



Summary of Youth Soccer Rules

Spring 2023

	U5/U6	U7/U8	U9/U10	U12	U16
Field Size (yards)	30x20	30x20	47x30	75x47	100x70
Ball Size	3	3	4	4	5
Goal Size (feet)	4x6	4x6	6.5x18.5	6.5x18.5	8x24
# of Players	4 v 4 NO Goalie	4 v 4 NO Goalie	7 v 7 1 must be a Goalie	9 v 9 1 must be a Goalie	11 v 11 1 must be a Goalie
Duration of Game	Four 8 minute Qtrs 5 min half time	Four 10 minute Qtrs 5 min half time	Two 25 min Halves 5-10 min half time	Two 30 min Halves 5-10 min half time	Two 35 min Halves 10 min half time
Playing Time	Each player must play AT LEAST half of the game	Each player must play AT LEAST half of the game	Each player must play AT LEAST half of the game	Each player must play AT LEAST half of the game	Each player must play AT LEAST half of the game
Equipment	Must wear provided uniform Shin-guards Socks must cover shin-guards Soccer Shoes (no toe cleat) No Jewelry	Must wear provided uniform Shin-guards Socks must cover shin-guards Soccer Shoes (no toe cleat) No Jewelry	Must wear provided uniform Shin-guards Socks must cover shin-guards Soccer Shoes (no toe cleat) No Jewelry	Must wear provided uniform Shin-guards Socks must cover shin-guards Soccer Shoes (no toe cleat) No Jewelry	Must wear provided uniform Shin-guards Socks must cover shin-guards Soccer Shoes (no toe cleat) No Jewelry
Slide Tackles	NOT ALLOWED	NOT ALLOWED	NOT ALLOWED	Allowed, but not from behind	Allowed, but not from behind
Headers	NOT ALLOWED	NOT ALLOWED	NOT ALLOWED	Minimal (restricted)	Allowed
Free Kicks	Kickoffs Goal Kicks <i>*Attacking team behind the halfway line on goal kicks</i>	Kickoffs Goal Kicks <i>*Attacking team behind the halfway line on goal kicks</i>	Kickoffs <i>Goal Keeper must throw or kick the ball, no punting the ball.</i> <i>*For goal kicks, the attacking team must be behind the build out line.</i> <i>Coach allowed behind goal</i>	FIFA	FIFA
Fouls/Dangerous Plays	Direct Free Kick (5 yards)	Direct Free Kick (5 yards)	USSF	FIFA	FIFA
Offsides	No	No	Yes	Yes	Yes
Throw-ins	No	2 Attempts	No Retry	No Retry	No Retry
Corner Kicks	No	Yes	Yes	Yes	Yes
Substitutions	Prefer, In the middle of each quarter or at the end of a quarter. For injury	Prefer, in the middle of each quarter or at the end of a quarter. For injury	Substitutions on any dead ball. For injury	Both Teams on <i>your</i> teams throw-ins. Any Goal Kicks After Goals For injury	FIFA Either teams goal kick or after a score Team in possessions' throw-in For injury
Coaching	Coach allowed on field	Coach allowed on field	Coach allowed on sideline	Coach allowed on sideline	Coach allowed on sideline
Referee	Coaches Referee Warnings/ Timeout	Coaches Referee Warnings/ Timeout	1 Ref Yellow or Red	1Ref Yellow or Red	3 Refs Yellow or Red