

## **PSA Rising Stars Recreational League**

### **U-7 Rules of Play**

Number of Players: Maximum number of players on the field at any one time is four (4) with **NO** goalkeeper.

Both teams may play three (3) to a side if one of the teams does not have enough players present to field four (4) players.

**We will not forfeit games due to insufficient # of players.**

Substitutions:

- \* Prior to a throw-in, in your team's favor.
- \* Prior to a goal kick, by either team.
- \* After a goal, by either team.
- \* After an injury, by either team.
- \* At quarters.

Offsides Law: The offsides law will **not** be enforced.

Goal Kicks All defending players must be at mid field and allow the offensive player to receive a touch before they can defend. Early encroachment results in rekick.

Throw ins Poor throw in will result in redo. 2<sup>nd</sup> poor throw in play on

Seating: Players and coaches must sit in the *Technical Area*, located between the fields. Parents and siblings will sit along the outside perimeter of the fields.

Duration of the Game: Four (4) quarters of twelve (12) minutes each with a five (5) minute half time.

Equipment: Shin guards – **Mandatory**.  
Ball – A size three (3) ball will be used in all games.

Apparel: No jewelry is to be worn.  
Shirts must be tucked in at all times.

Arrival/Attendance: Arrive at the field 15 – 20 minutes before scheduled game time ready to play! Coaches warm your teams up off the field so games stay on time. Please let your coach know if you do not plan to be at a game. **Coaches, players, and parents are expected to honor the game.**

## **U-9 Rules of Play**

Number of Players:	Maximum number of players on the field at any one time is (6) (5) field players and a goalkeeper.  Both teams may play five (5) to a side if one of the teams does not have enough players present to field six (6) players.  <b>We will not forfeit games due to insufficient # of players.</b>
Substitutions:	<ul style="list-style-type: none"><li>* Prior to a throw-in, in your team's favor.</li><li>* Prior to a goal kick, by either team.</li><li>* After a goal, by either team.</li><li>* After an injury, by either team.</li></ul>
Offsides Law: Throw ins	The offsides law <b>will not</b> be enforced. No cherry picking First poor throw in redo. Second poor one results in change of procession
Goal Kicks	All defending players must be at mid field and allow the offensive player to receive a touch before they can defend. Early encroachment results in rekick.
Penalty Kicks:	All kicks are indirect. They must be touched by a player before going into the goal
Seating:	Players and coaches must sit in the <i>Technical Area</i> , located between the fields. Parents and siblings will sit along the outside perimeter of the fields.
Duration of the Game:	Four (4) quarters of twelve (12) minutes each with a five (5) minute half time.
Equipment:	Shin guards – <b>Mandatory</b> . Ball – A size four (4) ball will be used in all games.
Apparel:	No jewelry is to be worn. Shirts must be tucked in at all times.
Arrival/Attendance:	Arrive at the field 15 – 20 minutes before scheduled game time ready to play! Coaches warm your teams up off the field so games stay on time. Please let your coach know if you do not plan to be at a game. <b>Coaches, players, and parents are expected to honor the game.</b>

## PSA Rising Stars Recreational League

### U11 Rules of Play

Number of Players:	Maximum number of players on the field at any one time is (9) eight (8) seven field players and a goalkeeper.
Goal Kicks	Both teams may play five (5) to a side if one of the teams does not have enough players present to field six (6) players. All defending players must be at mid field and allow the offensive player to receive a touch before they can defend. Early encroachment results in rekick.
<b>We will not forfeit games due to insufficient # of players.</b>	
Substitutions:	<ul style="list-style-type: none"><li>* Prior to a throw-in, in your team's favor.</li><li>* Prior to a goal kick, by either team.</li><li>* After a goal, by either team.</li><li>* After an injury, by either team.</li><li>* At quarters.</li></ul>
Offside Law:	The offside law <b>will</b> be enforced on 10yds or more ( <b>NO CHERRY PICKING</b> )
Penalty Kicks:	All kicks are indirect from the spot of the foul. It must touch a player before going into the goal.
Throw- ins	First poor throw in redo. Second poor one result in change of procession
Seating:	Players and coaches must sit in the <i>Technical Area</i> , located between the fields. Parents and siblings will sit along the outside perimeter of the fields.
Duration of the Game:	Four (4) quarters of twelve (12) minutes each with a five (5) minute half time.
Equipment:	Shin guards – <b>Mandatory</b> . Ball – A size four (4) ball will be used in all games.
Apparel:	No jewelry is to be worn. Shirts must be tucked in at all times.
Arrival/Attendance:	Arrive at the field 15 – 20 minutes before scheduled game time ready to play! Coaches warm your teams up off the field so games stay on time. Please let your coach know if you do not plan to be at a game. <b>Coaches, players, and parents are expected to honor the game.</b>