

## 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 (U7 & U8)
Playing Time:	2 x 25-minute halves
Game Roster Size:	Maximum of 12 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 (U9 & U10) (U8-League Approval)
Playing Time:	2 x 30-minute halves
Game Roster Size:	Maximum of 14 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 (U11 & U12) (*Exception for top 18 U12 teams play 11 vs 11)
Playing Time:	2 x 30-minute halves (U11) 2 x 35-minute halves (U12)
Game Roster Size:	Maximum of 16 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 (U13 & above) (U12 Classic Division)
Playing Time:	2 x 35-minute halves (U13) 2 x 40-minute halves (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. Players should not receive a red card. The referee should escort the player to the bench for a 5 minute time out penalty. This player may be substituted.
4. 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 players. There is, however, a time-out for exuberant players.

## **Matters not Provided For**

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

# YOUTH SOCCER PLAYING NUMBERS & SIZES

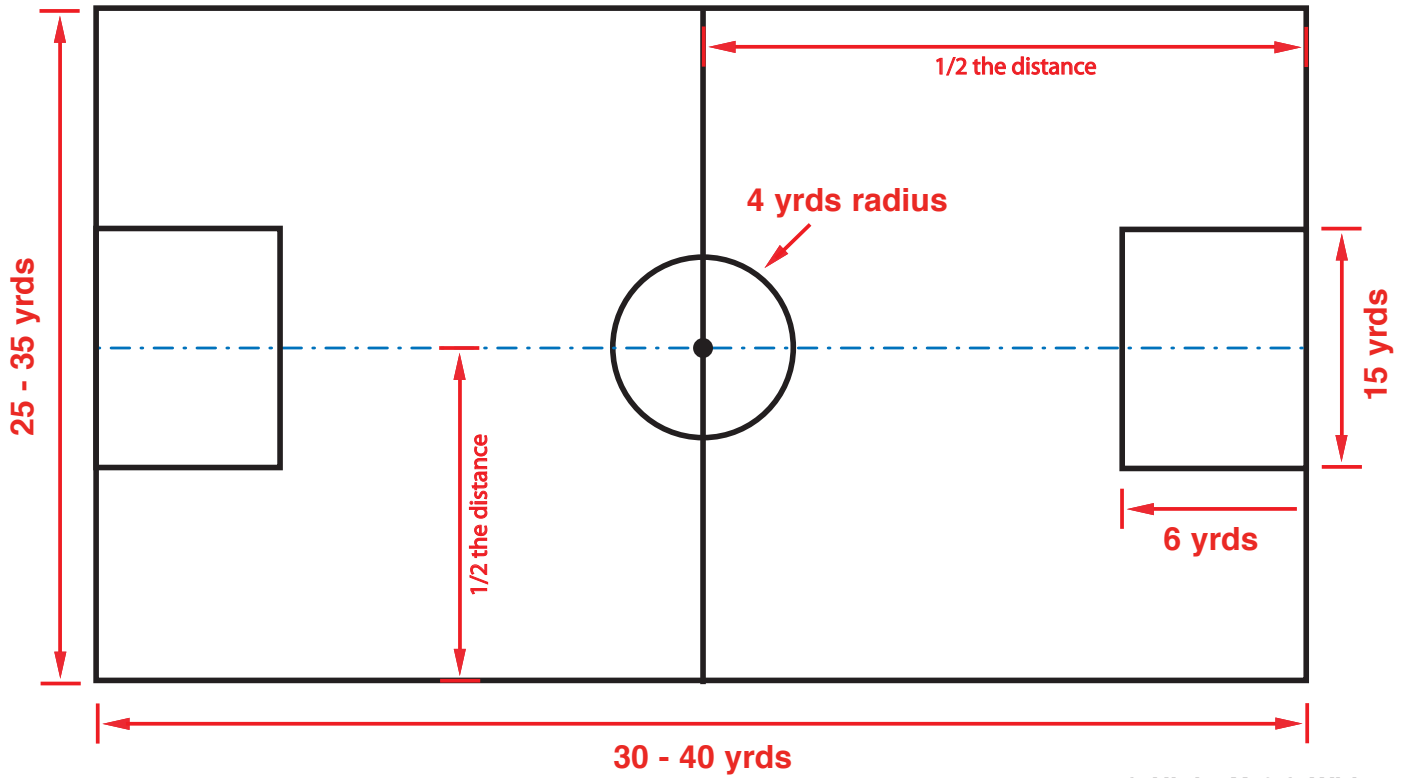
	U7	U8	U9	U10	U11	U12	U13	U14
11 vs 11						11 vs 11		
10 vs 10						*1*		
9 vs 9								
8 vs 8								
7 vs 7		7 vs 7						
6 vs 6		*2*						
5 vs 5								
4 vs 4								
<b>Playing Numbers</b>	5 vs 5	5 vs 5	7 vs 7	7 vs 7	9 vs 9	9 vs 9	11 vs 11	11 vs 11
<b>Playing Time</b>	2 x 25 min	2 x 25 min	2 x 30 min	2 x 30 min	2 x 30 min	2 x 35 min	2 x 35 min	2 x 40 min
<b>Roster Size</b>	12	12	14	14	16	16	18	18
<b>Field Size - L</b>	30-40 yds	30-40 yds	50-60 yds	50-60 yds	70-80 yds	70-80 yds	100-120 yds	100-120 yds
<b>Field Size - W</b> +/- 5 yds	X 25-35 yds	X 25-35 yds	X 35-45 yds	X 35-45 yds	X 45-55 yds	X 45-55 yds	X 60-70 yds	X 60-70 yds
<b>Goal Size - H</b>	4.5 ft	4.5 ft	6.5 ft	6.5 ft	6.5 ft *3*	6.5 ft *3*	8 ft	8 ft
<b>Goal Size - W</b>	X 9 ft	X 9 ft	X 12 ft	X 12 ft	X 18 ft *3*	X 18 ft *3*	X 24 ft	X 24 ft
<b>Penalty Area</b>	6 yds	6 yds	10 yds	10 yds	14 yds	14 yds	18 yds	18 yds
<b>Distance From Ball</b>	4 yds	4 yds	6 yds	6 yds	8 yds	8 yds	10 yds	10 yds
<b>Ball Size</b>	3	3	4	4	4	4	5	5
<b>Substitution</b>	FLY	FLY	FLY	FLY	FLY	FLY	REG	REG
<b>Offsides</b>	NO	NO	YES	YES	YES	YES	YES	YES
<b>Kicks</b>	D	D	I & D	I & D	I & D	I & D	I & D	I & D
<b>Penalty</b>	NO	NO	YES	YES	YES	YES	YES	YES
<b>Red Cards</b> (Players)	NO	NO	NO	NO	YES	YES	YES	YES

\*1\* - U12 Classic Division only will play 11v11. Top 18 teams determined prior to start of season

\*2\* - U8 teams unable to provide extra small field and goals register 9C (Grandfathered 2009-2010 season))

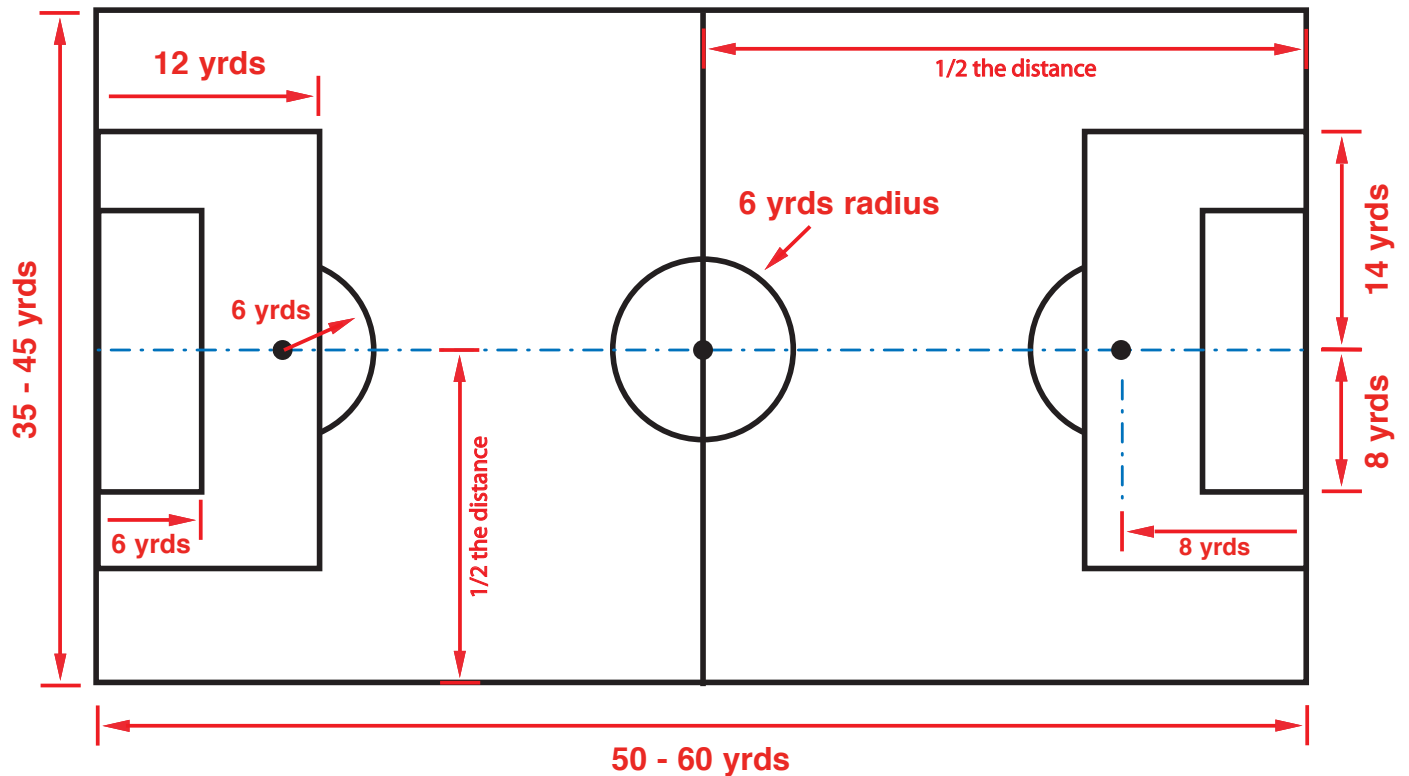
\*3\* - 8 ft x 24 ft goals permitted at U12 and U11

# LEVEL 1



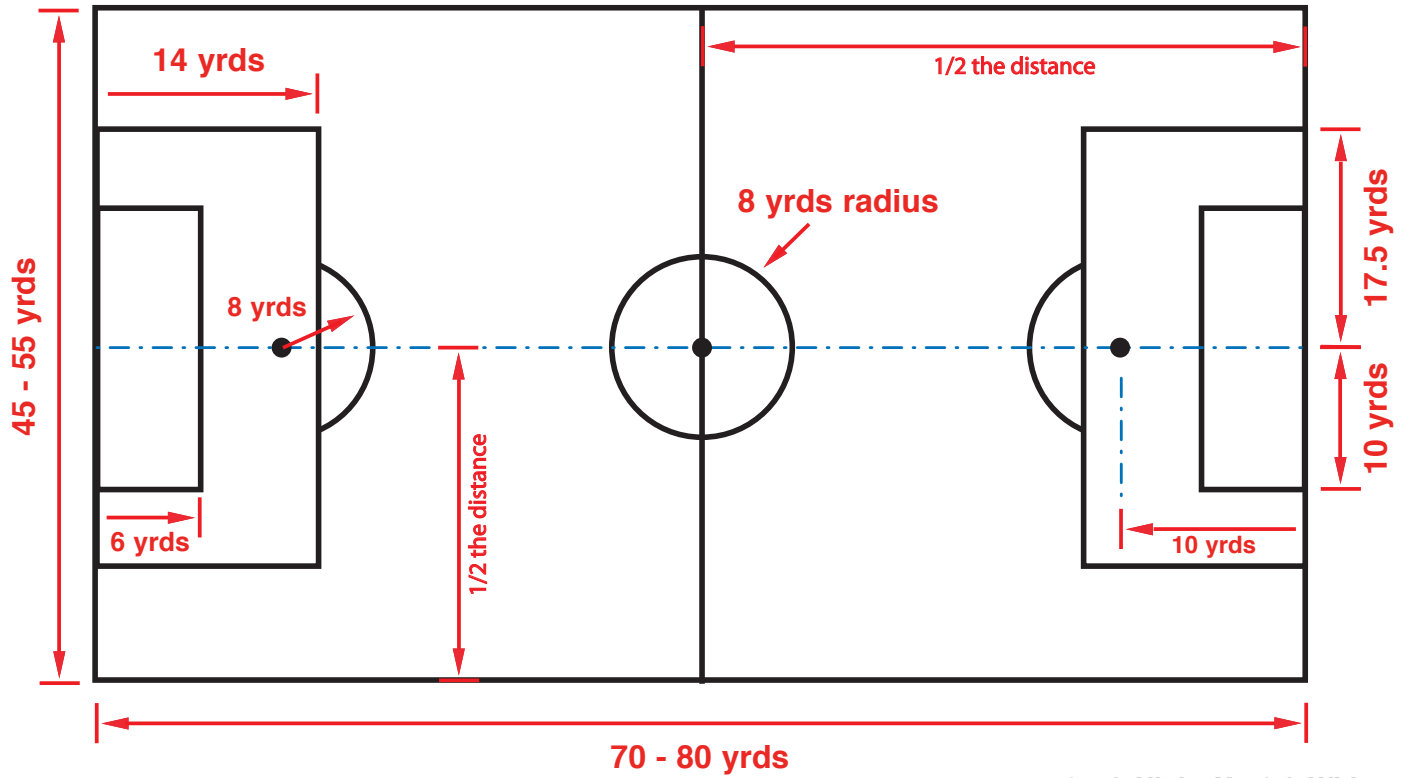
Goal Size - 4.5 ft High X 9 ft Wide

# LEVEL 2



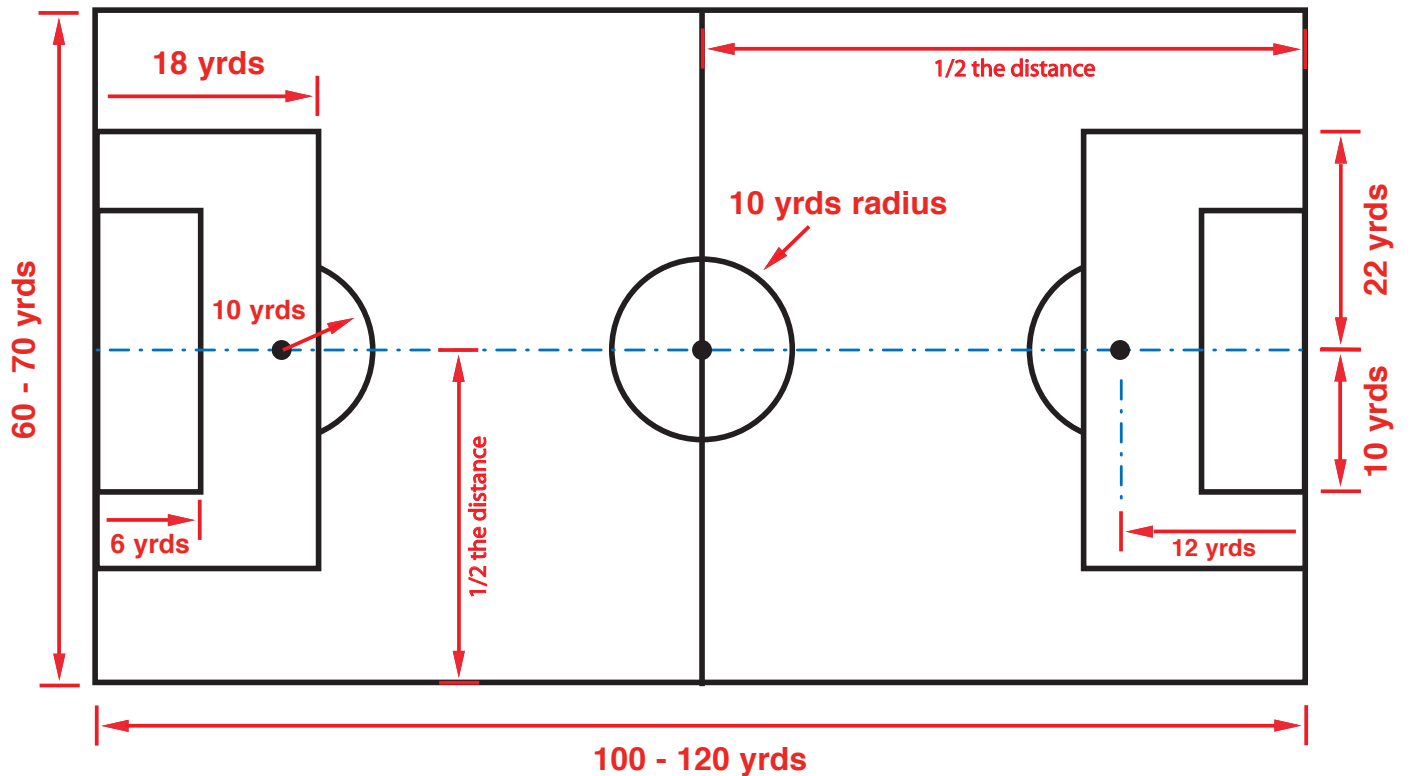
Goal Size - 6.5 ft High X 12 ft Wide

### LEVEL 3



Goal Size - 6.5 ft High X 18 ft Wide

### LEVEL 4



Goal Size - 8 ft High X 24 ft Wide