

SYSA Rules of Competition

Official U10-19 Citywide Rules of Play for Fall League and City Tournament

	U-10	U-11	U-12	U13-14	U15-16	U17-19
Field Size* (yards)	55-65 L 35-45 W	70-80 L 45-55 W	70-80 L 45-55 W	100-115 L 70-80 W	100-115 L 70-80 W	100-115 L 70-80 W
Maximum Goal Size* (feet)	6 x 18	6 x 18	6 x 18	8 x 24	8 x 24	8 x 24
Build-Out Line*	Quarter	Quarter	Quarter	N	N	N
Ball Size	4	4	4	5	5	5
Players on field	7 v 7	9 v 9	9 v 9	11 v 11	11 v 11	11 v 11
Max. Roster Size	12	14	14	18	22	22
Min. Players to Play	5	6	6	7	7	7
GK Punt	N	N	N	Y	Y	Y
Fall Game Time (minutes)	2 x 25	2 x 30	2 x 30	2x35	2x40	2x45
Spring Game Time	2 x 25	2 x 25	2 x 25	2 x 25	2 x 25	2 x 25
Score Directly from a Kick-off	Y	Y	Y	Y	Y	Y
Offsides Called	Y	Y	Y	Y	Y	Y
Heading	N	N	N	Y	Y	Y
Sendoffs & Cautions	Y	Y	Y	Y	Y	Y
Slide Tackling	Y	Y	Y	Y	Y	Y
Direct Kicks	Y	Y	Y	Y	Y	Y
Penalty Kicks	Y	Y	Y	Y	Y	Y
Retry Throw-ins	N	N	N	N	N	N
Score Directly from Goal Kick	Y	Y	Y	Y	Y	Y
Re-try Corners	N	N	N	N	N	N
Referees Provided	Y	Y	Y	Y	Y	Y
3-Goal Policy	Y	Y	Y	Y	Y	Y

SYSA Rules of Competition

Official Rules of Play for Spring League

	U6	U7	U8	U9	U10	U11	U12+
No. of Players on the Field	4	4	5	7	7	8	8
Max No. of Players on Roster	9	9	10	12	12	16	16
Min No. of Players for Game	3	3	3	5	5	6	6
Game Time Periods (Minutes)	2 x 25	2 x 25	2 x 25	2 x 25	2 x 25	2 x 25	2 x 25
Time Between Periods (Min.)	5	5	5	5	5	5	5
Ball Size	3	3	3	4	4	4	5 (U12: 4)
Field Width (yds)*	15-25	15-25	15-25	35-45	35-45	45-55	45-55
Field Length (yds)*	25-35	25-35	30-40	55-65	55-65	70-80	70-80
Build Out Line	N/A	N/A	Midfield	Quarter	Quarter	Quarter	N/A
Goalkeeper Punts & Goal Kicks	N/A	N/A	No	No	No	No	Yes
Goal Area (yds)	none	none	none	5x16	5x16	6x18	6x18
Penalty Area (yds)	none	none	none	10x30	10x30	14x40	18x40
Goal Size (feet)*	4 x 6	4 x 6	4 x 6	6x12 to 6.5x18.5	6x12 to 6.5x18.5	6.5x18 to 7x21	6.5x18 to 8x24
Slide Tackling	No	No	No	No	No	Yes	Yes
Heading	No	No	No	No	No	No	U13+ only
GK (no punting until U13)	No	No	Yes	Yes	Yes	Yes	Yes
Offside Rule*	No	No	No	No	Yes	Yes	Yes
Penalty Kick Distance (yds)	No	No	No	7	7	8	8
Direct Free Kicks	No	No	No	Yes	Yes	Yes	Yes
Free Kick Defender Dist. (yds)	3	3	3	5	5	7	7
Retake on Throw-In or Kick-Off	Yes	Yes	Yes	Yes	No	No	No
Throw-In Defender Dist. (yds)	2	2	2	2	2	2	2
Goal Scored from Goal Kick	No	No	No	No	Yes	Yes	Yes

*** Notes:**

All Spring games are 50 minutes (2x25), with 5 minute halftimes, and **MUST** end 5 minutes before the hour.

Goal and Field sizes are USSF recommended dimensions. Adjustments to fit physical constraints or permanent markings are acceptable.

The offside rule will not be enforced for U6-U9. However, players “cherry picking” or standing in front of the opponent goal will be called offside.

No player at U12 or under should head the ball. This is a USSF and US Youth Soccer restriction to reduce concussion risk. GK are not permitted to punt the ball until U13.

For the purposes of the Build Out Line, the ball is in play once it leaves the goalkeeper’s possession.