

NSYSA U09 – U10 Rules & Regs

(Updated 10-07-2024 by NSYSA Board)

7 VS 7, 6 FIELD PLAYERS + 1 KEEPER. MAX ROSTER 12 PLAYERS

SIZE 4 BALL SHIN GUARDS UNDER SOCKS FULLY COVERED.

NO HEADING 25 MINUTE HALVES, 5 MINUTE HALF TIME.

NO JEWELRY NO SLIDING OR SLIDE TACKLING

NO PENALTY KICKS

NO KICKS FROM GOAL KEEPERS (PUNTING, DROPKICKS or BOUNCE KICKS)

NO NOISE MAKERS OR MUSIC BEFORE OR DURING MATCH

50% PLAY TIME FOR EACH PLAYER ON THE ROSTER.

SUBSTITUTIONS: UNLIMITED WITH CONSENT OF THE REFEREE. ENTER AND EXIT AT HALF LINE

BUILD OUT LINE (BOL): Players must retreat to the BOL until the ball is put back into play (via goal kicks and keeper possession)

OFFSIDES: if the player is behind the Midfield Line and closer to the goal than the ball and 2nd to last opponent.

THROW INS: if the player fails to properly throw the ball into play. The opposing team is awarded a throw in.

HOME TEAM CHANGES JERSEY IN EVENT OF COLOR CONFLICT.

COACHING IS ONLY ON TEAM SIDE AND NO COACHES ON FIELD.

Reporting of Match Results

1. Match results are to be inputted by a member of each team's staff (coach, assistant coach, manager) no later than 9:00pm on Sunday evening via the NSYSA Website, www.nsysasoccer.org as specified under **Coach: FAQ – How to Submit Match Reports**