

U12/U14/High School Team Rules (summarized KYSA/JCYSL rules)

Age groups: U12, U14 and High School are Mixed teams. High School age group will consist of U16-U19 players and they will play 8V8 on a U12 field. JCYSL players can only be signed up for recreation team. No select players can play in JCYSL recreation league.

Laws of the Game

See KYSA State Rules by age group. U12 #4 ball size, U14 & HS #5 ball size.

Substitutions shall be unlimited and may be made with the consent of the referee at the following times:

- Prior to a throw-in in your favor.
- Prior to a throw-in in the opponent's favor provided they are substituting.
- Prior to a goal kick by either team.
- After a goal by either team.
- After an injury by either team, when play has been stopped.
- At half time.
- After a caution or ejection, by either team.

Heading

- U12 shall be permitted to head the ball in any match or competition. These players may practice heading the ball in an organized team practice or skill session, but coaches shall monitor this practice so that no single player heads the ball more than 25 times per week, regardless of setting.
- U14 and older shall be permitted to head the ball in any match or competition and these players may practice heading the ball in an organized team practice or skill session.

Recreational Policies Modified Laws of the Game

Number of Players

In the Under 12 Age Group, the maximum number of players on the field at any one time is Nine (9) including the goalkeeper and the minimum number on the field for the game to continue is Six (6).

In the Under 14 Age Group, the maximum number of players on the field at any one time is Eleven (11) including the goalkeeper and the minimum number on the field for the game to continue is Seven (7).

In the High School Age Group, the maximum number of players on the field at any one time is Eight (8) including the goalkeeper and the minimum number on the field for the game to continue is Six (6).

Offside Rule

All age groups will play with the offside rule according to the FIFA Laws of the Game.

Uniform Conflicts

In the case of a color conflict between teams, the home team is responsible for changing to an alternate color.

FIFA Law VII – Duration of Game

AGE	GAME LENGTH	HALF TIME	REST BEFORE OT	OT GOLDEN GOAL PERIODS	OT HALF TIME
U-12	Two 30 min. halves	5 min.	5 min.	Two 5 min. halves	5 min.
U-14	Two 35 min. halves	10 min.	10 min.	Two 10 min. halves	5 min.
High School	Two 35 min. halves	10 min.	10 min.	Two 10 min. halves	5 min.