

LBYSO REC GAME DAY REFERENCE & GENERAL RULES 2026



STORAGE, FIELD SETUP, GENERAL INFO

ALL AGE GROUPS

THERE ARE SLIGHT REVISIONS.
REVIEW THE APPROPRIATE AGE GROUP PAGE.

STORAGE SHED & BOX

- Heartwell Park LBYSO shed on field 1 & storage box by basketball courts on field 3 (unlocked by 8am Saturdays; locked 30 minutes after last game – all ages)
- Help keep the shed organized. Leave it looking better than you found it.

TEAM TOUCHLINE (SIDELINE)

For all fields: Home team as shown on schedule gets first choice.

GENERAL SET UP & TEAR DOWN RESPONSIBILITIES (SEE YOUR AGE GROUP PAGE FOR SPECIFICS)

- Coaches, do NOT do all the work yourself
- Ensure helpers handle equipment properly
- Provide guidance as needed but your focus is the team.
- Allow ample time to prep and clean up.
- After last game of day, put gear away in the proper place.

TREAT FIELD EQUIPMENT WITH CARE & STORE AS NOTED

TEAM AND PARENTS MUST CLEAN UP TRASH FROM THEIR SIDELINE BEFORE LEAVING

ADDITIONAL LBYSO COACH INFO CAN BE FOUND AT WWW.LBYSO.ORG

U5 & U6

4 v 4, No goalkeeper, **NO SCOREKEEPING**, No Heading

General Info

- **USE WHISTLE FOR THE ENTIRE GAME.**
 - Both coaches should confer prior to the game to “get on the same page”
- **No goalkeeping.** Players can play defensively, but no standing immediately in front of the net.
- 4 x 8-min periods, 2-min water break after period 1 and 3, 5-min halftime
- Coaches are allowed on field to direct play but **stand clear as much as possible.**
- No paid referees, both coaches from each team act as “referees.”
- Strict officiating not required but teach the game and rules as best you can
- Free substitution after any dead ball.

Set Up (first game only, each field) -Each team sets up one goal. No corner flags used in U5/U6.

Tear Down (last game only, each field) -Each team puts away one goal in same bag. Home team coach will return the case to the shed. Do not use excessive force to close goals.

Goals are located in the LBYSO storage shed on field 1.

Field Lining -Fields are pre-lined by on Friday's. If not lined, please contact Ken Moses immediately (fields@lbyso.org).

U5/U6-SPECIFIC RULES

In general, IFAB/FIFA Laws of the Game apply *but very loosely at this age.* Both coaches confer before the game to ensure both teams are held to the same standards/rules.

Throw-ins - Work with players to make legal throw-ins. Give them a second (or third) try to get it right. Make sure they're behind the line.

Goal Kicks – For U5/6, all kicks over the goal line are **always** a goal kick. Honor system... don't encourage defending kids to kick it out intentionally to gain possession.

Out of Bounds - Ball out of play calls do not have to be strict "to the inch" but limit how far and how often you allow the ball to go out of bounds during a game. It's part of the learning process and looser calls help the game to flow and limit interruptions.

Off Sides (mid-field line) – Prior to goal kicks, the defending team retreats **behind the midfield line**. Defending team does not attack until the ball is kicked into play. Offsides isn't enforced at this age as they are still learning.

No heading, punting the ball, drop kicks or slide tackling allowed

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TEAM TOUCHLINE (SIDELINE)

For all fields: Home team as shown on schedule gets first choice.

GENERAL SET UP & TEAR DOWN RESPONSIBILITIES (SEE YOUR AGE GROUP PAGE FOR SPECIFICS)

- Coaches, do NOT do all the work yourself
- Ensure helpers handle equipment properly
- Provide guidance as needed but your focus is the team.
- Allow ample time to prep and clean up.
- After last game of day, put gear away in the proper place.

TREAT FIELD EQUIPMENT WITH CARE & STORE AS NOTED

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FOLLOWING THE GAME. SPRING SEASON DOES NOT HAVE PLAYOFFS.

U8

6 v 6, (5 plus 1 goalkeeper) **No Heading**

General Info

- 2 x 20-minute halves, 5 minute halftime - running clock
- Water break at/near 10-minute mark per coaches request - not mandatory
- One paid referee
- Coaches remain off field on their own touchline within 5 yards of midfield line
- One **VETTED** goalkeeping coach allowed for first 3 games
- Free substitution after any dead ball
- **PREPARE A GAME CARD FOR THE REFEREE PRIOR TO THE GAME**

Set up and Tear Down (first and last game only, each field) - Goals & flags are stored in the LBYSO Shed at the northwest corner of Field 1. Each team sets up (first game) one goal with a net and two corner flags. Each goal has 3 pieces – one crossbar and two triangles. Nets must be secured to the bar and anchored in the dirt/grass.

Field Lining - Fields are pre-lined by field volunteers on Friday's. If not lined, please contact Ken Moses immediately (fields@lbyso.org).

U8-SPECIFIC RULES

In general, IFAB/FIFA Laws of the Game apply. Modifications provide for transition from U6. Confer with the referee and other coach to confirm the game will be called as described here.

Throw-ins – All balls over the touch line result in a throw in. At the referee's discretion, players may be allowed a second try before the throw-in is switched to the other team.

Goal Kicks/Corner Kicks – Standard rules apply. Goal kicks do NOT have to leave the "12-yard box" before a teammate can play the ball.

Off Sides/Mid-Field Line – Midfield is the offsides line. Defending team does not attack until the ball is put in play.

○ If the goalkeeper puts the ball in play **BEFORE** the defending team retreats, **IT IS A LIVE BALL**, and the play starts regardless if the defending team is behind the midfield line or not.

○ The goalkeeper can kick, throw or roll the ball into play (punts/drop kicks are not allowed in U8). After the ball is put into play, the opposing team can attack.

○ The goalkeeper can put the ball into play immediately upon possession but does so accepting the positioning of the opponents.

○ No build-out lines

No heading, punting the ball, drop kicks or slide tackling allowed.

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- Ensure helpers handle equipment properly
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- Allow ample time to prep and clean up.
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U10

7 v 7, (6 plus 1 goalkeeper) **No Heading**

General Info

- 2 x 25-minute halves, 5-10 minute halftime - running clock
- Water break at/near 12-minute mark per coaches request - not mandatory
- One paid referee. Do not pay the referee.
- Coaches remain off field on their own touchline within 5 yards of midfield line
- VETTED goalkeeping coach allowed for first 3 games
- Free substitution after any dead ball
- **PREPARE A GAME CARD FOR THE REFEREE PRIOR TO THE GAME**

Set up and Tear Down (first and last game only, each field) - Flags are stored in the LBYSO storage box by the basketball courts. The 18 foot goals are locked to either the baseball fence, scoreboard, or basketball fence. Each season is different. Contact fields@lbysso.org for clarification if needed. Each team (first game) sets up one goal with a net and two corner flags. Unlock the wheels at the bottom of the goal posts and roll them into place (**PULL goals by posts**). Nets must be secured to all the bars with the bungees provided.

Field Lining - Fields are pre-lined by field volunteers on Friday's. If not lined, please contact Ken Moses immediately (fields@lbysso.org).

U10 Division Specific Rules - In general, IFAB/FIFA Laws of the Game apply.

Throw-ins – All balls that go over the touch line will be a throw in. **At the referee's discretion**, players may be allowed a second try before the throw-in is switched to the other team.

Goal Kicks/Corner Kicks – Standard rules apply. **Goal kicks do NOT have to leave the "12-yard box" before a teammate can play the ball.**

Off Sides/Mid-Field Line – Midfield is the offsideline. Defending team does not attack until the ball is put in play.

○ **If the goalkeeper puts the ball in play BEFORE the defending team retreats, IT IS A LIVE BALL**, and the play starts regardless if the defending team retreats or not.

○ The goalkeeper can kick, throw or roll the ball into play (punts/drop kicks are not allowed in U10). After the ball is put into play, the opposing team can attack.

○ The goalkeeper can put the ball into play immediately upon possession but does so accepting the positioning of the opponents.

○ No build-out lines

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U12 (IN-HOUSE ONLY)

9 v 9 including goalkeeper

**NOTE: The below U12 info applies only to in-house LBYSO Rec teams.
Cal South Intercity U12 teams, reference rules on the Cal South website.**

General Info

- Games are at Molina Park on Del Amo Blvd.
- 9 v 9, including goalkeeper - running clock
- 2 x 30-minute halves, water break at or near the 15th minute if necessary, at referee's discretion
- 5–10-minute halftime
- No goalkeeping coach
- 3 paid referees. **Do not pay.** We are invoiced. Unless U12 CalSouth team.
- Free substitution after any dead ball

• PREPARE A GAME CARD FOR THE REFEREE PRIOR TO THE GAME

Set up & Tear Down

- Molina requires no setup other than positioning goals onto the field. Coaches are required to pick up the keys for the first game and lock up after the last game.
- Gate will be unlocked every Saturday morning at 8am by an LBYSO Board Members. Contact fields@lbyso.org for any other field instructions.

Field Lining

Molina requires no field lining.

U12-specific Rules

Standard IFAB/FIFA Laws of the Game apply with modifications for 9v9 play.
Laws of the Game apply with modifications for 9v9 play.

No heading allowed.

Punting the ball, drop kicks and slide tackling allowed.

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FOLLOWING THE GAME. PLEASE REFER TO CALSOUTH.COM FOR
SPECIFIC RULES AND INSTRUCTIONS PERTAINING TO INTERCITY.**

U14 & 16

11 v 11 including goalkeeper.

General Info

- 2 x 35-minute halves for U14, 2 x 40-minute halves for U16
- 5–10-minute halftime
- No goalkeeping coach
- 3-person officiating crew scheduled for each home game.
- **Coaches should always have a copy of the fee schedule with them**
- Referees are PAID - LBYSO Treasurer will send the fees to coaches prior to the first game
- **Please have cash and exact amount - referees rarely have change**
- Free substitution after any dead ball

Schedules

Cal South creates and manages all Intercity scheduling. Start times and locations vary. Check your schedule weekly for changes. ***Game times may change week of. PLEASE REFERENCE SCHEDULE FRIDAY BEFORE GAME TO CHECK TIME***

Game Card

Print a game card for EVERY game through your Cal South account.
MUST BE PRINTED 48 HOURS BEFORE GAMES.

Player Cards

Cards for players and coaches will be provided and MUST in the coach's possession at every game. Keep copies of your player waivers with you at games in case they are requested by officials.

Set up for Home Games at Heartwell Park

For the first game, arrive an hour early to set up goals. The goals are locked to the fence by the basketball courts. Grab the nets in the U14/16 duffel bag and 4 corner flags from the LBYSO shed on HW1 or storage box, depending on season.

Goals

24-foot goals are locked to WEST side fence at the basketball courts near the community center U14/16 goals are 24 feet wide. Do not confuse these with the U10 goals which are 18 feet. Unlock the wheels and roll goals (PULL the goals by the posts). Attach nets.

Field Lining

Fields are pre-lined by field volunteers on Friday's. If not lined, please contact Ken Moses (fields@lbysso.org).

U14 & U16-SPECIFIC RULES - Standard IFAB/FIFA Laws of the Game apply.