

600. RULES OF PLAY

Player development, as well as administrative and economic concerns, have all been taken into consideration regarding the new playing standards.

NOTE: Penalty areas for every age group are the measurements from the base of the goalpost towards the sidelines and the base of the goal post out into the field of play. Also note that player distances from the ball refer to Kick-offs and direct kicks.

Level 1 Standards (U7 & U8 Groups)

Playing Numbers:	5 vs 5
Playing Time:	2 x 25-minute halves
Game Roster Size:	Maximum of 10 players
Field Size:	30-40 yards long x 25-35 yards wide
Goal Size:	4.5 feet high x 9 feet wide
Penalty Area:	6 yards
Player Distance from Ball:	4 yards

Level 2 Standards (U9 & U10 Groups)

Playing Numbers:	7 vs 7
Playing Time:	2 x 30-minute halves
Game Roster Size:	Maximum of 12 players
Field Size:	50-60 yards long x 35-45 yards wide
Goal Size:	6.5 feet high x 12 feet wide
Penalty Area:	10 yards
Player Distance from Ball:	6 yards

Level 3 Standards (U11 & U12 Groups)

Playing Numbers:	9 vs 9
Playing Time:	2 x 35-minute halves
Game Roster Size:	Maximum of 14 players
Field Size:	70-80 yards long x 45-55 yards wide
Goal Size:	6.5 feet high x 18 feet wide (7 feet x 21 feet is acceptable)
Penalty Area:	14 yards
Player Distance from the Ball:	8 yards

Level 4 Standards (U13 & above Groups)

Playing Numbers:	11 vs 11
Playing Time:	2 x 40-minute halves (U13, U14, U15, & U16) 2 x 45-minute halves (U17, U18, & U19)
Game Roster Size:	Maximum of 18 players
Field Size:	100-120 yards long x 60-70 yards wide
Goal Size:	8 feet high x 24 feet wide
Penalty Area:	18 yards
Player Distance from Ball:	10 yards

Ball Sizes

Ball sizes will not follow the direct level of the charts. They will be secured as follows:

Size 3: U7 & U8

Size 4: U9, U10, U11, & U12

Size 5: U13 & above

Substitutions

A. U7 through U12 (9v9) Age Group

In all games played in the N.I.S.L. U7 through U11 age group, substitution will be allowed as follows:

1. Substitution shall be limited to a maximum of three players per substitution.
2. Players who have been substituted for may re-enter the game.
3. U10 Leagues and below for exuberant players, the referee should escort the player to the bench for a 5 minute time out penalty. This player may be substituted.
4. U11 & U12. Substitution is not allowed for players ejected from the game.
5. Substitution can be made without the consent of the referee under the following circumstances:
 - A. The player being substituted for must have left the field of play at the touchline directly in front of his team's technical area.
 - B. Each player must identify whom he or she is substituting for. (High five, hand shake, or hug)

Failure to follow the above procedures could result in referee awarding a five-minute penalty against the offending team. (Play short)

Technical area is the area directly in front of the team's bench.

B. U12 Classic through U19 Age Group

In all games played in the N.I.S.L. U12 through U 19 age group substitution will be allowed as follows:

1. Substitution shall be unlimited.
2. Players who have been substituted for may re-enter the game.
3. Substitution is not allowed for players ejected from the game.
4. Substitution can be made with the consent of the referee at the following times:
 - A. Prior to a throw in by the team who has possession
 - B. Prior to a goal kick by either team
 - C. After a goal by either team
 - D. After an injury on either team- when referee stops the play
 - E. After a caution by offending team- when referee stops the play
 - F. At half-time

N.B. Substitution is not permitted prior to a corner kick by either team.

Offside

There are no offside for U7 and U8.

Kicks

Every kick is direct at U7 & U8 age groups.

Penalty Kicks

There are no penalty kicks for U7 & U8 age groups. All kicks must be outside the area and must be direct.

Red Cards

No red cards are used for U7, U8, U9 and U10 Leagues. There is, however, a time-out for exuberant players. U11 Leagues and above, players can be red carded and ejected from a game. (Before, During or After)

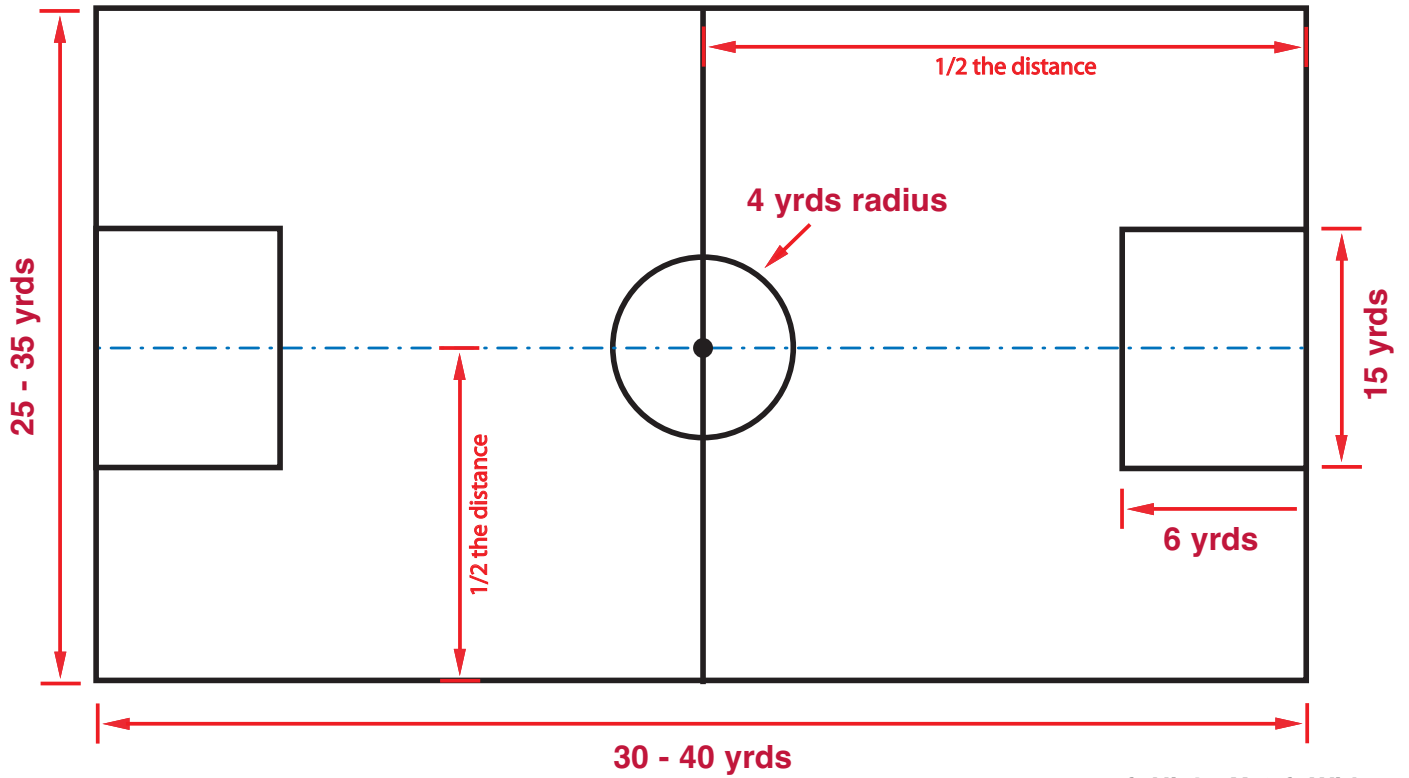
Matters not Provided For

There are no throw-ins for Level 1. Kick-ins are permitted.

YOUTH SOCCER PLAYING NUMBERS & SIZES

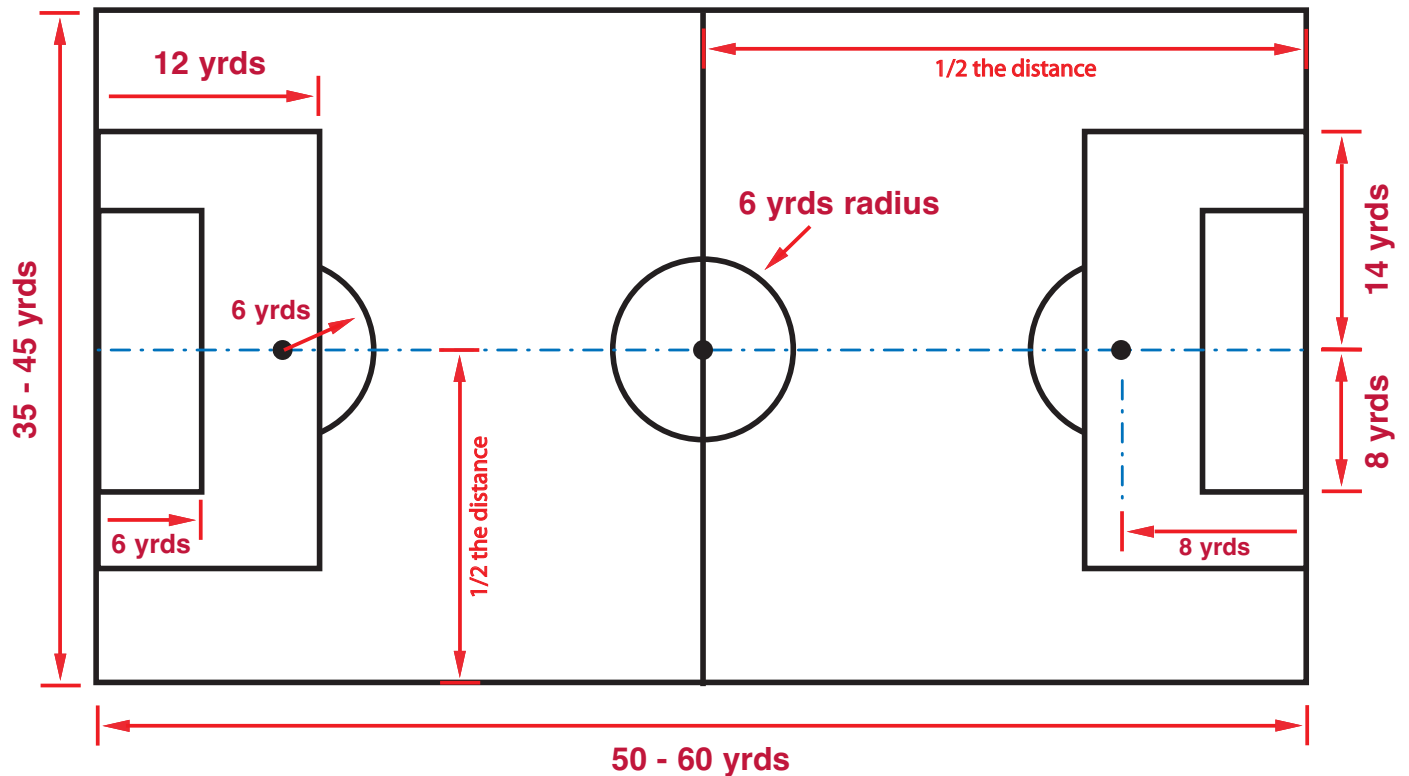
	U7	U8	U9	U10	U11	U12	U13	U14
11 vs 11								
10 vs 10								
9 vs 9								
8 vs 8								
7 vs 7								
6 vs 6								
5 vs 5								
4 vs 4								
Playing Numbers	5 vs 5	5 vs 5	7 vs 7	7 vs 7	9 vs 9	9 vs 9	11 vs 11	11 vs 11
Playing Time	2 x 25 min	2 x 25 min	2 x 30 min	2 x 30 min	2 x 35 min	2 x 35 min	2 x 40 min	2 x 40 min
Roster Size	10	10	12	12	14	14	18	18
Field Size - L	30-40 yds X	30-40 yds X	50-60 yds X	50-60 yds X	70-80 yds X	70-80 yds X	100-120 yds X	100-120 yds X
Field Size - W +/- 5 yds	25-35 yds	25-35 yds	35-45 yds	35-45 yds	45-55 yds	45-55 yds	60-70 yds	60-70 yds
Goal Size - H	4.5 ft X	4.5 ft X	6.5 ft X	6.5 ft X	6.5 ft X	6.5 ft X	8 ft X	8 ft X
Goal Size - W	9 ft	9 ft	12 ft	12 ft	18 ft	18 ft	24 ft	24 ft
Penalty Area	6 yds	6 yds	10 yds	10 yds	14 yds	14 yds	18 yds	18 yds
Distance From Ball	4 yds	4 yds	6 yds	6 yds	8 yds	8 yds	10 yds	10 yds
Ball Size	3	3	4	4	4	4	5	5
Substitution	FLY	FLY	FLY	FLY	FLY	FLY	REG	REG
Offsides	NO	NO	YES	YES	YES	YES	YES	YES
Kicks	D	D	I & D	I & D	I & D	I & D	I & D	I & D
Penalty	NO	NO	YES	YES	YES	YES	YES	YES
Red Cards (Players)	NO	NO	NO	NO	YES	YES	YES	YES

LEVEL 1



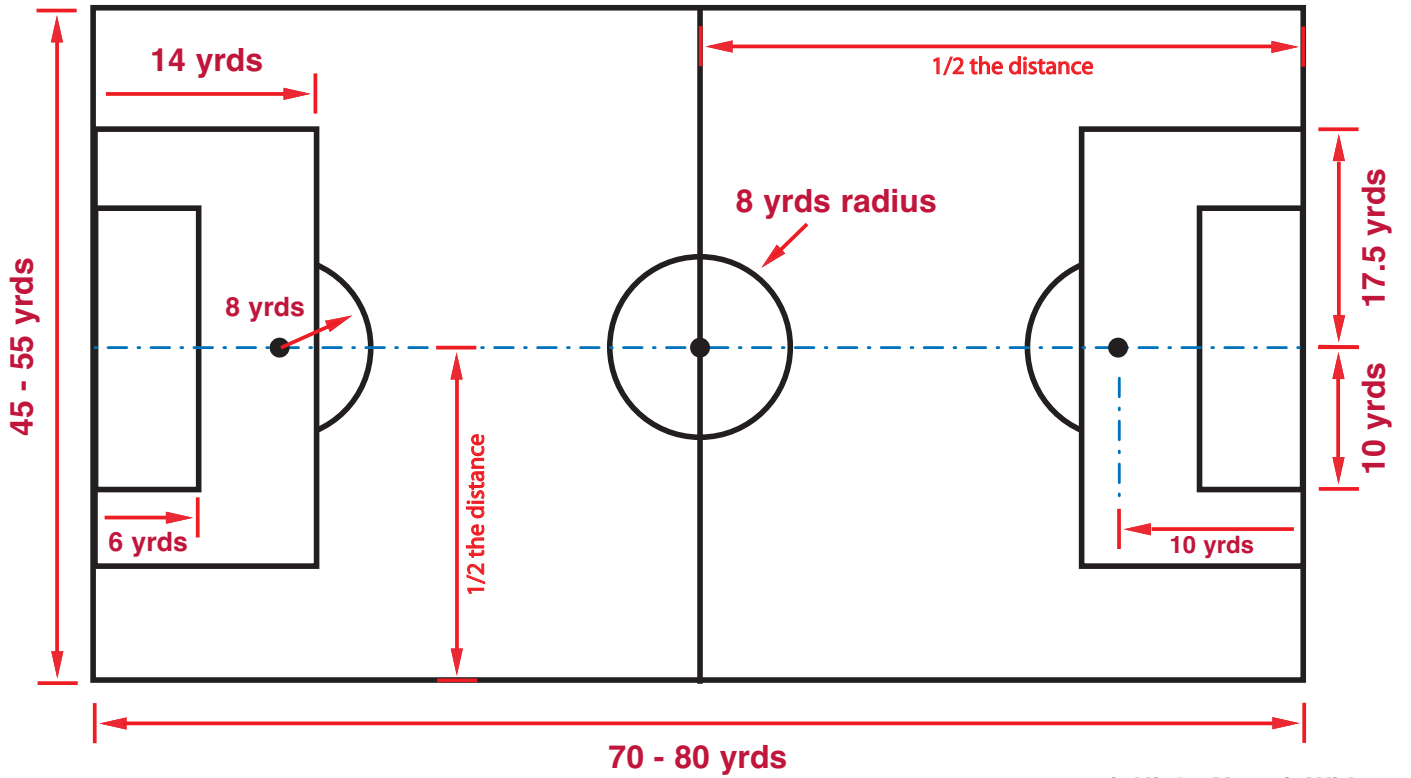
Goal Size - 4.5 ft High X 9 ft Wide

LEVEL 2



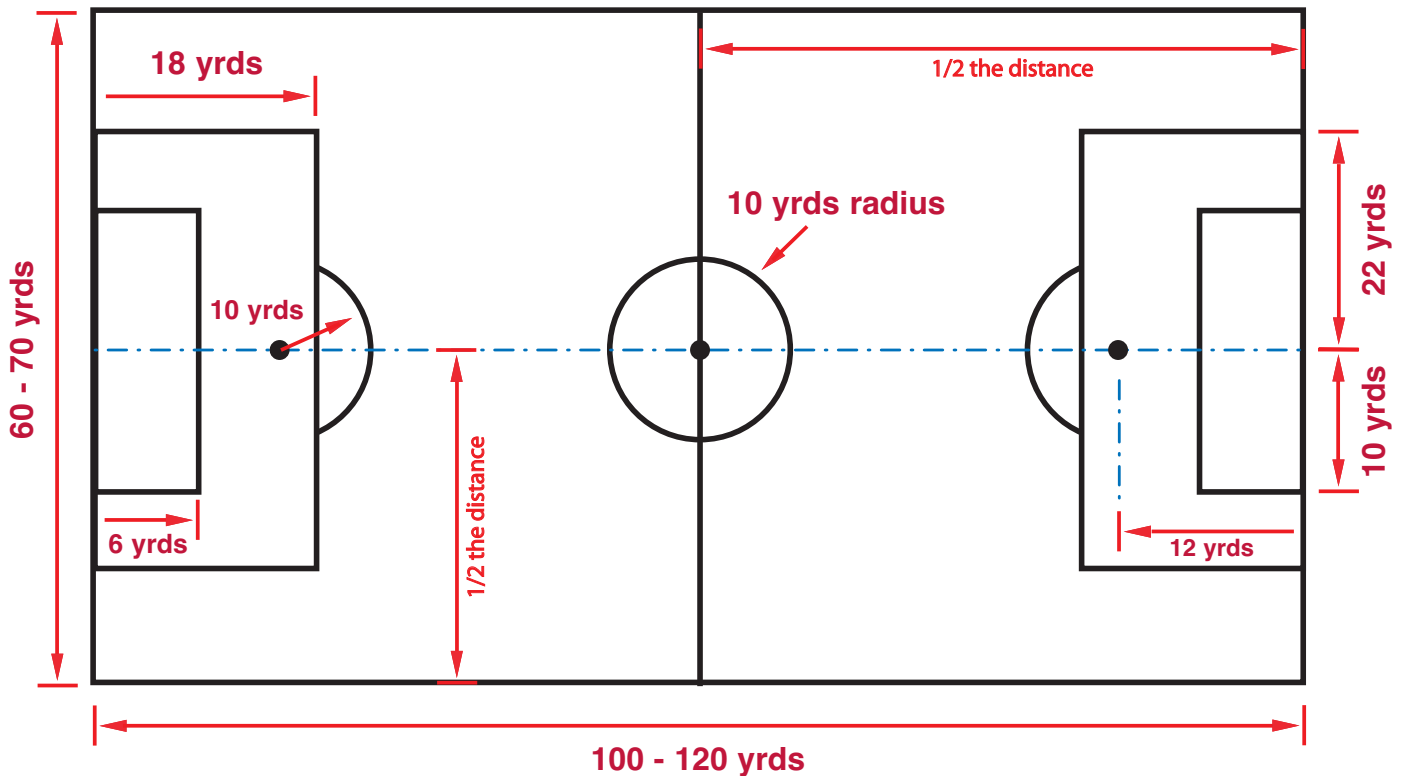
Goal Size - 6.5 ft High X 12 ft Wide

LEVEL 3



Goal Size - 6.5 ft High X 18 ft Wide

LEVEL 4



Goal Size - 8 ft High X 24 ft Wide