

14U/16U Co-Ed Rules and Pointers

Field Size 180' x 300'	Half Time 5 minutes
Ball Size Size 5	Quarter Break 2 minutes
Short Sided Play..... 11 vs. 11	Substitution Quarters
Total Field Time 95 minutes	Slide Tackling Allowed
Scheduled Warm-up 15 minutes	Heading Allowed
Quarter Time 17.5 min x 4	Offside Fully Enforced

AYSO requires that every player play at least half of every game. Different players should start and finish each game also. A goalkeeper shall be used at this level. Heading the ball is allowed in games but may be practiced no more than 15 minutes per week.

To start the game, the second half, and after each goal, a kick-off is taken from the center mark. 2nd and 4th quarters should resume play by means of one of the following methods: a throw-in, goal kick, corner kick, free kick (if one was awarded at the time of the quarter break), kick-off (if a goal was scored at the time of the quarter break), or goalkeeper possession. The referee is encouraged to whistle for the quarter break at one of these stoppages if time is soon to expire. If play cannot be stopped for a quarter break by any of these methods, a dropped ball restart is used.

After the ball has completely crossed a touchline, a throw-in is awarded against the team that last touched the ball. The throw-in is taken from where the ball left the field and must be thrown with two hands from behind and over the head, while both feet are on the ground and on or behind the touchline.

A goal kick is taken by the defending team each time the ball crosses the goal line, without a goal being scored, after being touched last by an attacking player. The ball may be placed anywhere in the goal area and is considered in play when it has been kicked and moves.

A corner kick is taken by the attacking team each time the ball is kicked by the defense over its own goal line, without a goal being scored. The ball is placed within the corner area nearest to where the ball went out of play and kicked into play by the attacking team.

A player is offside if he/she is ahead of the ball at the moment the ball is touched or played by a member of the same team, except if that player:

1. Is in his/her own half of the field.
2. Has two opponents (one of which may be the goalkeeper) even with or between him/her and the opponent's goal line. The "moment of judgment" is the instant the ball is played, not when it is received.
3. Is the first to receive the ball from a throw-in, goal kick, or corner kick.
4. Is not involved in active play by interfering with play, interfering with an opponent, or gaining an advantage by being in that position.

For more information on offside, or other soccer rules, refer to the coach's page on the regional website: www.ayso1103.org.

12U Co-Ed Rules and Pointers

Field Size 150' x 270'	Half Time 5 minutes
Ball Size Size 4	Quarter Break 2 minutes
Short Sided Play..... 9 vs. 9	Substitution Quarters
Total Field Time 85 minutes	Slide Tackling Allowed
Scheduled Warm-up 15 minutes	Heading Not Allowed
Quarter Time 15 min x 4	Offside Fully Enforced

AYSO requires that every player play at least half of every game. Different players should start and finish each game also. A goalkeeper shall be used at this level. Heading the ball is not allowed. Slide tackling is allowed, however it will be severely discouraged by the referee and ANY contact will be considered a foul. Anything beyond moderate contact, or any contact from behind, will be carded.

To start the game, the second half, and after each goal, a kick-off is taken from the center mark. 2nd and 4th quarters should resume play by means of one of the following methods: a throw-in, goal kick, corner kick, free kick (if one was awarded at the time of the quarter break), kick-off (if a goal was scored at the time of the quarter break), or goalkeeper possession. The referee is encouraged to whistle for the quarter break at one of these stoppages if time is soon to expire. If play cannot be stopped for a quarter break by any of these methods, a dropped ball restart is used.

After the ball has completely crossed a touchline, a throw-in is awarded against the team that last touched the ball. The throw-in is taken from where the ball left the field and must be thrown with two hands from behind and over the head, while both feet are on the ground and on or behind the touchline.

A goal kick is taken by the defending team each time the ball crosses the goal line, without a goal being scored, after being touched last by an attacking player. The ball may be placed anywhere in the goal area and is considered in play when it has been kicked and moves.

A corner kick is taken by the attacking team each time the ball is kicked by the defense over its own goal line, without a goal being scored. The ball is placed within the corner area nearest to where the ball went out of play and kicked into play by the attacking team.

A player is offside if he/she is ahead of the ball at the moment the ball is touched or played by a member of the same team, except if that player:

1. Is in his/her own half of the field.
2. Has two opponents (one of which may be the goalkeeper) even with or between him/her and the opponent's goal line. The "moment of judgment" is the instant the ball is played, not when it is received.
3. Is the first to receive the ball from a throw-in, goal kick, or corner kick.
4. Is not involved in active play by interfering with play, interfering with an opponent, or gaining an advantage by being in that position.

For more information on offside, or other soccer rules, refer to the coach's page on the regional website: www.ayso1103.org.

10U Co-Ed Rules and Pointers

Field Size	120' x 240'	Half Time	5 minutes
Ball Size	Size 4	Quarter Break	2 minutes
Short Sided Play.....	7 vs. 7	Substitution	Quarters
Total Field Time	75 minutes	Slide Tackling	Allowed
Scheduled Warm-up	15 minutes	Heading	Not Allowed
Quarter Time	12.5 min x 4	Offside	Loosely Enforced

AYSO requires that every player play at least half of every game. Different players should start and finish each game also. A goalkeeper shall be used at this level. Heading the ball is not allowed. Only blatant offside shall be called. Slide tackling is allowed, however it will be severely discouraged by the referee and ANY contact will be considered a foul. Anything beyond moderate contact, or any contact from behind, will be carded.

To start the game, the second half, and after each goal, a kick-off is taken from the center mark. 2nd and 4th quarters should resume play by means of one of the following methods: a throw-in, goal kick, corner kick, free kick (if one was awarded at the time of the quarter break), kick-off (if a goal was scored at the time of the quarter break), or goalkeeper possession. The referee is encouraged to whistle for the quarter break at one of these stoppages if time is soon to expire. If play cannot be stopped for a quarter break by any of these methods, a dropped ball restart is used.

After the ball has completely crossed a touchline, a throw-in is awarded against the team that last touched the ball. The throw-in is taken from where the ball left the field and must be thrown with two hands from behind and over the head, while both feet are on the ground and on or behind the touchline.

A goal kick is taken by the defending team each time the ball crosses the goal line, without a goal being scored, after being touched last by an attacking player. The ball may be placed anywhere in the goal area and is considered in play when it has been kicked and moves.

A corner kick is taken by the attacking team each time the ball is kicked by the defense over its own goal line, without a goal being scored. The ball is placed within the corner area nearest to where the ball went out of play and kicked into play by the attacking team.

A player is offside if he/she is ahead of the ball at the moment the ball is touched or played by a member of the same team, except if that player:

1. Is in his/her own half of the field.
2. Is in his/her opponent's half of the field but has not advanced beyond the build-out line.
3. Has two opponents (one of which may be the goalkeeper) even with or between him/her and the opponent's goal line. The "moment of judgment" is the instant the ball is played, not when it is received.
4. Is the first to receive the ball from a throw-in, goal kick, or corner kick.
5. Is not involved in active play by interfering with play, interfering with an opponent, or gaining an advantage by being in that position.

For more information on offside, or other soccer rules, refer to the coach's page on the regional website: www.ayso1103.org.

8U Boys & Girls Rules and Pointers

Field Size 75' x 150'	Half Time 5 minutes
Ball Size Size 3	Quarter Break 2 minutes
Short Sided Play..... 5 vs. 5	Substitution Quarters
Total Field Time 65 minutes	Slide Tackling Discouraged
Scheduled Warm-up 15 minutes	Heading Not Allowed
Quarter Time 10 min x 4	Offside Not Enforced

AYSO requires that every player play at least half of every game. Different players should start and finish each game also. A goalkeeper shall not be used at this level. Heading the ball is not allowed. Offside is not enforced. All free kicks will be indirect free kicks. Free kicks awarded in the goal area will be taken from the goal area line. Players may defend. There are no penalty kicks. Slide tackling is discouraged, and ANY contact will be considered a foul. Players will be strongly encouraged to keep their feet.

To start the game, the second half, and after each goal, a kick-off is taken from the center mark. 2nd and 4th quarters should resume play by means of one of the following methods: a throw-in, goal kick, corner kick, free kick (if one was awarded at the time of the quarter break), or kick-off (if a goal was scored at the time of the quarter break). The referee is encouraged to whistle for the quarter break at one of these stoppages if time is soon to expire. If play cannot be stopped for a quarter break by any of these methods, a dropped ball restart is used.

After the ball has completely crossed a touchline, a throw-in is awarded against the team that last touched the ball. The throw-in is taken from where the ball left the field and must be thrown with two hands from behind and over the head, while both feet are on the ground and on or behind the touchline.

A goal kick is taken by the defending team each time the ball crosses the goal line, without a goal being scored, after being touched last by an attacking player. The ball may be placed anywhere in the goal area and is considered in play when it has been kicked and moves.

A corner kick is taken by the attacking team each time the ball is kicked by the defense over its own goal line, without a goal being scored. The ball is placed within the corner area nearest to where the ball went out of play and kicked into play by the attacking team.

For more information on soccer rules, refer to the coach's page on the regional website:
www.ayso1103.org.

6U Boys & Girls Rules and Pointers

Field Size 45' x 90'	Half Time 5 minutes
Ball Size Size 3	Quarter Break 2 minutes
Short Sided Play..... 3 vs. 3	Substitution Quarters
Total Field Time 45 minutes	Slide Tackling Not Allowed
Scheduled Warm-up 15 minutes	Heading Not Allowed
Quarter Time 5 min x 4	Offside Not Enforced

AYSO requires that every player play at least half of every game. Different players should start and finish each game also. A goalkeeper shall not be used at this level. Heading the ball and slide tackling are not allowed. Offside is not enforced. In general, free kicks should be avoided and players should be coached on appropriate play. Should a free be necessary, it will be indirect. Coaches at this age are encouraged to be on the field with the players and to assist players on both teams to keep the game flowing.

To start the game, the second half, and after each goal, a kick-off is taken from the center mark. 2nd and 4th quarters should resume play by means of one of the following methods: a throw-in, goal kick, corner kick, free kick (if one was awarded at the time of the quarter break), or kick-off (if a goal was scored at the time of the quarter break). The referee is encouraged to whistle for the quarter break at one of these stoppages if time is soon to expire. If play cannot be stopped for a quarter break by any of these methods, a dropped ball restart is used.

After the ball has completely crossed a touchline, a throw-in is awarded against the team that last touched the ball. The throw-in is taken from where the ball left the field and must be thrown with two hands from behind and over the head, while both feet are on the ground and on or behind the touchline.

A goal kick is taken by the defending team each time the ball crosses the goal line, without a goal being scored, after being touched last by an attacking player. The ball is placed near the goal on the goal line. The opposing team shall provide enough space so that the restart can be taken. The ball is in play when it has been kicked and moves.

A corner kick is taken by the attacking team each time the ball is kicked by the defense over its own goal line, without a goal being scored. The ball is placed in the corner of the field nearest to where the ball went out of play and kicked into play by the attacking team.

For more information on soccer rules, refer to the coach's page on the regional website:
www.ayso1103.org.

Rules for MY2022

1. Slide Tackling is legal for all divisions. However, slide tackling should not be taught or encouraged at 8U and below. Any contact should be considered a foul, and players should be encouraged to keep their feet even if there is no contact. At 10U and above, any contact player to player by a slide tackle, either before, during, or after the tackle, will be considered a foul. Anything more than moderate contact, or any contact from behind, will be considered a cardable offense.
2. Heading is not allowed at the 12U and younger divisions. Heading is allowed at the 14U/16U level; however, practice is limited to no more than 15 minutes per week per player.
3. All Free Kicks at 8U and below are indirect. Free kicks awarded in the goal area will be taken from the goal area line.
4. The uniform policy will be enforced. Players must have the proper jersey and socks to compete. Shorts are not required to be uniform specific but must be a neutral Navy or Black color. Players should bring an alternate jersey in case jamboree play is required.
5. 5 Goal Jamboree: We strive to balance teams as evenly as possible, but some days some teams are unable to compete, and others are competing at a very high level. If at any division level, the score is 5 goals or more in favor of one team, then the referee will encourage the teams to divide up and play a jamboree. Each coach will split their team evenly, and the referee will decide which group will play with which coach for the second half. Pinnies will be provided if necessary. In the absence of a referee, it is expected that the coaches institute this approach themselves. In this case, each coach would split their players evenly, and the opposing coach will select one of those two groups to play with him/her.
6. Coaching Certifications: Each AYSO coach is required to be certified at the level of the team they are coaching. This means 14U teams need intermediate coach certification. All coaches must have completed Safe Haven Certification, and any coach participating in tournament play must have their CDC Concussion Awareness Certification.
7. Please Note: ALL volunteers must register on a yearly basis. Please make it a habit to register as a volunteer as you register your child to play. The most time-consuming part of preparation for the season is following up with individuals and reminding them to register. Your certifications, i.e., Safe Haven, coaching, referee, etc., stay with you for life.
8. All team volunteers need to complete the online CDC Concussion Awareness Certification course. You can complete this course anytime by going to AYSOU.
9. AYSO uses birth year registration across-the-board to determine divisions. August 1 is the beginning of the registration or membership year. ISL and Select Team play also use birth year to determine divisions.
10. All AYSO Tournament teams must be approved by the Regional Commissioner.