

2025-2026 GYSA Seasonal Guidelines

Attention Coaches: This form was designed to be carried with you in case there are any questions. I would recommend having this with you at every game and having a brief discussion with your center referee prior to the game.

All GYSA Game Requirements

- Player Passes and Rosters All Recreational Age Groups:
 - All Teams playing in GYSA **MUST** have Player Passes and a Back-up Copy of Official Roster for Every game. Referees to check Player passes against printed Match Card prior to the game.
 - Only 3 Rostered Coaches may be on the players side during the game.
- Substitutions All Rec Age Groups:
 - Either Team on Any Stoppage at referee discretion including corner kick (not to interfere with a quick kick or quick throw-in).
 - Either Team, Before Kickoff, after a goal is scored.
 - Either Team, on a Goal Kick.
 - **During a Throw-in either team can substitute as long as not a quick throw-in. Also, it is up to the discretion of the referee in this instance. It is unlimited substitutions on any out of bounds call.**
- **U8 4v4 Specific Rules:**
 - Referee fees paid by Home Site / Team
 - **Center Referee: \$25**
 - Size 3 Ball
 - Game time is 4 - 10 min Quarters.
 - 2 min rest between 1 & 2 and 3 & 4 Quarters
 - 5 min rest at Half-time
 - **No Heading**
 - **No Slide Tackling!!!!!!**
 - No Goalies or positioning a player in the goalie position in front of the goal box or goal arc.
 - **ALL players **MUST** be involved in game play.**
 - During a goal kick the opposing team must be at the center line. The Ball is **live once the attacking player touches the ball **after** the taking of the Goal Kick(second touch).**
- **U10 7v7 Specific Rules:**
 - Referee fees paid by Home Site / Team
 - **Center Referee \$40**
 - Size 4 Ball

- Game time is 2 - 25 min halves, water breaks based on the agreement of the coaches.
- The Build Out line should be a solid line in a different color half the distance between the center line and the Penalty box.

- **No Heading**

- **No Slide Tackling!!!!!!!**

- No Punting, Drop Kicks, One Bounce, etc.
- Goalie possession when the goalie has the ball in their hands. The opposing team must drop back behind the build out line.
- The Goalie may roll, throw, or set the ball down to kick it. If Goalie waits for the opponent to drop back to build-out line, The Ball is **live once an attacking player (or player on the team taking the goal kick) touches the ball after keeper distribution**. However, if keeper puts ball down and begins dribbling before passing to team-mate, the ball is live, and opponent may proceed with attack.
- The goalie may not drop the ball to kick it on the bounce.
- The goalie doesn't have to wait for the opponent to drop back to Build-out line (quick play), the above second touch is not required for players to actively defend in this instance as the ball is then live once leaves their hands!!!
- Goal Kicks
 - The opposing team must drop back behind the build out line.
 - The opposing team must remain behind the build out line until ball is touched by a team mate of the team, taking the goal kick and is inside the build out line.

- **U12 9v9 Specific Rules**

- Referee fees paid by Home Site / Team
 - Center Referee: \$50
 - Asst. Referees: \$30
- Size 4 Ball
- Game Time is 2 – 30 min Halves, water breaks based on the agreement of the coaches.
- **No Heading**
- No goalie restrictions or special rules for Goals kicks outside of FIFA rules.

- **U14 Boys: 11v11 Specific Rules**

- Referee fees paid by Home Site / Team
 - Center Referee: \$60
 - Asst. Referees: \$35
- Size 5 Ball
- Game Time is 2 – 35 min Halves, water breaks based on the agreement of the coaches.

- **U14 Girls: 8v8 Specific rules**

- Referee fees paid by Home Site / Team

- Center Referee: \$60

- Asst. Referees: \$35

- Size 5 Ball

- 8v8 on the field

- Game Time is 2 – 35 min Halves, 5 min halftime, water breaks based on the agreement of the coaches.

- Using the 9v9 Field and goals.

- Goal Kicks may not pass the halfway line.

- No goalie distribution may cross the halfway line. Punting, Drop Kicks, One Bounce, etc are all allowed.

- Opposing Team restarts with and indirect kick at center-line where ball crosses.

- **U18 Boys and Girls: 7v7 Specific rules**

- Referee fees paid by Home Site / Team

- Center Referee: \$70

- Asst. Referees: \$40

- Size 5 Ball

- 7 v 7 on the field

- Playing on a 9v9 field with 9v9 goals.

- Game time is 2 – 40 Min halves 5 min halftime, water breaks based on the agreement of the coaches.

- Goal Kicks may not pass the halfway line.

- No goalie distribution may cross the halfway line. Punting, Drop Kicks, One Bounce, etc are all allowed.

- Opposing Team restarts with and indirect kick at center-line where ball crosses.