

MYSA General Rules and Regulations

Applies to all age levels

Equipment: (provided by player)

1. Soccer cleats or tennis shoe, no toe cleat and no metal cleats.
2. Shin Guards must be worn and covered by socks at all games and practices.
3. Soccer Ball – Size 3 for U4-U8; Size 4 for U10; Size 5 for Jr High.

Uniforms:

1. Uniforms are provided as part of your Registration fees. Uniforms (jersey) must be worn to all games.
2. Each child is responsible for their own shin guards and ball. Shin guards must be worn and covered by socks at all practices and games. Bring your ball to all practices unless otherwise instructed by coach.
3. Soccer cleats or tennis shoes are required to participate in all practices and games.
4. A goalkeeper jersey and gloves will be provided to all U8 to Jr. High teams by the league. During games, the goalkeeper must wear a goalkeeper jersey or some other jersey/shirt that is not similar in color to either team involved. Gloves are recommended, but not required.
5. The supplied uniform must be worn over any other clothing. No exposed hoods and no jean pants. Hats, knit gloves and athletic type apparel may be worn during cold weather.
6. NO jewelry or hard items are to be worn.

Weather:

1. Games will be cancelled for thunder and/or lightning, severe cold or poor field conditions at the discretion of the Board. It is the intent of the league to only cancel games if absolutely necessary.
2. Games will be cancelled for inclement weather in a reasonable amount of time prior to the game starting in order that teams and referees can be notified.
3. Once a game has started, if lightning strikes or thunder is heard everyone will retreat to their vehicles and there will be a half an hour hold on the games. Games may also be called off by a Board member if necessary.
4. Any make up/cancelled games will be played the following Saturday afternoon. Divisional Directors will notify the coaches by Tuesday of the make up game times. If other arrangements are needed, coaches must get Board approval.

Playing time:

1. All players must play or be encouraged to play half of each game, it may be at one time or scattered throughout the game.
2. U4, U6 and U8 teams play (4) 10 minute quarters with a two minute break after the first and third quarters and a 5 minute break at half time.
3. U-10 teams play (2) 30 minute halves with a 5 minute break at half time.
4. Jr. High teams play (2) 40 minute halves with a 10 minute break at half time.

Team:

1. Field players may use any part of their bodies except their hands. ("Hands" defined as the shoulder, from armpit, down to fingertips)
2. The goalkeeper may use their hands only while in the 18 yard box (penalty box).
3. U10 and Jr. High;
 - a. Off sides will be called.
 - b. May head the ball (with Coach instructions)
4. NO slide tackles for any age group. Slide tackle defined as a player sliding onto the ground, into another player with the intent to gain possession of the ball.
5. U4 will play equal numbers from each team at a time, half of the team suggested, to be decided by coaches on a per game basis. Substitute players at the end of each quarter or when otherwise necessary. Coaches to be acting referees. No goalkeeper. Score is not kept.
6. U6 will have a total of 7 players on the field, NO goalkeeper. Referee to officiate. Score is not kept.
7. U8 will have a total of 8 players on the field (1 goalie, 7 field players). Referee to officiate. Score is recorded.
8. U10 will have a total of 9 players on the field (1 goalie, 8 field players). Referee to officiate. Score is recorded.
9. Jr. High will have a total of 11 players on the field (1 goalie, 10 field players). Referees to officiate. Score is recorded.

Timing and Substitutions:

1. Time starts when the referee signals to start or blows the whistle.
2. The clock is running at all times, it should be stopped during an injury or time will be added at the end at the discretion of the referee.
3. U8 – Jr. High substitutions may enter during a teams own throw-in, if they do choose to make a substitution at this time then the opposing team may also substitute, any goal kick and after a goal. U4 and U6 may substitute at the discretion of the coach.
4. Substitutions must enter from the centerline.
5. Goalkeeper may substitute only when the ball is dead.

Kickoff:

1. Home team starts the game with a kick off, alternating between the teams for each quarter/half.
2. The kickoff will be at midfield with two offensive players.
3. The first player to touch the ball may NOT play the ball again until touched by someone else.
4. A goal cannot be scored directly from the kickoff unless it is touched by another player.

Goalkeeper:

1. Use of the hands can only be done inside the 18 yard box (penalty box).
2. The goalkeeper may punt the ball.
3. The goalkeeper may not be charged. They are to be left alone in their own 18 yard box or while in possession of the ball. ("Possession" defined as having both hands on the ball and having it in control.) Kicking at the ball must be stopped immediately following the goalkeeper acquiring possession.

Restarting Play:

1. Throw-in is awarded if the ball is unplayable by fully crossing the sideline. The throw must be made with both feet on the ground behind the line, two hands on the ball, and from above the head.
2. Corner Kick is awarded if a defensive player kicks it out of the end line.
3. Goal Kick is awarded if an offensive player kicks it out the end line.

Fouls:

Ball is put into play from point of infraction. Opponents must be at least 10 yards away from the ball in all directions. Results of fouls are:

Direct Free Kick (only awarded to U10 and Jr. High, all fouls in all other divisions will result an indirect free kick): Can be identified by the signal given by the referee. The referee will only point in the direction of the infraction (toward the offending team's goal). A goal can be scored by a single player kicking the ball directly into the defending team's goal. Infractions that will result in a direct free kick are:

- Kicking, striking, tripping or the attempt of any of these infractions on another player
- Handball
- Handball by goalie outside of 18 yard box
- Pushing or holding another player
- Violent charge

Indirect Free Kick: Can also be identified by the signal given by the referee. The referee will raise one hand straight above their head and will only lower it once the ball is in play and is touched by a second player. A goal cannot be scored by a single player kicking the ball into the defending team's goal. The ball must touch another player before entering the goal. Infractions that will result in an indirect free kick are:

- Off-sides (U10 and Jr. High)
- Illegal obstruction
- Unsportsmanlike behavior
- Dangerous play

Team Fouls:

1. Dangerous play such as high kicking; chest level, wild dangerous kicking.
2. Obstruction (Similar to setting screens in basketball)

U8 - Jr High Competitive Rules and Regulations

It is understood that U8 U10 and Jr. High divisions are considered competitive divisions with the following additional rules, regulations and guidelines.

Forfeit Rule:

1. There is no automatic forfeit rule. Teams will play with the number of players present. The coach with the least number of players may choose to forfeit. There will be no reschedule of that game unless it is under extreme circumstances and done so by the Executive Board.
2. In the case of a coach deciding to forfeit a game that counts towards the standings, to apply this forfeit to the standings goals will be awarded per the following; forfeit team = 0goals, non-forfeit team = 1goal.

Standings:

1. Teams will be ranked in standings based on their record from games that count determined by the following point system; win =3points, tie =1point, lose= 0points.
2. Teams ranked in 1st,2nd or 3rd will be recognized as such. The number of ranked teams will not exceed half of the number of teams in the division.
3. Standings will appear each week on the league board at the field and the website.

Tie-breaker Formula:

1. Ties in the standings will be broken based on the following formula. The formula will be implemented from the top down on the games that counted.
 - a. Head to head games
 - b. Goal differential
 - c. Total goals allowed
 - d. Total goals
2. A team will be awarded a maximum of 4 goals more than their opponents
3. A team's goals against will be increased by a maximum of 4 goals less then their opponents score for each game played to be used as the basis of the Tie breaker formula.
4. If after the 4th step of the Tie breaker formula a tie is not broken, the teams will be both awarded the same ranking in the standing.

Score Sheets:

1. Score sheet will be given to the home team coach.
2. Score sheets will be provided for each game that counts towards the standings and will be provided by the Board of Directors.
3. Score sheet must be filled out and signed by both coaches and given to the referee.
4. Referee will sign the score sheet and return it to the league board at the field.