

# NSYSA U09 – U10 Rules & Regs

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 PUNTING / DROPKICKS

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 2<sup>nd</sup> 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](http://www.nsysasoccer.org) as specified under **Coach: FAQ – How to Submit Match Reports**