

2024 UVYSL Recreational Rule Highlights

Rules conform to FIFA Laws of the Game (*except where modified*).

Safety Measures

- A player shall not play in a manner which is dangerous to another player or themselves.
 - **No sliding** at any time.
 - **No bicycle/scissor kicks** at any time.
 - **No high kicks** at any time.
- A player shall not wear anything which is dangerous to another player or themselves.
 - **Medical bracelets/necklaces need to be taped.**
 - **No jewelry of any kind (not even taped).**
 - **No orthopedic casts, air-splints, or metal splints.**
 - **No toe cleats.**
- Shin guards are MANDATORY.
- **NO SPITTING IS PERMITTED!**
- Players who have an open and bloody wound cannot play until bleeding has stopped (in the case of a nose bleed) or the bleeding has stopped and is fully covered.

Player, Coach and Spectator Location

- Players and coaches stay within their own player/coach area.
- Spectators stay on the **opposite side** of the field from the player/coach areas and at least 5 yards back (5 large steps) from the touch line (sideline).
- **Absolutely no spectators, coaches, or players behind either goal line!**
 - **EXCEPTION: U-6 teams may have a goalkeeper coach.**

Player Colors

- **Home team** wears yellow jerseys and socks.
- **Away team** wears blue jerseys and socks.
- Sock colors may NOT be mismatched; sock colors must distinguish the player as belonging to the home or away team.
- Each goalkeeper must wear colors that distinguish themselves from the other players.

Playing

- Player positions must be rotated.
- Every player is entitled to equal play time.
- Each game should have a designated time keeper, (if no official referee is present.)

To ensure a positive experience for everyone, no scores will be kept. The following steps should be taken by coaches when their team scores significantly more goals than the other team:

- a. Rotate high scoring players to defense.***
- b. Insist on 5 completed passes before scoring.***
- c. Insist on 3 completed passes before crossing the half line.***

Substitutions

- With the referee/coaches permission unlimited substitutions may be made:
 - Prior to a throw-in in your team's favor.
 - Prior to either team's goal kick.
 - After a goal by either team.
 - When play is stopped for an injury on either team.
 - At half time.
 - When the referee stops play to caution a player, only the cautioned player may be substituted prior to the restart of the game.

UVYSL Game Times, Number of Players, and Ball Specifications

Division	Game Length Segments	Max Players Per Side	Ball Size
U-16	4 - 20 min. quarters (5 min. breaks)	11	#5
U-12	4 - 15 min. quarters (5 min. breaks)	9	#4
U-10	4 - 13 min. quarters (5 min. brakes)	7	#4
U-8	4 - 10 min. quarters (3-5 min. breaks)	5	#3
U-6	4 - 8 min. quarters (3-5 min. breaks)	5	#3

Free Kicks

Opponent must be six (6) yards (6 large steps) from the ball.

For **U10, U12, & U16** opponents must be eleven (11) yards (11 large steps) from the ball.

All Age Groups: Shall be classified under only one heading "INDIRECT" (A goal may not be scored until the ball has been played or touched by a second player – of either team.)

Goal Kick and Corner Kick

Opponent must be six (6) yards (6 large steps) from the ball.

For **U10, U12, & U16** opponents must be eleven (11) yards (11 large steps) from the ball.