

AYSO Region 1370: Rules and Referee Guidelines

Div.	Players	Ball Size	Half Time Duration	Yellow/Red Cards	Regional Rules
U8	6 on 6, min. 5	3	22 min ⁽¹⁾	Never	No Offside ⁽²⁾ No Indirect Kicks No Penalty Kicks ⁽³⁾ No Kick from Ground
U10	9 on 9, min. 7	4	22 min ⁽¹⁾	Sparingly	Two Goal Rule ⁽⁴⁾ Four Goal Rule ⁽⁵⁾
U12	9 on 9, min. 7	4	25 min	Yes	Two Goal Rule ⁽⁴⁾ Four Goal Rule ⁽⁵⁾
U14 U16 U19	11 on 11, min. 9	5	35 min	Yes	Two Goal Rule ⁽⁴⁾ Four Goal Rule ⁽⁵⁾

(1): Two minute quarter break included

(2): A player camped out by the goal area is not allowed.

(3): For fouls occurring in Penalty Area, ball is placed outside of penalty area.

(4): Two Goal Rule: In any game where one team is unable to field the same number of players as the other team, except for red card, the team with the greater number of players must reduce to the same number of players immediately upon scoring a goal which causes them to have a two goal lead. This team may replace their players at the next regular substitution if they no longer hold a two-goal lead.

(5): Four Goal Rule A team that falls 4 goals behind has the option to add an additional player on the field. If the deficit is reduced to three, the extra player is removed.

<p>General Rules</p> <ul style="list-style-type: none"> • All players must play 50% of the game. No player can play 4 quarters until all player have played at least 3 quarters. No guest players. • No coach or parents may enter field of play without referee's permission • Players, Coaches and team manager must stay on one side of the field with spectators and parents on the other. • No one is allowed to be behind the goals 	<p>Pre-Game</p> <ul style="list-style-type: none"> • Arrive 15 minutes early • Check in Player • Give Player Instruction • Get game card from coaches • If no AR are available, coaches supply linesman (give coaches flags) • Coin Flip • Give instruction to AR/Linesman • Get game ball from coach
<p>Players Check-In</p> <ul style="list-style-type: none"> • Jerseys Tuck In • Shin Guards • Socks pulled over Shin Guards • No bracelets, earrings, wrist watches, barrettes, necklaces • No cast or splints (NO EXCEPTIONS) • Mouth guards recommended for players with braces • Restrain Straps recommended for player with glasses 	<p>Post-Game</p> <ul style="list-style-type: none"> • Supervise team post-game handshake • Complete and submit Game Cards • Sign-up for next week game.