



Established in 1975

NORTHERN ILLINOIS SOCCER LEAGUE

PLAYING NUMBERS & MEASUREMENTS

Northern Illinois Soccer League / NISL
545 S. Consumers Avenue, Palatine, Illinois 60074

Telephone: 847-398-4545
northernillinoisoccerleague.com



YOUTH SOCCER PLAYING NUMBERS & SIZES

	7	8	9	10	11	12	13 - 16	17 - 19
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 45 min
Max Roster Size	10	10	14	14	16	16	18	18
Min Roster Size	5	5	7	7	9	9	11	11
Field Size - L	30-40 yds	30-40 yds	50-60 yds	50-60 yds	70-80 yds	70-80 yds	100-120 yds	100-120 yds
Field Size - W <small>+/- 5 yds</small>	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	4.5 ft	6.5 ft	6.5 ft	6.5 ft	6.5 ft	8 ft	8 ft
Goal Size - W	9 ft	9 ft	12 ft	12 ft	18 ft	18 ft	24 ft	24 ft
Penalty Area	X	X	X	X	X	X	X	X
Distance From Ball	6 yds	6 yds	10 yds	10 yds	14 yds	14 yds	18 yds	18 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
Heading	NO	NO	NO	NO	NO	YES	YES	YES
Punting/Drop Kick	NO	NO	NO	NO	YES	YES	YES	YES

NISL 2024-2025 RULES OF PLAY

AGES U07 & U08

Playing Numbers:	5 vs 5
Playing Time:	2 x 25-minute halves
Game Roster Size:	Maximum of 10 players Minimum of 5 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:	5 yards
Offsides	NONE
Slide Tackles	NONE
Build Out Line	Players can leave the Build Out Line after opposing team passes the ball

AGES U09 & U10

Playing Numbers:	7 vs 7
Playing Time:	2 x 30-minute halves
Game Roster Size:	Maximum of 14 players Minimum of 7 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
Offsides	PERMITTED (limited to the Build Out Line)
Slide Tackles	NONE
	<ul style="list-style-type: none">● Build Out Lines should be an equal distance between the top of the penalty area line and halfway line● The build out line will also be used to denote where an offsides can be called. Players cannot be penalized for a offside offense between the halfway line and the build out line. Players can be penalized for an offside offense between the build out line and the opposing teams goal line.

AGES U11 & U12

Playing Numbers:	9 vs 9
Playing Time:	2 x 35-minute halves
Game Roster Size:	Maximum of 16 players Minimum of 9 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
Offsides	PERMITTED
Slide Tackles	PERMITTED
	<ul style="list-style-type: none">● Deliberate heading is not allowed in 11U games. Heading is currently allowed in U12 games.

AGES U13 & ABOVE

Playing Numbers:	11 vs 11
Playing Time:	2 x 40-minute halves (13, 14, 15, & 16) 2 x 45-minute halves (17, 18, & 19)
Game Roster Size:	Maximum of 18 players Minimum of 11 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: 07U & 08U

Size 4: 09U, 10U, 11U, & 12U

Size 5: 13U & above

Substitutions

07U through 12U (9v9) Age Group

In all games played in the NISL 07U through 11U 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. 10U 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. 11U & 12U. 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 Bib exchange)

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.

12U through 19U Premiership & Championship Age Group

In all games played in the NISL 12U through 19U 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 07U and 08U.

Kicks

Every kick is direct at 07U & 08U age groups.

Penalty Kicks

There are no penalty kicks for 07U & 08U age groups. All kicks must be outside the area and must be direct.

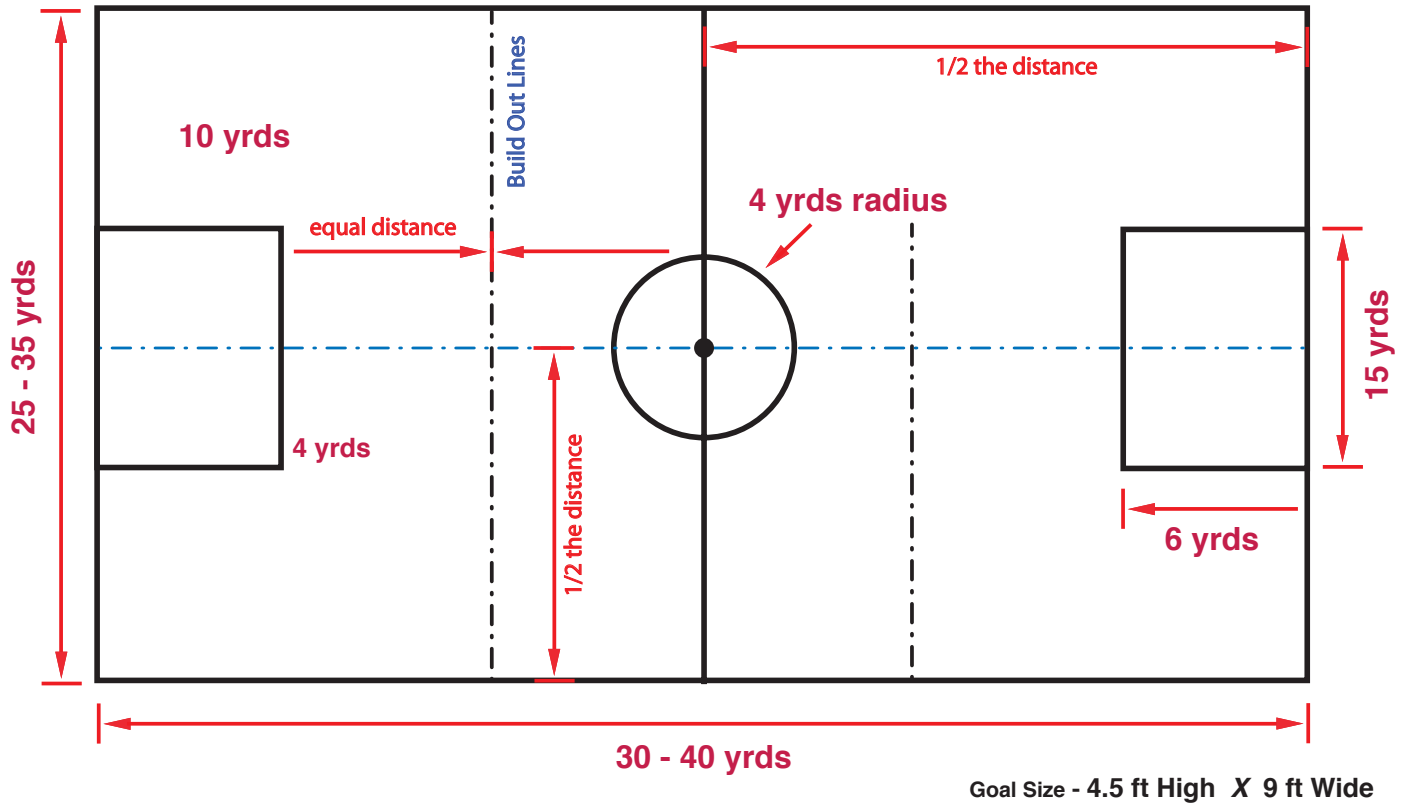
Red Cards

No red cards are used for 07U, 08U, 09U and 10U Leagues. There is, however, a time-out for exuberant players. 11U Leagues and above, players can be red carded and ejected from a game. (Before, During or After)

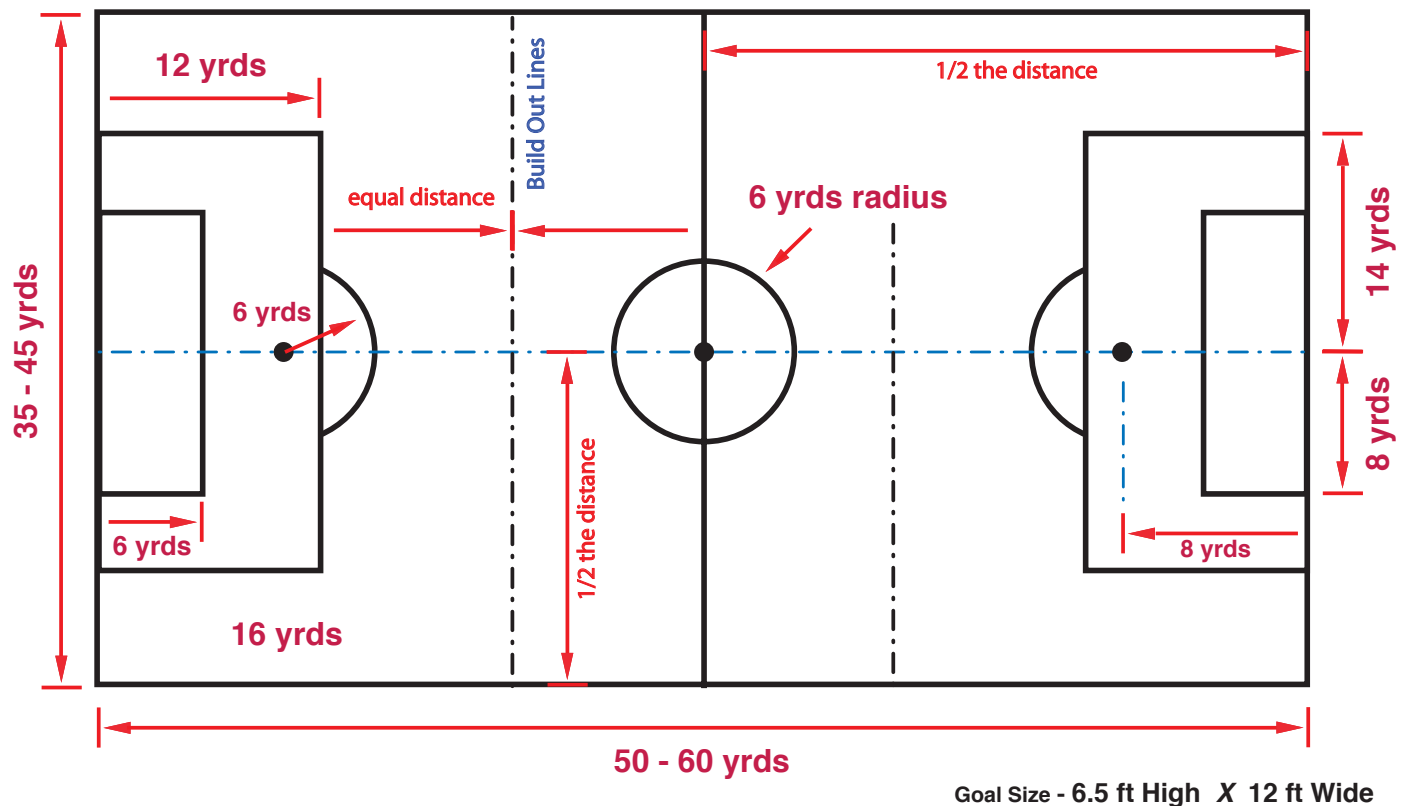
Throw-ins (U08)

There are no throw-ins for Level 1 (U08). Kick-ins are permitted.

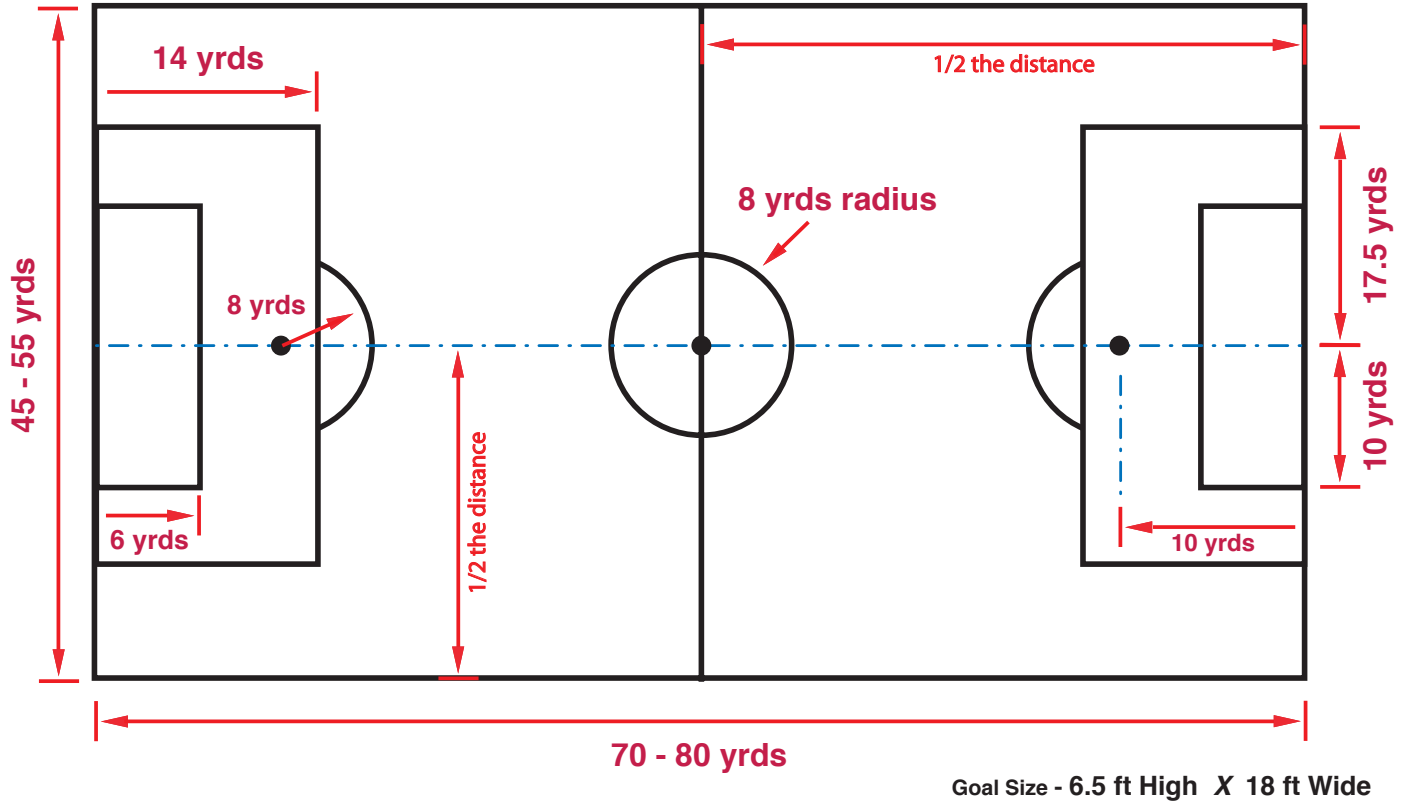
LEVEL 1 - U08



LEVEL 2 - U09 & U10



LEVEL 3 - U11 & U12



LEVEL 4 - U13 & ABOVE

