

LSSA '10-'11 Recreational League Division Specific Information

Questions on these modified rules and guidelines for LSSA should be directed to the Recreational Commissioner

U5 Division (3 v 3)

Size 3 Ball

Field Size - 65 x 100 ft

Goal - 4 x 6 ft

- ▶ 3 field players and no goalie
- ▶ 15 minute Training Session followed by two 15 minute halves and 5 minute half time
- ▶ Two simultaneous games with no referee. Coaches & Trainers are responsible for the quality of the game.
- ▶ One coach from each team on both fields. Coaches should attempt to place aggressive players together on one field to balance games
- ▶ 3 v 3 rules
 - ▶ No goalie, coaches should encourage players to defend on the field away from the goal.
 - ▶ No offsides called, No throw ins (kick ins are used), No direct kicks, defending team must be 6 yards off the ball for restarts.
 - ▶ A goal can only be scored/counted from a teams offensive side of the field.
 - ▶ Substitute on any dead ball.
 - ▶ On a goal kick, the opposing team must fall back to the mid-field line until the ball is put in play.
 - ▶ Call all fouls, but take time to explain to the player(s) involved as to what they did wrong.

U6 Division (3 v 3)

Size 3 Ball

Field Size - 65 x 100 ft

Goal - 4 x 6 ft

- ▶ 3 field players and no goalie
- ▶ Two 15 minute halves and 5 minute half time
- ▶ Two simultaneous games with 1 referee for each game (field)
- ▶ One coach from each team on both fields. Coaches should attempt to place aggressive players together on one field to balance games
- ▶ 3 v 3 rules
 - ▶ No goalie, coaches should encourage players to defend on the field away from the goal.
 - ▶ No offsides called, No throw ins (kick ins are used), No direct kicks, defending team must be 6 yards off the ball for restarts.
 - ▶ A goal can only be scored/counted from a teams offensive side of the field.
 - ▶ Substitute on any dead ball, not until referee beckons players onto field.
 - ▶ On a goal kick, the opposing team must fall back to the mid-field line until the ball is put in play.
 - ▶ Call all fouls, but take time to explain to the player(s) involved as to what they did wrong.

U7 and U8 Divisions (6 v 6)

Size 3 Ball

Field Size - 90 x 135 ft

Goal - 6.5 x 12 ft

- ▶ 5 field players and 1 goalie
- ▶ Two 20 minute halves and 5 minute half time
- ▶ 1 or 2 referees on the field
- ▶ No coaches on the field unless beckoned by the referee due to injury
- ▶ 6 v 6 rules
 - ▶ One goalie per half, 2 different goalies per game. No goalie coaches.
 - ▶ No offsides called (Coaches should encourage players to be in an on-side position)
 - ▶ U7 - No throw ins, Kick ins are used, U8 - Throw ins are used (2 attempts), defending team must be 6 yards off the ball for restarts.
 - ▶ Call all fouls, but no direct kicks
 - ▶ No penalty kicks, indirect kicks are awarded for fouls inside the penalty box.
 - ▶ Substitute on any dead ball, not until referee beckons players onto field.

U9 and U10 Divisions (7 v 7)

Size 4 Ball

Field Size - 120 x 180 ft

Goal - 7 x 21 ft

- ▶ 6 field players and 1 goalie
- ▶ Two 25 minute halves and 5 minute half time
- ▶ Three referees on the field. (During referee shortages two on field)
- ▶ No coaches on the field unless beckoned by the referee due to injury
- ▶ 7 v 7 rules
 - ▶ One goalie per half, 2 different goalies per game. No goalie coaches.
 - ▶ Offsides called, throw ins are used (1 attempt), call all fouls, direct kicks are allowed, defending team must be 8 yards off the ball for restarts.
 - ▶ Substitute on any dead ball, not until referee beckons players onto field.

U12 Division (9 v 9)

Size 4 Ball

Field Size - 165 x 240 ft

Goal - 7 x 21 ft

- ▶ 8 field players and 1 goalie
- ▶ Two 25 minute halves and 5 minute half time
- ▶ Three referees on the field. (During referee shortages two on field)
- ▶ No coaches on the field unless beckoned by the referee due to injury.
- ▶ 9 v 9 rules
 - ▶ One goalie per half, 2 different goalies per game. No goalie coaches.
 - ▶ Offsides called, throw ins are used (1 attempt), call all fouls, direct kicks are allowed.
 - ▶ Substitute on own possession throw in or if opposing team substitutes during their throw, and any corner kick, goal kick or goal, not until referee beckons players onto field.

Jewelry - No jewelry (watches, necklaces, earrings, etc) may be worn by players U11 and above during games or practices. One set of starter earrings are permitted for players U10 and below only if properly covered and taped with cloth athletic tape and/or a bandage.

LSSA '10-'11 Recreational League Division Specific Information

Questions on these modified rules and guidelines for LSSA should be directed to the Recreational Commissioner

U15 Division (11 v 11)

Size 5 Ball

Field Size - 200 x 310 ft

Goal - 8 x 24 ft

- ▶ 10 field players and 1 goalie
- ▶ Two 30 minute halves and 5 minute half time
- ▶ Three referees on the field. (During referee shortages two on field)
- ▶ No coaches on the field unless beckoned by the referee due to injury
- ▶ 11 v 11 rules
 - ▶ Same goalie for both halves allowed. No goalie coaches.
 - ▶ Offsides called, throw ins are used (1 attempt), call all fouls, direct kicks are allowed
 - ▶ Substitute on own possession throw in or if opposing team substitutes during their throw, and any corner kick, goal kick or goal, not until referee beckons players onto field.

Coed High School Division (6 v 6)

Size 5 Ball

Field Size - 165 x 240 ft

Goal - 7 x 21 ft

- ▶ 5 field players and 1 goalie
- ▶ Two 25 minute halves and 5 minute half time
- ▶ Three referees on the field. (During referee shortages two on field)
- ▶ No coaches on the field unless beckoned by the referee due to injury
- ▶ High School Division rules
 - ▶ Same goalie for both halves allowed. No goalie coaches.
 - ▶ No offsides called. No throw ins, Kick ins are used. Call all fouls, direct kicks are allowed.
 - ▶ At a minimum, 1 female must be on the field at all times.
 - ▶ A female player must touch the ball on her offensive half of the field within the field of play before the ball is "live" and a goal can be scored.
 - ▶ The ball remains "live" until the entire ball leaves the offensive half of the field in bounds. The ball is not "live" on the kick-off.
 - ▶ Substitute on any dead ball, not until referee beckons players onto field.

Adult Coed Recreational Division

Size 5 Ball

Field Size - 200 x 310 ft

Goal - 8 x 24 ft

- ▶ 10 field players and 1 goalie
- ▶ Two 30 minute halves and 5 minute half time
- ▶ Three referees on the field. (During referee shortages two on field)
- ▶ No coaches on the field unless beckoned by the referee due to injury
- ▶ 11 v 11 rules
 - ▶ Same goalie for both halves allowed. No goalie coaches.
 - ▶ Offsides called, throw ins are used (1 attempt), call all fouls, direct kicks are allowed
 - ▶ At a minimum, 3 females must be on the field at all times.
 - ▶ A female player must touch the ball on her offensive half of the field within the field of play before the ball is "live" and a goal can be scored.
 - ▶ The ball remains "live" until the entire ball leaves the offensive half of the field in bounds. The ball is not "live" on the kick-off.
 - ▶ Substitute on own possession throw in or if opposing team substitutes during their throw, and any corner kick, goal kick or goal, not until referee beckons players onto field.

Jewelry - No jewelry (watches, necklaces, earrings, etc) may be worn by players U11 and above during games or practices. One set of starter earrings are permitted for players U10 and below only if properly covered and taped with cloth athletic tape and/or a bandage.
