

# LYS SOCCER GUIDELINES

*Updated 9/1/2025*

## Grades 2 & 3

**Ball Size:** 3

**Field Size:** Grade 2/3 Division is 125x80.

**Divisions:** Boys division has four teams, and Girls division has three teams, based on registration numbers. We divide players as evenly as possible into 2<sup>nd</sup>/3<sup>rd</sup> grade teams.

**Games:** We play jamboree rotating games, 4-vs-4 with keeper (3 field players + keeper). Each of the sponsored teams rotates to play four 12-minute games per Saturday. Our girls division plays 3 games (due to the enrollment numbers) and has one 12-minute practice or rest period. Coaches will communicate the specific rotation schedules to their teams. The schedule online lists your starting field.

### Extra Guidelines:

**Headers** are not allowed in this division. No heading of the ball, for safety reasons.

**You may not play the ball (kicking) while lying on the ground.**

**Slide tackles** are not allowed.

**Break-Out Line:** On goal kicks, the attacking team will retreat back to the center line. This helps goal keepers and defenders learn how to play from the back. Coaches will teach their players about this at practice, and referees will remind players to retreat.

## Grades 4 & 5

*LYS follows FIFA rules unless local rules or adjustments are mentioned specifically below.*

**Ball Size:** 4

**Field Size:** 150 x 225

### Divisions & Games:

**Girls & Boys:** Because we have two teams in this age group, they play one 60-minute game per week. This is two 30-minute halves, with a 5-minute half-time.

**Players on the field:** 9-vs-9 with a keeper (so there are 8 field players + one keeper per team). If teams have fewer than 9 players per team, they may play with smaller numbers or on a modified field.

**Break-Out Line:** On goal kicks or free kicks inside the penalty area, the attacking team will retreat back to an unmarked half-way line of their attacking half (between the goal and the center line). This helps goal keepers and defenders learn how to play from the back. Coaches will teach their players about this at practice, and referees will remind players to retreat.

**Headers** are not allowed in this division. No heading of the ball, for safety reasons. Any intentional headers will be called back by the referee and the ball will go to the other team.

**You may not play the ball (kicking) while lying on the ground.**

**Slide tackles** are not allowed.

**Offsides rules** apply starting in 4<sup>th</sup>/5<sup>th</sup> grade.

**Playoffs:** The last two weeks of the season will be play-off games. The schedules will be available after the 6<sup>th</sup> week.

## Grades 6, 7 & 8

*LYS follows FIFA rules unless local rules or adjustments are mentioned specifically below.*

**Ball Size:** 5

**Field Size:** 165 x 300 Boys -- **Field Size:** 150 x 225 Girls

### Divisions & Games:

**Girls:** Because we have two teams in this age group, they will play **one game per week**. This is 70 minutes per game, with two 35-minute halves and a 5-minute half-time.

**Boys:** Because we have three teams in this age group, each team will play **two games per week**. This is 36 minutes per game, with two 18-minute halves and a 2-minute half-time. There are 5 minutes between games, but if your team plays the first & third games of the day, there will be a longer break.

**Players on the Field: BOYS:** 11-vs-11, including the keeper (so 10 field players + one keeper per team). **GIRLS:** If teams have fewer than 11 players per team, they may play with smaller numbers. They will play on a Mod size field to begin this season.

**You may not play the ball (kicking) while lying on the ground.**

**Slide tackles** are not allowed.

**Playoffs:** The last two weeks of the season will be play-off games. The schedules will be available after the 6<sup>th</sup> week.

# Grades 9, 10, 11 & 12 co-ed

*LYS follows FIFA rules unless local rules or adjustments are mentioned specifically below.*

**Ball Size:** 5

**Field Size:** 225 x 360, unless extra short on players then may play middle school fields

## **Divisions & Games:**

Because we have four teams in this age group, they play one 60-minute game per week. This is two 30-minute halves, with a 5-minute half-time.

**Players on the field:** 11-vs-11 with a keeper (so there are 10 field players + one keeper per team). May play 10-vs-10 or 9-vs-9 depending on final team numbers.

**You may not play the ball (kicking) while lying on the ground.**

**Slide tackles** are allowed in the high school division.

**Playoffs:** The last two weeks of the season will be play-off games. The schedules will be available after the 6<sup>th</sup> week.

## **Additional Guidelines for all divisions:**

**Eligible Players:** You may not have an unregistered player participate in a game. Only players already registered and placed on your team may play in games. This is a safety & liability issue. **If an unregistered player participates in a game, that team forfeits the game.**

**Short-handed Teams:** If you are playing against a team that can't field a full team for the game, your team can play with up to 2 more players than the other team. So for example at the middle and high school level, games are played 11 vs 11. If your opponent has only 8 players for a game, then your team can play with a maximum of 10 players.

There are also **minimum player numbers** required to play the game (for middle & high school it's 7 players) that apply. This guideline can be revised if agreed upon by all coaches (in the instance of low registration numbers in an age group), and may be played on a modified field.

## **UPDATED 2019 FIFA GUIDELINES (FOR GRADES 4-12):**

### **Walls**

When there is a wall of three or more players - attackers are not allowed within one meter of it.

### **Goal Kicks**

Previously, the ball was deemed 'dead' until it left the penalty area, but the new change means that the ball is in play as soon as it is kicked by the player taking the goal kick, and it can be played inside the 18-yard box. Opposition players are not allowed to enter the penalty area until the ball has been played (kicked).

### **Kick-off**

The team that wins the coin toss has a choice of picking which half to attack or to take the first kick-off.

### **Penalty Kick**

The goalkeeper must have at least part of one foot on or in line with the goal-line before the ball is played.

### **Drop Ball**

In the event that a drop ball is required:

- ☐ if play is stopped inside the penalty area the ball will simply be dropped for the goalkeeper.
- ☐ if it is stopped outside the penalty area the ball will be dropped for a player from the team that last touched the ball. In all cases, players will have to be at least four meters (four and a half yards) away.

# LYS Soccer Referees & Coaches - Emergency Policy

In case a player goes down with a serious injury during practice or a game, the following procedure should be followed:

1. Blow the whistle and instruct all the players to go down on 1 knee at the place where they were standing. (This is to ensure there are not 22 players swarming around the injured player).
2. Do not move the injured player.
3. Call for the parent/coach to attend to the injured player.
4. If a Medic is required get someone responsible to call on their cell phone or direct a responsible person to the concession to use the phone there. Ensure they know the **field number** and **location of the field**.
5. Gather the corner flags so they can be waved to direct the medics to the injured player.
6. If the game is continued then proceed with a drop ball where the play was stopped at the time of the whistle.