards away from the ball.

LAW XVII - CORNER KICK

Conform to FIFA with the following exception:

- A. Opponents must be five (5) yards away from the ball.
- B. Corner kicks are indirect free kicks (IFK).

5) Modified playing rules for Under 10

- Opposing parent/coaches and players should shake hands after each game.
- Parent/coaches, non-playing players, parents and spectators should not be located less than six (6) yards from outside the touchline, nor should they be closer than twenty (20) yards to the goal line.
- NO individual should be allowed to run the length of the field except participants of the game.
- Parent/coaches should not coach or instruct players during the game.

LAW I - THE FIELD

A. Markings:

1. Distinctive lines not more than five (5) inches wide.
2. A halfway line shall be marked out across the field.
3. A center circle with an eight (8) yard radius.
4. Four corner arcs, each with a two (2) foot radius.
5. Goal area - six (6) yards from each goal post and six (6) yards into the Field of play joined by a line drawn parallel with the goal line.
6. Penalty Area: fourteen (14) yards from each goal post and fourteen (14) yards into the field of play joined by a line drawn parallel with the goal line.
7. Penalty spot: eight yards out from the center of the goal line.
8. Buildout line: blue line between halfway line and goal line drawn parallel to goal line.

LAW II - THE BALL

A. Size four (4)

LAW III - NUMBER OF PLAYERS

- A. Maximum number of players on the field at any one time is seven (7), one of whom may be a goalkeeper.
- B. Maximum number of players on the roster should not exceed eleven (11).
- C. Substitutions:
 1. Prior to a throw-in, in your favor. (Opposing team may also substitute if you do so when throw-in is in your favor.)
 2. Prior to a goal-kick, by either team.
 3. After a goal, by either team.
 4. After an injury, by either team, when the Referee stops the play.
 5. At half time.
- D. Playing Time: Each player shall play a minimum of 50% of the total playing time.

LAW IV - PLAYERS EQUIPMENT

Player's equipment must conform to FIFA with the following exceptions:

- E. Footwear: Tennis shoes or soft-cleat soccer shoes.

LAW V - REFEREE

- A. Registered Referee.
- B. Assistant Referee.
- C. Referee's decisions on points of fact connected with the game shall be final.
- D. All rule infractions shall be briefly explained to the offending player.
- E. Only registered referees have the power to caution or send off players.

LAW VI - ASSISTANT REFEREE

Use assistant referee.

LAW VII - DURATION OF GAME

- A. The game shall be divided into two (2) equal halves of twenty-five (25) minutes each.
- B. Half-time break shall be five (5) minutes.

LAW VIII - THE START OF PLAY

Conform to FIFA with the following exception:

- A. Opponents must be eight (8) yards from the center mark while kicking off is in progress.

LAW IX - BALL IN AND OUT OF PLAY

Conform to FIFA with the following exception:

- A. Build out line:
 - 1. All attacking players must retreat behind the build-out line once goalkeeper has possession of the ball.
 - 2. Goalkeeper can pass, throw, or roll ball into play (punting and drop kicks are not allowed.) The ball is in play once released by the goalkeeper.

LAW X - METHOD OF SCORING * Conform to FIFA**

LAW XI - OFFSIDE * Conform to FIFA**

LAW XII - FOULS AND MISCONDUCT

Conform to FIFA with the following exceptions:

- A. No caution or ejections shall be issued to players except by an independent, neutral referee.

LAW XIII - FREE KICK

Conform to FIFA with the following exception:

- A. Opponents must be eight (8) yards away before kick is allowed.

LAW XIV - PENALTY KICK

Conform to FIFA with the following exception:

- A. Opponents must be eight (8) yards away before kick is allowed.

LAW XV - THROW-IN * Conform to FIFA**

LAW XVI - GOAL KICK * Conform to FIFA**

LAW XVII - CORNER KICK

- A. Opponents must be eight (8) yards away from the ball.