

Modified Rules Summary for 8U-10U Academy

Age Group	8U	10U
Level	Academy Recreational	Academy Recreational
Organization	East Central	East Central
Format	4x4 no Goalie	7x7 Goalie included
Center Referee Fee	n/a	\$22.00 (center only) <i>Starting 8/1/26: \$34.00 (center only)</i>
Two Assistant Referee Fees	n/a	n/a
Duration of Game (Minutes)	4 x 10	2 x 25
Offside	No	Yes
Penalty Kicks	No	Yes
Restart game	Players can either throw-in or pass the ball in with their feet	One throw-in: Loss Possession
Free Kicks	All kicks are indirect	Standard
Opponents away from kick in yards	4 yards	8 yards
Ball Size	3	4
Slide Tackling	no	no
Substitutions	any stoppage/unlimited	any stoppage/unlimited
Player cards needed	No	No
WYSA Coach Pass/risk management required to be on team side during game	Yes	Yes
Score kept	No	No
Info to refs before game (note each team is responsible for ½ of the referee and assistant referee fees)	n/a	Referee payment
Field Dimensions (yards)	25-35 length & 15-25 width	55-65 length & 35-45 width
Goal Dimensions (feet)	4' x 6'	6.5' x 18.5'
Build Out Lines (yards)	*East Central has adapted the rule that the 8U academy teams will use the halfway line as a build out line for goal kicks	*Build out line should be equidistant between the penalty area line and halfway line.
Roster Size	Pool Roster	Pool Roster
Min. playing time for each player	50%	50%

Additional Game Rule Notes

- Every game should begin with a coin toss by the Referee with the visiting team calling it. Team winning coin toss can choose to take the kickoff or which goal they will attack
- When the goalkeeper has the ball, either during play (from the opponent) or a goal kick is being taken, the opposing team must move behind the build out line. Once the opposing team is behind the build outline the goalkeeper, or whomever is taking the goal kick, can pass, throw, or roll the ball to a teammate, (punting is not allowed). After the ball is put into play, the opposing team can then cross the build out line and play can resume as normal.
 - o If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense.
 - o If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
- The build out line will be used to denote where offside offenses can be called
- No heading – indirect free kick from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
- A game may not start or continue if there are less than 5 players on a team.