

TCYS Recreation League 2026

Matchday Guide

Description	U4	U5/U6	U8	U10	U12	U15
Field Size (yards)	30x20	30x20	30x20	47x30	75x47	112x75
Number of Matches	4	6	6	10	10	10
Number of Players	4v4	4v4	5v5	7v7	9v9	11v11
Goalkeeper	No	No	Yes	Yes	Yes	Yes
Build-Out Line	No	No	Yes	Yes	No	No
Goalkeeper Punting	No	No	No	No	Yes	Yes
Playing Time (minutes)	30	2@16	2@22	2@25	2@30	2@35
Break Time (minutes)	5	5	5	7	7	7
Substitutions	Unlimited on goal, goal kicks, halftime, cautions, injury, and throw-ins					
Ball Size	3	3	3	4	4	5
Goal Size (feet)	4x6	4x6	6X8	6x18.5	7x21.5	8x24
Offside	No	No	No	Yes	Yes	Yes
# of Officials	1	1	1	1+	2+	2+
Start of Play	Opponents 6 yards back			Opponents 10 yards back		
Fouls	IFAB Laws of the Game will apply					
Free Kicks	Indirect only			Indirect and Direct		
Penalty Kicks	No	No	No	Yes	Yes	Yes
Throw Ins	One re-throw				No re-throws	
Heading	No	No	No	No	No	Yes

Coach Responsibilities

- **Technical Area** – Coaches and substitutes must remain in the technical area – 10 yards from center line. Coaches and Spectators must maintain a minimum 1-yard setback from the touchline.
 - **First Match of the Day** – Field coaches are to coordinate setting up the goals and corner flags
 - **Last Match of the Day** – Field coaches are to coordinate to store goals in the proper location after the match.
 - **Player Injury** – If referee stops the match with a whistle for an injured player, that player can be substituted.
 - **Parent Behavior** – Coaches are responsible for their team's parent and spectator behavior.
 - **Scoring** – After a goal differential of 8 is met, any additional goals scored are not recorded and game play continues.
 - **Under 8 Matches** – No score keeping by referees, coaches, and spectators.
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IFAB Laws of the Game

TCYS Modified Laws of the Game

Law 1: The Field of Play

- Field size for U4 to U12 is reduced
- U15 on regulation size fields of play
- Build-out line for U10

Law 2: The Ball

- U4, U5, U6, and U8 with size 3 balls
- U10 and U12 with size 4 balls
- U15 with size 5 balls

Law 3: The Players

- U4, U5, and U6 – 4v4 – no goalplayers
- U8 – 5v5
- U10 – 7v7
- U12 – 9v9

- U15 – 11v11

Substitutions

- Referees must be informed before any substitution is made
- Substitutions are unlimited and may be made during kick off, goal kicks, halftime, cautions, injury, and throw-ins

Law 4: The Players' Equipment

- Shin guards are required – these must be made of a suitable material and be of an appropriate size to provide reasonable protection and be covered by the socks. No mini shin guards.
- A player must not use equipment or wear anything that is dangerous.
- No jewelry, including all wristbands, hard plastic or metal hair bands, finger rings, earrings, nose piercings, facial piercings, belly piercings, or any body piercing that may injure the player or opponent. Dangerous items must be removed and not taped or covered.
- Accessories such as medical bracelets are permitted if they are not dangerous and are safely and securely covered.

Law 5 and Law 6: The Referee and Other Match Officials

Decisions will be made to the best of the referee's ability according to the Laws of the Game and the 'spirit of the game' and will be based on the opinion of the referee, who has the discretion to take appropriate action within the framework of the Laws of the Game.

- Referees are at least two years older than the age group they are officiating.
- U4, U5, U6, U8, and U10 games are officiated by one center referees. Newly licensed referees are assigned to officiate younger age groups.
- U12 games are officiated by one center referee and two assistant referees. The center referee typically has experience beyond the previous age groups.
- U15 are officiated by one center referee and two assistant referees. All referees are at least two years older than the players in this age group and typically have more experience than the younger age group referees.

Law 7: The Duration of the Match

- U4 play 30 minutes
- U5 and U6 play two 16-minute halves with a 5-minute half-time break.
- U8 play two 22-minute halves with a 5-minute half-time break
- U10 play two 25-minute halves with a 7-minute halftime break.
- U12 play two 30-minute halves with a 7-minute half-time break.
- U15 play two 35-minute halves with a 7-minute half-time break.

Law 8: The Start and Restart of Play

- The visiting team chooses heads or tails on coin toss.
- The team that wins the toss decides which goal to attack first or to take the kick-off first.
- Depending on the above, their opponents take the kick-off or decide which goal to attack after 1st break.
- For the second half of the match, the teams change ends and attack the opposite goals.
- Players may not touch the ball twice at the start of play.

Law 9: The Ball In and Out of Play

The ball is out of play when:

- it has wholly passed over the goal line or touchline on the ground or in the air
- play has been stopped by the referee
- it touches a match official, remains on the field of play and:
 - a team starts a promising attack or
 - the ball goes directly into the goal or
 - the team in possession of the ball changes

In these three cases, play is restarted with a dropped ball.

On all restarts the ball must have lateral motion in any direction to be considered a legal touch.

The ball is in play at all other times when it touches a match official, and it rebounds off a goalpost, crossbar or corner flagpost and remains on the field of play.

Law 10: Determining the Outcome of a Match

U4, U5, U6, and U8 goals and scores are not counted for standings or playoff seeding.

A goal is scored when the whole of the ball passes over the goal line, between the goalposts, and under the crossbar.

Law 11: Offside

A player is offside when he/she is in the opponent's half of the field, nearest to the goal than the second to last defender and/or the ball and is involved in the play.

Offside is called on U10 using the build-out line rather than the mid-field line.

Offside is not called on U6 through U8 age groups.

Law 12: Fouls and Misconduct

[IFAB Laws of the Game](#) will apply. Yellow or red cards are shown for fouls committed

either carelessly, recklessly, or with excessive force for U10, U12, and U15.

Cards are never shown to U6-U8 players. Coaches of young players are to manage inappropriate behavior by removing the players from the game.

Law 13: Free Kicks

Free kicks are either direct or indirect.

A goal can be scored from a direct free kick.

Indirect kicks must be touched by any player on the field before entering the goal (can be own team or opposing team).

All free kicks for U6 thru U8 are indirect free kicks.

Law 14: The Penalty Kick

Penalty kicks are awarded when the defense commits a direct free kick foul in the penalty area.

No penalty kicks are awarded for U6-U10 age groups.

Law 15: The Throw-In

A throw-in is taken when the ball wholly crosses the touchlines (sidelines)

U6 players will use a kick-in when the ball completely crosses either the touchlines or goal lines.

U8 and U10 players are allowed a second attempt after an incorrect throw-in. If the second attempt fails to be correct, the opposing team will be awarded a throw-in.

Law 16: The Goal Kick

A goal kick is awarded when the offense kicks the ball over the opponents' goal line. The ball must leave the goal area to be in play or the kick is retaken.

U6 uses kick-ins instead of goal kicks.

Law 17: The Corner Kick

A corner kick is awarded when the defense kicks the ball over their goal line.