

## **NSYSA U11 – U12 Rules & Regs**

9 v 9, eight field players + one keeper

Size 4 ball

30-minute halves, 5-minute halftime

**SHIN GUARDS UNDER SOCKS FULLY COVERED.**

Build-Out Line (BOL) players must retreat to the BOL until the ball is put back into play (via goal kicks, all free kicks and keeper possession)

No heading the ball

No slide-tackling

No metal or jewelry

**NO KICKS FROM GOALKEEPERS' HANDS (PUNTING, DROPKICKS or BOUNCE KICKS)**

Keepers for U11 - U12 will only be allowed to throw the ball or roll the ball on ground and then kick it. Please remember once the keeper rolls the ball on the ground it's a live ball and opponent may come from the buildout line.

The offside position if the player is behind the Midfield Line and closer to the goal than the ball and the 2nd to last opponent home team changes in the event of a color conflict.

50% play time for each player.

### **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](http://www.nsysasoccer.org) as specified under **Coach: FAQ – How to Submit Match Reports**