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AGE GROUP RULES

U11 through U19

091515

- Coaches**, remember that this is a **Recreation League** and we are here for the **enjoyment** of the kids. We are here to educate the players on the Game of Soccer and ensure that they have a positive and fun experience so that they will stay with the Game of Soccer for a lifetime. Remember, it is a privilege to coach, play, volunteer, spectate in the RYSL, NOT a right.
- Referees**, your duties are to **keep control** of the match and make sure all players and coaches **observe** the rules. You must **know** the rules in order to **enforce** them.
 - Be at the field (10) minutes **before** the match is scheduled to start and **start** and **end** the match **ON** time (**critical**).
 - You must have a **watch** to time the match, a **whistle** to halt play and **CARDS** to control the match.
 - Check that all players are wearing **shin guards-UNDER** their socks. Absolutely **NO Jewelry** or **Piercings**.
 - Check that all players are wearing shoes **without** metal cleats or a center cleat. (Sport shoes with short rubber cleats, regular tennis shoes and sneakers are ok.) Jerseys **MUST** stay **TUCKED** in at **ALL** times.
 - Ask to see the **Coach's Card** and the **Team Player Match Card (TPMC)** from each team. Check each player against their picture on the card. Do **NOT** let a Coach be involved without their Coaches Card or picture on the TPMC or a player play if their picture isn't on the TPMC.
 - Have a representative from each team (Coach or Player) at the center of the field for the toss of the coin to see who kicks off first. Make sure to **bring** a quarter or a coin.
 - Both HC's must **check & sign** Match Report **AFTER** Match is completed and then you turn it in to the Ref Assignor.

MATCH RULES:

The match rules for **Under 11 through 19** age groups follow the guidelines as recommended by the United States Youth Soccer and modified by the RYSL Board of Directors. Home team is listed first on the schedule, provides the match ball and sits on the South or West side of the field. A team can add (1) extra player for every (3) goal increment their opponent has more than them for as long as the differential stays above (3) goals. Coach's **MUST** stay in Coach's Box and wear Coach's Card. Players **MUST** sit in Coach's Box. Parents **can't** be in Coach's Box. Official RYSL Seasonal Uniform and GK Jersey **MUST** be worn in the match or player **Can't** play.

- (11) players from each team, including the goalie, should be on the field [a minimum of (7)] in positions that the coach desires. **Only** the goalie can use their hands to touch the ball while in play, and only while in the penalty or goal area.
- There are (2) halves, each (30) minutes. There is a (5) minute break between halves.
- There are no timeouts; the clock keeps running even for substitutions (Unlimited) or after a goal is scored. The referee can extend the time (allow for timeouts) for things like repairing the goal if it falls down, or if a player is hurt or other items which take too much time from playing. The extended time **CANNOT** prevent the next scheduled match from starting on time.
- Start of the Match:** The ball is placed at the center of the field and kicking team kicks off. Opponents must be (10) yards from the center mark while kick off is in progress (outside of circle). The ball must be kicked into opponents half of field. Initial kicker may not kick the ball a second time until it has been played or touched by a second player.
- Off-sides are in effect.** An offensive player may not be closer to the opponents' goal line than both the ball and the second to last defender (GK is last) when the ball is played (usually a pass). The defensive and offensive players may be even, or the same distance from the goal. Exceptions: throw-ins, corner kicks, goal kicks, ball drop by the referee or the offensive player is in their half of the field. Also, Off-sides doesn't apply to a player dribbling the ball.
- Major infractions will be taken as **DIRECT KICKS**, unless they are committed in the penalty area, and then they will be taken as a penalty kick. Minor infractions are taken as **INDIRECT KICKS**. An indirect kick is one in which a player kicks the ball to a member on their own team. The ball is placed on the spot where the infraction occurred. The exception is that the ball cannot be placed within the penalty box. Infractions occurring within the penalty box are moved to the nearest line of the penalty box. The player **CANNOT** kick the ball directly into the goal. The intent is that the player cannot kick the ball hard into the opposing players in hopes that they will touch it going into the goal. After the player kicks the ball, they may not kick it again until it is touched by another player. The ball must "**roll**" (you can't just tap the top of it) after the first player touches it (to fulfill the Indirect Kick rule) before the second player is able to take a shot.
- INFRACTIONS** (Explain all infractions to the players):
 - Touching the ball with the hands.
 - Tripping or kicking another player.

- C. Pushing or grabbing another player.
 - D. Fighting, spitting or swearing.
8. An Indirect Free Kick will be awarded to the opposing team when a defensive player passes the ball back to his own goalie and the goalie fields the ball with his hands. The pass must come from the player's foot or leg below the knee for the infraction to occur.
 9. After the ball crosses the **TOUCHLINE** (sideline) the opposing team throws it in. A proper throw-in must be performed. A throw-in is legal if the player stays behind the touchline, keeps both feet on the ground, and brings the ball from behind the head and straight over the head using two hands and doesn't throw it directly into the ground.
 10. A **GOAL KICK** restarts the match after the ball entirely crosses the goal line (outside of goal posts) and is last touched by an **attacker**. The Goal Kick may be taken from any point inside the goal area, but the referee will place the ball on the forward corner of the goal box nearest the side it went out on. Opponents must be outside the penalty box and the ball may not be touched by either team until it leaves the penalty box.
 11. A **CORNER KICK** restarts the match after the ball entirely crosses the goal line (outside the goal posts) and is last touched by a **defender**. The ball must be placed inside the corner arc. Players can't touch or move the flag. Opponents must be **(10)** yards away from the ball.
 12. A **GOAL** is scored by having the ball cross completely over the goal line between the goal posts and below the cross bar. The referee will blow the whistle and point to the center of the field to signify a goal (the location for the place kick).
 13. After a goal is scored, the match is restarted by the non-scoring team kicking off from the center as in the start of the match.
 14. Each half begins with a place kick from the center of the field. Teams alternate the place kick at each half. The teams will switch sides at half time (they do not switch sidelines). Everyone associated with the team will sit on the same side of the field.
 15. Teams may substitute at **ANY** stoppage of play. All substitutions require the permission of the referee; infractions, goals, corner kicks, etc. Both teams may substitute (**unlimited**) with referee's permission.
 16. **No** coach, parent or spectator may be behind or to the side of the goal.
 17. **Slide tackling** is allowed.
 18. There will be **NO** jewelry or piercings.

FIELD/GOAL:

The **U11 through U19** players use the same size field. This field is approximately **(330)'** long and **(210)'** wide. The goals are **(8)'** high x **(24)'** wide with a net securely fastened on all sides and the goals are anchored to the ground. There will be at least **(20)'** between fields of play. Size **(4)** ball will be used for U11-12. Size **(5)** ball will be used for U13-19. Minimum/Maximum roster size (ultimately determined by Registrar depending on the needs of the RYSL) is **(15/18)** for U12/U14 and **(15/22)** for U15/U19. Each player will play a **minimum** of **50%** of each match if they meet the "**RYSL Play Time Policy**".

1. **Touch Line**: The touch lines are the sidelines which make up each side of the field. The entire ball must cross the entire line for the ball to be out of play. The ball is put back in play by a proper throw-in by the team which **did not** last touch it.
2. **Goal Line**: The goal lines are the lines at each end of the field. There are **(3)** things that can happen when the ball crosses the goal line. As with the touch line, the ball is considered in-play until the **entire** ball crosses the **entire** line.
 - A. A goal is scored when the ball crosses the goal line between the two goal posts and under the cross bar, touched by either team.
 - B. A goal kick is taken when the entire ball crosses the goal line outside the goal posts and last touched by the **attacking** team. The ball is brought back into play by a kick from the goal area by the **defensive** team. During the goal kick, all attacking players must be at least **(10)** yards from the ball outside of the Goal area.
 - C. A corner kick is taken when the entire ball crosses the goal line outside the goal posts and last touched by the **defensive** team. The ball is placed anywhere in the corner arc and brought back into play by a kick from the attacking team who can't touch ball again until touched by another attacking or defensive player. Player can't touch or move the flag. Defensive players must be at least **(10)** yards away from the ball.
3. **Goal Area**: The goal area is that area in front of the goal where a goal kick can be taken. The ball can be placed anywhere in the goal area by the defensive team, no matter what side of the goal the ball crosses.
4. **Center Circle**: The center circle is used to mark where defensive players must be on place kicks taken at the beginning of each half and after each goal. The defensive players must be outside the circle on their half of the field. The kicking team has no restrictions on players being within the circle.
5. **Center Line**: The center line is used on place kicks. Players must stay on their defensive side of the field during place kicks.
6. **Penalty Box**: The penalty box is the area where the goalie can use their hands. When the goalie picks up the ball, they have **(6)** seconds to get rid of it and if they put it down, they **can't** pick it up again. A major foul committed by the defense in the penalty box will result in the awarding of a penalty kick to the attacking team.
7. **Penalty Arc & Kick**: The awarding of a penalty kick will allow one shot from the mark in front of the goal against just the goalie. All other players from both teams must be outside the penalty box and arc during the shot. The penalty kick is taken **(12)** yards from the goal line centered between the goal posts.