

PSA Recreational League Divisions Summary Fall/Spring

Division	Gender	Age as of previous July 31	Ball Size	Number of Players	Min. Number of Players	Max. Roster Size	Substitution	Keeper	Kick-in or Throw-in	Distance from ball on FK	Offside	PKs	Period Duration
U5	BOYS & GIRLS	4	#3	4	3	7	On-the-fly	No	Kick	3	None	DFK	7 Minute Quarters
U6	BOYS & GIRLS	5	#3	5	4	9	On-the-fly	Yes	Kick	3	None	DFK	8 Minute Quarters
U7	BOYS & GIRLS	6	#3	5	4	9	On-the-fly	Yes	Throw	6	None	DFK	10 Minute Quarters
U8	BOYS & GIRLS	7	#3	5	4	9	On-the-fly	Yes	Throw	6	None	DFK	10 Minute Quarters
U10	BOYS & GIRLS	8 and 9	#4	7	5	11	On-the-fly	Yes	Throw	6	Offside	PK	12 Minute Quarters
U12	BOYS	10 and 11	#4	11	7	16	Regular	Yes	Throw	10	Offside	PK	15 Minute Quarters
U12/U14	GIRLS	10, 11, 12 and 13	#5	9	7	13	Regular	Yes	Throw	10	Offside	PK	15 Minute Quarters
U14	BOYS	12 and 13	#5	11	7	16	Regular	Yes	Throw	10	Offside	PK	15 Minute Quarters

Soccer Rules Summary - Outdoor

Substitutions: On-the-fly - hand tag in front of the bench. Regular – with referee’s permission, either team at start of a period, after a goal has been scored, goal kick, or on a team's own throw-in. NOT on a corner kick - that is a high school rule.

No jewelry, street glasses or casts: Players may not wear anything that in the opinion of the referee is dangerous to themselves or others including ear rings. No dangerous cleats.

Start of quarters: Team winning coin toss chooses which goal to attack, and the opponent takes the KICKOFF. Teams alternate kicking off to start each quarter or half. Teams switch ends at the half.

Kickoff: Start of quarter or after goal. Ball must be touched and move forward. Kicker can only touch once. Goal may be scored directly.

Drop ball: Both teams foul, the ball goes out and both sides propelled it out, or after an injury, if there was no other reason to stop the game.

DROP BALL: The referee holds the ball waist high, then drops the ball. The ball is in play when it touches the ground. ‘One touch’ does not apply. No drop ball inside the goal area.

Out of bounds: The ball is out of bounds when the whole of the ball crosses completely over the touch line or goal line.

In play: For each restart, if the ball never becomes in play, repeat the restart.

Goal scored: A goal is scored when the whole of the ball crosses completely over the goal line, between the goal posts and below the cross bar.

3-goal rule: **This applies only to PSA Rec Games.** When one team has a 3 goal lead this rule is applied. Once a team is leading by 3 goals anyone who scored for the team that is ahead by 3 goals cannot score another goal until the lead is reduced to less than 3 goals. If one of these players scores the re-start is a goal kick.

Example: Team A : 3 Team B : 0

Goals by Team A Scored By: #'s 12, 33, and 1 (Team B may add another player to the field)

Player # 12 on Team A scores again (The Goal DOES NOT COUNT.) Re-Start Goal Kick, Score Remains 3 to 0

Player # 99 on Team A scores (The Goal COUNTS) Re-Start Kick Off, Score is now 4 to 0

At this point until the lead is less than 3 goals #'s 12, 33, 1 and 99 cannot Score.

Team B scores 2 Goals

Score now 4 to 2 (All Players are eligible to score and Team B must remove extra player from the field of play)

Player 15 Scores for Team A - Score is now 5 to 2 **Three goal rule applies**

Team A Players 12, 33,1, 99 and 15 Cannot Score and Team B can add another player to the field.

Fouls or penalty: If handling the ball intentionally, pushing, tripping, charging, holding, spitting, kicking or elbowing a player: the restart is a DIRECT FREE KICK. If dangerous play or a procedural error occurs, the restart is an INDIRECT FREE KICK. Shoulder to shoulder contact while both players are near enough to play the ball is not a penalty. A keeper may not pick up a ball intentionally passed with the foot from a teammate or from a throw-in from a teammate– restart IFK.

No slide tackling: Slide tackling is not allowed – restart with an IFK. A player may slide to kick the ball if no other player is near them.

DIRECT FREE KICK: Ball placed at point of infraction. Defenders must give distance appropriate for age group. Ball is in play when touched and moved. Kicker can only touch once.

INDIRECT FREE KICK: Same as direct except if ball goes in goal without anyone touching, then NO GOAL, restart as goal kick.

Penalty kick: If attackers are awarded a direct free kick inside the penalty area, it is taken as a PENALTY KICK for U10 thru U14. Instead of PKs the U5 thru U8 divisions will restart with a Direct Kick from outside the penalty area.

PENALTY KICK: Goalkeeper must stand on goal line and can only move side-to-side until the ball is played. Ball in play when touched forward. Kicker may not touch twice. All other players must be outside penalty area and penalty arc, and behind the ball.

Over touch (side) lines: Opponent of player to last touch the ball takes the ball to spot indicated by referee for KICK-IN or THROW-IN. A goal cannot be scored directly from a kick-in or throw-in. Keeper can not pick up a kick-in or throw-in from a teammate.

THROW-IN: Both feet on the ground; neither foot all the way on the field; ball thrown with both hands; ball thrown over the head. In play when enters the field. A ball that does not cross the touchline shall be re-thrown.

Bad throw-in: Throw-in awarded to opposing team. (Allow player to re-throw for the first two weeks of the season.)

Ball over goal (end) lines: If attacking team last touched, then restart is GOAL KICK. If defense last touched, then restart is CORNER KICK.

GOAL KICK: Defending team kicks the ball from anywhere inside the goal area. Ball is not IN PLAY until it travels outside penalty area!

CORNER KICK: Attacking team kicks the ball from on/inside the corner arch. Only one touch allowed until the ball touches another player.

Make sure everyone has fun.