

NSYSA U05 – U08 Rules & Regs

4 VS 4, 4 FIELD PLAYERS

MAX ROSTER 8 PLAYERS

SIZE 3 BALL

SHIN GUARDS UNDER SOCKS FULLY COVERED.

10 MINUTE QUARTERS, 5 MINUTE HALF TIME, 2 MINUTE QUARTER BREAK.

NO GOALKEEPER

NO DIRECT KICKS

NO JEWELRY

NO HEADING

NO SLIDING OR SLIDE TACKLING

NO OFFSIDES: HOWEVER, THE INTENT OF RULE WILL BE FOLLOWED

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 all free kicks)

THROW INS: U8 and below - A second throw in will be allowed if the player fails to properly attempt to throw the ball into play.

- a. The referee will explain the proper technique before allowing the player to do a second throw.
- b. If on the second throw in, the player once again fails to properly execute a proper throw in, the ball will be awarded to the opposing team for their throw in.

HOME TEAM CHANGES JERSEY IN EVENT OF COLOR CONFLICT.

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