

Eastern Carolina Soccer Association
U19 Recreation Age Group Modification (Sept 2019)

Field:

A. Markings:

1. A center circle with an eight (8) yard radius.
2. Goal Area shall be six (6) yards in depth and six (6) yards out from each goal post in width.
3. Penalty area shall be fourteen (14) yards in depth and fourteen (14) yards out from each goal post in width. A penalty kick mark shall be made eight (8) yards out from the goal line centered between the goal post.

B. Goals:

Recommended: six (6) feet high and eighteen (18) feet wide. Allowed: seven (7) feet high and twenty-one feet wide.

Goals must be securely anchored to the ground.

C. Duration of Play and Ball Size

Match will consist of two 35 min halves and a 10 min halftime. Ball will be a size 5.

D. Number of Players:

- A. Maximum number of players on the field is seven (7). One of whom shall be the goalkeeper.
- B. A team must have five (5) players to start or continue a match.
- C. All rostered players must enter the game in each half to ensure quality playing time. Players Not participating due to illness or other reasons should be noted on match report.

E. OFFSIDE:

- A. No offside, one referee

F. Substitution Guidelines:

Substitutions may be made, with the approval of the referee, at the following times:

- Prior to a throw-in, by the team in possession. If the team in possession elects to substitute, then the opposing team may also substitute.

(For NCYSA League Play ONLY)

- Prior to a goal kick, by either team.
- After an injury, by either team.

- At half-time.
- Before the taking of a kick-off.
- After a yellow card has been awarded, a substitution may be made for the player receiving the yellow card.

In any case, a substitute may not enter the middle of field of play until he/she has been given a signal to do so by the referee and the player being replaced has come off the field.

G. NO SLIDE TACKLING: All challenges must be made in an upright position. Violation will result in an Indirect Free Kick for the opposing team if no contact is made. A Direct Free Kick if contact is made.

H. Referee: One referee will officiate. No offside