

Ages	U5,U6	U7,U8	U9, U10	U11, U12	U13+
Law 1: The Field of Play	30L x 20W yards	30L x 25W yards	60L x 40W yards	75L x 50W yards	Conform to IFAB Laws
Center Circle	4 yard radius	4 yard radius	8 yard radius	8 yard radius	Conform to IFAB Laws
The Goal Area	None	None	12W x 4L yards	12W x 5L yards	Conform to IFAB Laws
The Penalty Area	None	None	24W x 12L yards	36W x 14L yards	Conform to IFAB Laws
Penalty Mark	None	None	8 yards from goal line ¹	8 yards from goal line ¹	Conform to IFAB Laws
Penalty Arc	None	None	8 yard radius ²	8 yard radius ²	Conform to IFAB Laws
Goal Size	4H x 6W feet	4H x 6W feet	6H x 18W feet	7H x 21W feet	Conform to IFAB Laws
Corner Flags	Not required	Not required	Conform to IFAB Laws	Conform to IFAB Laws	Conform to IFAB Laws
Corner Arc	Not required	Not required	Conform to IFAB Laws	Conform to IFAB Laws	Conform to IFAB Laws
The Build Out Line	None	None	21 yards from goal line ³	None	None
Law 2: The Ball	Size 3	Size 3	Size 4	Size 4	Size 5
Law 3: The Players	4	4	7 (one is a goalkeeper)	9 (one is a goalkeeper)	Conform to IFAB Laws
Maximum Roster Size	8	8	11	14	18
Substitutions	Unlimited, at any stoppage, with Referee approval				
Law 4: The Players' Equipment	Conform to IFAB Laws ⁴	Conform to IFAB Laws ⁴	Conform to IFAB Laws ⁴	Conform to IFAB Laws ⁴	Conform to IFAB Laws ⁴
Law 5: The Referee	Conform to IFAB Laws ⁵	Conform to IFAB Laws ⁵	Conform to IFAB Laws ⁵	Conform to IFAB Laws ⁵	Conform to IFAB Laws ⁵
Law 6: The Other Match Officials	None	None	Not required	Not required	Conform to IFAB Laws
Law 7: The Duration of the Match	4 x 8 minute quarters ⁶	4 x 10 minute quarters ⁶	2 x 25 minute halves	2 x 30 minute halves	2 x 35 minute halves
Quarter Breaks	2 minutes	2 minutes	N/A	N/A	N/A
Half Time Break	5 minutes	5 minutes	10 minutes	10 minutes	10 minutes
Law 8: The Start and Restart of Play	Conform to IFAB Laws, except: opponents must be 4 yards from the ball		Conform to IFAB Laws, except: opponents must be 8 yards from the ball		Conform to IFAB Laws
Law 9: The Ball In and Out of Play	Conform to IFAB Laws	Conform to IFAB Laws	Conform to IFAB Laws	Conform to IFAB Laws	Conform to IFAB Laws
Law 10: Determining the Outcome of a Match	Conform to IFAB Laws	Conform to IFAB Laws	Conform to IFAB Laws	Conform to IFAB Laws	Conform to IFAB Laws
Law 11: Offside	None	None	Conform to IFAB Laws ⁷	Conform to IFAB Laws	Conform to IFAB Laws

¹ Within each penalty area, a penalty mark is made 8 yards from the midpoint between the goalposts.

² An arc of a circle with a radius of 8 yards from the center of each penalty mark is drawn outside the penalty area.

³ A dashed line, 21-yards from each goal line and extending the width of the pitch. The build out lines may use a different paint color if available.

⁴ Allowances for additional clothing, including hats, gloves, sweats, raincoats, etc., are made in the case of inclement weather. However, Jersey numbers must be visible at all times, and all non-uniform equipment must not be dangerous and must be approved by the referee.

⁵ Must use a USSF certified referee for the match to be official.

⁶ Teams switch sides at half time. The same team kicks off for both quarters of a half.

⁷ Players may only be penalized for an offside infraction between the opponent's build out line and the opponent's goal line. Players may not be penalized for an offside infraction between the halfway line and the opponent's build out line.

Ages	U5,U6	U7,U8	U9, U10	U11, U12	U13+
Law 12: Fouls and Misconduct	Conform to IFAB Laws	Conform to IFAB Laws	Conform to IFAB Laws	Conform to IFAB Laws	Conform to IFAB Laws
Slide Tackling	Not allowed ⁸	Not allowed ⁸	Conform to IFAB Laws	Conform to IFAB Laws	Conform to IFAB Laws
Heading	Not allowed ⁹	Not allowed ⁹	Not allowed ⁹	Allowed for U12 only ¹⁰	Conform to IFAB Laws ¹⁰
Goal Keeper	None	None	No punting ¹¹	Conform to IFAB Laws	Conform to IFAB Laws
Build Out Line Restrictions	N/A	N/A	Per USSF guidelines ¹²	N/A	N/A
Law 13: Free Kicks	All free kicks are indirect	All free kicks are indirect	Conform to IFAB Laws	Conform to IFAB Laws	Conform to IFAB Laws
Law 14: The Penalty Kick	None	None	Conform to IFAB Laws	Conform to IFAB Laws	Conform to IFAB Laws
Law 15: The Throw In	Kick in, may dribble in	Kick in, must pass	Conform to IFAB Laws	Conform to IFAB Laws	Conform to IFAB Laws
Law 16: The Goal Kick	Taken from goal line, may dribble in ¹³	Taken from goal line, must pass ¹³	Conform to IFAB Laws ¹⁴	Conform to IFAB Laws	Conform to IFAB Laws
Law 17: The Corner Kick	May dribble in ¹³	Conform to IFAB Law ¹³ s	Conform to IFAB Laws ¹⁵	Conform to IFAB Laws ¹⁵	Conform to IFAB Laws
Recommended Coach Education	Youth Module 1	Youth Module 2	E License	E/D License	E/D License

Color Key:

YELLOW – Changed in Spring 2017

GREEN – Changed in Fall 2016

⁸ Slide tackling for the purpose of tackling another player to gain possession of the ball is prohibited in U5-U8 matches. A player may slide to prevent an uncontrolled ball from crossing into touch or into the goal, providing there are no other players within playing distance of the ball. Any slide-tackle which results in contact with another player, whether deliberate or accidental, will result in a direct free kick, awarded to the opposing team, to be taken from the point where the offense occurred.

⁹ Deliberate heading of the ball is not allowed for any matches at U11 and below. For U8 and below, deliberate heading of the ball will result in a direct free kick (see Law 13) for the opposing team, to be taken from the point where the offense occurred. For U9-U11, deliberate heading of the ball will result in an indirect free kick for the opposing team, to be taken from the point where the offense occurred. The determination as to whether player contact with the ball was deliberate or accidental is left to the discretion of the referee, but should generally be considered deliberate in any case where the player was facing the ball and had sufficient time to avoid a ball coming toward the player's head.

¹⁰ Whenever a U11 team is playing up against an older team, the older team must also abide by the no heading rules.

¹¹ Goalkeepers may not punt the ball back into play. When the goalkeeper is in possession of the ball, either during play (from an opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play. If a goalkeeper punts the ball, an indirect free kick shall be awarded to the opposing team from the point of the offense. If the punt occurs from within the goal area, the indirect free kick shall be taken from the goal area line, parallel to the goal line, at the nearest point to where the infringement occurred.

¹² The build out line promotes playing the ball out of the back field in a less pressured setting. When the goalkeeper is in possession of the ball, either during play (from an opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper may pass, throw, or roll the ball into play (punting is not allowed). After the ball is put into play by the goalkeeper, the opposing team may cross the build out line and play resumes as normal. If a goalkeeper punts the ball, an indirect free kick shall be awarded to the opposing team from the point of the offense. If the punt occurs from within the goal area, the indirect free kick shall be taken from the goal area line, parallel to the goal line, at the nearest point to where the infringement occurred. The build out line will also be used to denote where offside offenses may be called. Players may not be penalized for an offside offense between the half line and the build out line. Players may only be penalized for an offside offense between the opponent's build out line and the opponent's goal line.

¹³ In accordance with the modified Law 8 for U5-U8 matches, opponents must be 4 yards from the ball.

¹⁴ Opponents must be behind the build out line if the goal kick will be taken by the goal keeper.

¹⁵ In accordance with the modified Law 8 for U9-U12 matches, opponents must be 8 yards from the ball.