

AYSO REGION 158 • MATCH MATRIX

EVERYONE PLAYS®

St. Clair Shores, MI | Coach & Referee Official Game Day Reference

DIVISION MATCH MATRIX & GUIDELINES

DIVISION	FORMAT	GK?	ROSTER	BALL	OFFSIDE?	BUILD-OUT?	MATCH DURATION
6U Kickstart	4v4	No	6 – 8	Size 3	No	No	4 × 8-min Quarters
8U Core (Option A)	5v5	No	8 – 10	Size 3	No	No	4 × 10-min Quarters
8U Core (Option B)	6v6	Yes	10 – 11	Size 3	No	No	4 × 10-min Quarters
10U Core	7v7	Yes	10 – 12	Size 4	Yes (BOL)	YES	4 × 12.5-min Quarters
12U Core	9v9	Yes	12 – 15	Size 4	Yes (Mid)	No	4 × 15-min Quarters
14U+ / Senior	11v11	Yes	14 – 18	Size 5	Yes (Mid)	No	2 × 35-min Halves

Substitution Rules & Playing Time

- **Mandatory 50% Rule:** Every registered player present at kickoff must play at least half of the match.
- **Quarter Breaks:** For 6U, 8U, 10U, and 12U, substitutions occur at the end of Q1, Halftime, and Q3 (or for injuries).
- **Even Rotation:** No player may sit on the bench for 2 quarters until all available teammates have sat at least 1 quarter.
- **14U+ Substitutions:** Monitored by the referee at normal stoppages (goal kicks, after goals, throw-ins in team's favor).
- **Goalkeeper Limits (8U/10U/12U):** Players may play a maximum of **2 quarters** in goal per regular match.

Heading & Player Safety Rules

- **11U & Younger No-Heading Rule:** Deliberate heading is **strictly prohibited** in 6U, 8U, and 10U. Infractions result in an Indirect Free Kick (IFK) for the opposing team.
- **12U & 14U+:** Deliberate heading is permitted in standard play.
- **Shin Guards:** Mandatory for all practices and games; must be completely covered by socks.
- **Footwear:** Soccer cleats or athletic sneakers. *Baseball/football shoes with a front toe cleat are strictly illegal.*
- **Jewelry Policy:** No jewelry of any kind (including newly pierced earrings). Taping over earrings is not permitted.

10U Build-Out Line (BOL) Protocols

- **Retreating:** When the GK has the ball (in hand or goal kick), opponents must retreat behind the Build-Out Line.
- **No Punting / Drop-Kicks:** Goalkeepers must roll, throw, or pass the ball on the ground. Punting is an IFK for opponents at the spot of infraction (or BOL if inside goal area).
- **Engaging Play:** Opponents may advance across the BOL once the ball is put into play and touched by a second player.
- **Offside Line:** The Build-Out Line serves as the offside boundary line in place of the halfway line.

Sidelines & Zero-Tolerance Policy

- **Sideline Separation:** Coaches and player benches are on one touchline; all parents/spectators must sit on the opposite side.
- **Buffer Zone:** Spectators must stay at least 3 feet back from the touchline to allow assistant referees room to operate.
- **Technical Area:** Coaches must stay within 10 yards of their bench and not enter the field unless beckoned by the referee.
- **Referee Abuse:** Region 158 maintains a strict zero-tolerance policy against disputing calls or harassing officials.

 **Severe Weather / Lightning Rule:** If thunder is heard or lightning is seen, play stops immediately. Clear fields to vehicles for **30 minutes** past the last strike.

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