

LYSA PLAYING RULES – SPRING 2026

FIFA Rules apply unless otherwise stated.

****Buildout line will be used per FIFA rules****

Candy (CB and CG teams)

5v5 with goalies

No scores/standings kept

No referees

Game duration - 8 minute quarters, 1 min between quarters, 5 min between halves, 39 min total time

Ball size: 3

Both teams can sub any time

Throw-ins can be taken up to 3x

No direct kicks, No penalty kicks

Only indirect kicks - no goal kicks from kick-off

No offsides

1 coach from each team is allowed ON the field. They cannot stand in the goal box

No "camping-out" a player in front of the goal on offense ("cherry-picking")

No one is allowed to stand behind the goal at any time. All spectators, parents and coaches must watch from the sidelines.

Passer (PB and PG teams)

7v7 with goalies

Scores kept by coaches and ref

If ref is unavailable, games can continue

Game duration - 10 minute quarters, 1 min between quarters, 5 min between halves, 47 min total time

Ball size: 3

Both teams can sub at stoppage of play with referee permission from the midfield line

Throw-ins can be taken up to 2x

No offsides

No slide tackles

No head balls

Referee explains various laws/rules to players

Teams switch sides at each half

No "camping-out" a player in front of the goal on offense ("cherry-picking")

No one is allowed to stand behind the goal at any time. All spectators, parents and coaches must watch from the sidelines.

Wing (WB and WG teams)

9v9 with goalies

Scores kept by ref

Game duration - 12 minute quarters, 1 min between quarters, 5 min between halves, 55 min total time

Ball size: 4

Both teams can sub at stoppage of play with referee permission from the midfield line

Throw-ins can be taken up to 1x, then it goes over to the other team

No offsides unless blatant

No head balls

No slide tackles

Referee explains various laws/rules to players

Teams switch sides at each half

Striker U12 (J Teams)

11v11 with goalies (although our #'s this season dictated 9v9-sized fields and coaches can decide if they want less players on the pitch based on attendance, but the rules are the same for this age group as listed below)

Scores kept by ref

Game duration – 12 minute quarters, 1 min between quarters, 5 min between halves, 55 min total time

Ball size: 4

Both teams can sub at stoppage of play with referee permission from the midfield line

Throw-ins can be taken up to 1x, then it goes over to the other team

No head balls

No slide tackles

Referee explains various laws/rules to players

Teams switch sides at each half

Direct Kick Fouls - For which the other team receives a direct free kick, meaning a goal kick can be scored by kicking the ball straight into the goal, or a PK if the foul occurs within the penalty box (note: it does not matter if the ball was in the penalty box or not, it matters where the foul was committed). There are 10 direct kick fouls called by the referee due to reckless, careless, made with excessive force, intentional, and/or dangerous plays.

1. *Kicking or attempting to kick an opponent.* Accidentally kicking an opponent while tackling the ball is not a foul unless it was reckless, careless, made with excessive force or intentional as defined by the referee. If a player slide tackles from the front, it will be considered a “dangerous play” (indirect kick foul). Kicking, tripping, or other unsportsmanlike conduct would be considered similarly as reckless or dangerous.
2. *Tripping or attempting to trip an opponent.*
3. *Charging into an opponent.* Goalies can also be called for this.
4. *Striking or attempting to strike an opponent.*
5. *Pushing an opponent including goal keeper.*
6. *Jumping into an opponent.*
7. *Blatant holding or pulling of an opponent.*
8. *Making contact with an opponent before contacting the ball when tackling to gain possession.* (Note: this is always a direct kick foul if the slide tackler hits the ball handler before the ball. However, it can still be a direct kick if contact was made first with the ball AND the tackler was careless, reckless, used excessive force or was considered to have intentionally jumped, tripped, hit, or charged the ball handler. Or, if the referee believes it was done in a “dangerous manner.” See red card.)
9. *Spitting at an opponent* even if it does not hit the opponent. See red card.
10. *Deliberately handling the ball.* A handball should not be called if a player was actively trying to prevent himself from injury or if the ball hits the hand while it's in a natural position near the player's side and has not been moved toward the ball. This does not apply to the goalkeeper in the penalty area.

Indirect Kick Fouls For which the other team receives an indirect free kick, meaning the goal only counts if another player touches the ball before it goes into the goal. Indirect free kicks are taken from the spot of the offense.

4 types of indirect kick fouls apply to all players.

1. *Dangerous Play.*
2. *Impeding the progress of an opponent.*
3. *Preventing the goalkeeper from releasing the ball.*
4. *Any time a yellow or red card is shown and a direct kick isn't awarded.* Examples include unsporting behavior, dissent, foul language, arguing with teammates or opponents, persistently breaking the rules, threatening behavior

4 indirect kicks that apply only to the goalkeeper and only if they occur within the penalty box.

1. *Taking more than 6 seconds while controlling the ball with hands before releasing it*
2. *Touching the ball with hands after it is deliberately kicked to the goalkeeper by a teammate (passback)*
3. *Touching the ball with hands on a throw-in from a teammate*
4. *Intentionally handling the ball again after releasing it and it has not touched another player.*

Advantage Clause At the referee's discretion, the play can continue following a foul if it's to the advantage of the player who was fouled.

The ball in and out of play

1. The ball is out of play if it has completely crossed the goal line or touch line, either on the ground or in the air.
2. Ball remains in play if it rebounds from the goal posts and remains within the touchlines.
3. On a drop ball, the ball is in play only if it has touched the ground before touching a player.

Method of Scoring

A goal is scored only after the ball completely crosses the goal line.

Offside

1. The offside rule mandates that during a move, an attacking player, when in the opposition half, must have an opposition player (Not including the goalie) between him and the opposition goal when a pass is being played to him.
 2. An offside offense is awarded with an indirect kick where it occurred.
 3. Offside is determined ONLY AT THE MOMENT THE ball is played to another team member.
 4. Player is offside and penalized only if he/she gains an advantage.
 5. A player is not offside for just being in an offside position. MUST be a part of the play.
 6. A player is not offside if player receives the ball directly from a goal kick, corner kick, or throw-in.
- Earrings are not permitted even if covered. They must be removed.

Goal Kick

When the whole of the ball goes completely over the goal line (and a goal is not scored) and was last touched by a player of the attacking team, a goal kick is awarded to the defending team.

To perform an acceptable goal kick:

1. The ball can be placed anywhere in the goal area by a player of the defending team and kicked directly outside the box. Re-kick if the ball does not go outside the penalty box.
2. Opponents must be outside the penalty box
3. The defending team cannot mistakenly score against themselves directly from a goal kick.
4. Player taking the kick cannot play the ball a second time without it having been touched by another player. An indirect free kick will be awarded.

Corner Kick

When the ball of the ball goes completely over the goal line (and a goal is not scored) and was last touched by a player from the defending team, a corner kick is awarded to the opposing team.