MYSA GAME DAY RULES

Game Duration

U6: 3 x 10 minutes
U8: 2 x 20 minutes
U10-U12: 2 x 25 minutes
U14-U17: 2 x 30 minutes
5-minute halftime breaks

Game Format

U6:4v4 - (no ref, no goalkeeper, coach on the field OK) Field Size: 20x30
U8:7v7 - Field Size 45x60 (coach on the sidelines; not on the field, with GK)
U10:7v7 - Field Size 45x60
U12:9v9 - Field Size 45x75
U14:11v11
U17: 11v11 or 7v7

Playing Time

- Players are not required to attend practices to guarantee their playing time in each game
- Each player will play a minimum of 50% in each game.

Ball Sizes

U6-U8: size 3
U10-U12: size 4
U14-U17: size 5

Kickoffs

The ball is in play when it is kicked and clearly moves. The kickoff may be taken in any direction.
Teams must play down to the number of players the opposing team has at the start of each game.

To start the game this is the minimal number of players to start the game:
U8 - U10: 5 players
U12: 6 players
U14: 7 players
U17: 7 players in the fall and 5 players in spring.

Teams that do NOT have the minimum number of players to start the game will forfeit. There will be no reschedule.

Offside

U6: No offside and no cherry picking.
U8: Indirect free kicks only
U8-U10: Build out line: The fields must be marked with a "Build out Line." When the goalkeeper has the ball in his or her hands or for a goal kick, the opposition must retreat behind the build out line. The opposition may not cross the build out line until the ball is put into play, the ball does not have to cross the penalty area boundary to be in play. The goalkeeper may choose to play the ball prior to the opposition being behind the build out line, but must then accept the consequences as the opposing players may then go for the ball. The goalkeeper may not punt or drop kick the ball; instead the goalkeeper may throw, pass, or roll the ball back into play. After releasing the ball the keeper may continue to play the ball.

• Build Out Line Offenses- If a goalkeeper punts or drop kicks the ball there will be an indirect free kick awarded to the opposition on the spot of the offense. If the offense occurs inside the goal area, then the free kick will be taken on the goal area line nearest to the point where the infringement occurred.

• Build Out Line – Offside Adjustment. The build out line becomes the line at which an offside offense occurs. So between the halfway line and the build out line, there is no offside offense.

• Build Out Line – Six Second Rule. The counting of the six second rule regarding the goalkeeper holding the ball only starts after all opposing players have moved behind the build out line.

U12 & above: Offside will be enforced.

Heading

No Deliberate Heading for Age Groups U14 and Younger No deliberate heading of the ball is allowed by any player on a team registered as U14 or younger. An infraction of this rule will result in the referee restarting the game with an indirect free kick to the opposition. NOTE: It is the referee's decision as to whether the header was deliberate or not. This includes U14 play as the new heading directive restricts heading in a game for players aged 12 and under – the U14 age group includes youth aged 12 and 13. U6-U14: Not allowed - an indirect free kick is awarded at the spot of the header.

Slide Tackling

U6-U12: No slide tackling. A slide tackle is any attempt to play the ball while intentionally leaving one or both feet and sliding on the ground toward an opponent. An indirect free kick is awarded at the spot of the slide tackle. If a slide tackle occurs inside the penalty area, the indirect free kick is from the top of the penalty area.

Punts/Drop Kicks

U8-U10: No punts or drop kicks allowed. GK can roll/throw the ball out or pass it out with their feet.

Substitutions

Unlimited substitutions are permitted with referee permission at any stoppage of play.

Playdown rule for ALL age groups:

At game time, if the opposing team is short the maximum number of players allowed on the field, the other team must also start the game with a matching number of players. If another player(s) arrives for the team that is short, both teams, upon the referee's permission, may allow the player(s) to be added to the field of play.

Sportsmanship Rule:

The sportsmanship rule applies to recreational teams only. If a team is up by 5 goals or more, the opposing team is required to pull one player. For example, a team up by 5 goals would pull a player off the field and play down by one player. A team up by 6 goals would pull 2 players, etc. No more than 3 players are to be off at one time….after the third player comes off no more should come off even if the other team scores again.

Sidelines

To create a more organized and supportive environment for players, coaches, and referees, all families are to sit directly across from their team's coach.

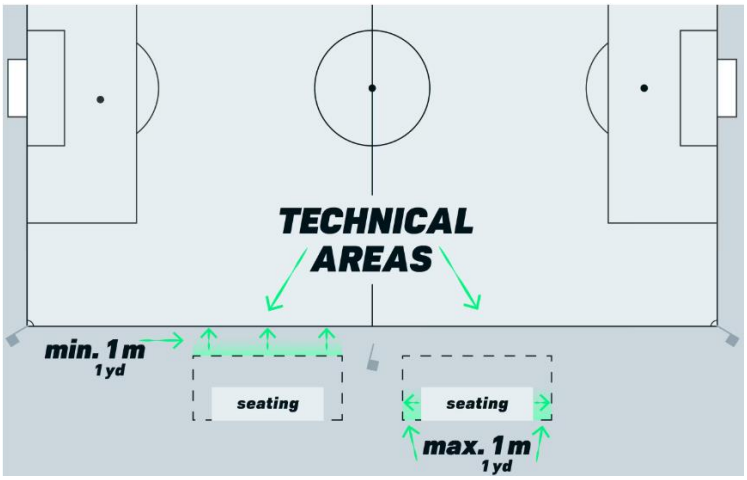
- **U8–U12 & select U17 (half fields)**
  Home team – West side
  Away team – East side
- **U14–U17 (full fields):**

Home team – North side
Away team – South side

- **Turf Fields (U12 & U17):**

  Spectators are **NOT** permitted to sit behind the goals. You may be asked to relocate if seated in those areas.

Technical Areas (Coaches' Sideline)



- Coaches and team officials must stay on their team's designated sideline and **within the technical area**.
- Coaches may move within their technical area but should not walk up and down the entire sideline or move outside the designated area.
- **Only one coach at a time** should be standing and giving instructions to players. Other coaches and team officials should remain seated or allow the designated coach to provide instructions.
- Coaches may give players **positive and constructive instructions**, but should not continuously shout directions, criticize players, opponents, referees, or other coaches.
- Coaches must remain under control and behave in a **responsible and respectful manner** at all times.
- Coaches may not enter the field of play unless they have permission from the referee. The exception is when the referee permits a coach or team official to enter the field to attend to an injured player or for another appropriate reason.
- Coaches must not interfere with the referee, opposing team, or play.
- Coaches who repeatedly leave the technical area, behave irresponsibly, or interfere with the game may be **warned, cautioned, or removed from the game** by the referee.

Coach Eligibility

Each coach must be registered with the Club and have an approved background check before the season begins and visibly display a coaching pass.

Only two coaches cleared are allowed on the team sideline technical area during the match. Our referees will now use the "Ask Tell Dismiss". You will get a warning for the first offense; you will be shown a "Yellow card" for the second and a "Red Card" for the third. If you are shown a 'Red Card" you will need to leave the playing field. (Distance is Sight and Sound)

Disciplinary Action

Players ejected from a match will be ineligible to participate in the team's next match (red cards will not be handed out to our U6-U10 age groups). Coaches cannot substitute for an ejected player.

Coaches ejected from a match must leave the fields and cannot come in any type of contact with his/her team, parents, referees, staff, spectators, or any other person involved in the game that he/she was involved in. He/she will then serve a one-match suspension.

Any coach or parent ejected more than once in the same season will be subject to additional disciplinary action which includes the possibility of being banned for the remainder of that team's matches for that season. The MYSA-AJAX Disciplinary Committee will assess whether the coach or parent will be allowed to return to the program the following season(s).

Additional suspensions may be imposed by the MYSA-AJAX Disciplinary depending on the nature of the misconduct.

HARD CASTS/BRACES/JEWELRY:

Hard Casts are not allowed.
Soft Casts/Braces will have to be approved by the Head Referee or MYSA Staff prior to each game. Decisions will be made based on player safety.
Jewelry of any type is NOT allowed. No exception.
All decisions will be made based on player safety.

The MYSA-Ajax Disciplinary Committee will review all disciplinary actions in order to handle all situations appropriately and in a timely manner.

MYSA does not allow pets at events. The game will be stopped until pets have been removed from the field. This does not apply to service animals with appropriate identification.

Please obey all traffic laws; MPD will enforce all traffic laws.

MYSA GAME DAY RULES ARE SUBJECT TO CHANGE AT ANYTIME