

WYSA REC Soccer Rules

Number of Players:

- Maximum number of players on the field during games at any one time: **4 for U6 teams**;* 7 for all others.
- Substitutions:
 1. Prior to a throw-in (either team)
 2. Prior to a goal kick.
 3. After a goal by either team.
 4. After an injury for either team, when the referee stops the game.
 5. At half time.
- Playing time: **Each player SHALL play a minimum of 50% of the total playing time. Equal time should be given to all players.**

Player's Equipment:

- Footwear: Tennis shoes or Soccer Cleats (no football or baseball cleats – **can't have a toe cleat**)
- **Shin-guards: Mandatory.**
- Team T-Shirt – Sweatshirt may be worn under.

Duration of the Game:

- The game shall consist of four equal quarters; **8 minutes for U6**; 12 minutes for all others.
- Two minute break between first and second quarter
- The half time break shall be five minutes.
- Two minute break between third and fourth quarter
- There shall be NO overtime.

Coaches:

- **Have Fun!**
- Give encouragement with positive feedback and celebrate all forms of success
- Insist and show on good sportsmanship
- Teach teamwork
- **Must coach from the sidelines during the games (U10 – U13); (U6 and U8 ok on field)**
- Will show respect for all referees, may ask referees about confusing calls.
- Everyone plays in every position, including goalie
- Do not keep score but try to keep the games competitive for both teams. Encourage players to spread the scoring around
- Players out of control get removed from the game

The Start of Play:

- Opponents must be seven yards from the center mark while the kick-off is in progress.

Scoring:

- No Score is kept
- **Blow out options ahead by 3 or more goals**
 1. Trade Players to equalize the teams
 2. Play with fewer players
 3. Move strong attackers to defense or goalie,
 4. Place touch limits on strong players to encourage ball distribution.

Fouls and Misconduct:

- All fouls will result in an INDIRECT FREE KICK with the opponents seven yards away from the ball. A goal may not be scored until the ball has been played or touched by a second player on either team.
- The referee must briefly explain ALL infractions to the offending player.

* Based on U.S. Youth Soccer recommendations to encourage more touches on the ball and introduce concepts of space on the field during matches.

Penalty Kicks:

- No penalty kicks are to be taken. An infraction inside the penalty box will be taken to the closest line and kicked from there.

Heading:

- There shall be no heading.
- Intentional heading will result in an indirect free kick for the opposing team.

Goal Kick:

- Goal kick may be taken within two to three yards of the goal.
- Opponents must retreat to mid-field when the kick is taken.

Corner Kicks:

- Opponents must be seven yards away from the ball.

Offside:

- There shall be no offside.

Grades Pre K - K Rule Exceptions

- Ball Size 3
- Small Sided (5 vs 5 is ideal); this will be decided by the number of players that are in attendance.
- No Goalies: Players are not allowed to stand in front of the goal mouth and guard the goal.
- Coaches are allowed on the field at all times
- Throw in: Any kind of throw in that uses two hands is acceptable

Grades 1-2 Rule Exceptions

- Ball Size 4
- Throw in: Loose interpretation of throw in is to be considered.
- Coaches are allowed on the field at all times would like the coaches to work to be off the field by the end of the season.

Grades 3-4 Exceptions

- Ball Size 4

Grades 5, 6, 7 Rule Exceptions

- Ball Size 4
- Goal Kick: Opponents do NOT need to retreat to mid-field when the kick is taken.

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