

NYSL

U10 CO-ED

- Size 4 ball.
- 7 v 7; 6 + goal keeper; 5 minimum.
- Two 25 minute halves; 5 minute half-time.
- **Off-sides enforced.**
- Ball does not have to move forward on kick-off.
- Throw-ins, goal kicks, corner kicks, and penalty kicks when appropriate.
- Substitutions allowed after goals are scored, before goal kicks, on your team's throw-in or opponent's throw-in **only if** they are also subbing.
- Subs **MUST** be at midfield line **BEFORE** ball is out of play. Subs must enter field of play only at the midfield line and only when player being replaced has left the field.
- **Absolutely no jewelry during games.**
- **Absolutely no slide-tackling. Players are not allowed to use their heads to play the ball.**
- If a Red Card is issued, that player is ejected from the game and is not eligible to play in the next game. Also, the team of the ejected player may not substitute for the ejected player and will play down for the remainder of the game.
- **Remember this is a recreation league**
- **When a team goes up by 6 goals, coaches need to pull 1 player or play down. If they go up by 8 goals, they need to pull a 2nd player. If they go up by 10 goals, pull a 3rd player.**