

GAME DAY GUIDELINE

DISCLAIMER: THIS PROVIDES AS A SUMMARY / GUIDE - PLEASE SEE
OFFICIAL COMPETITION RULES PUBLISHED AS PART OF TSA BYLAWS
AND RULES.

As of 8/27/26	U4	U5/6	U7	U8	U9	U10	U11-12	U13-14	U15-16	U17-19	Adult (11v11 / 7v7)
Field Size – Yards	20x25	20x25	25x35	25x35	40x60	40x60	45x70	70x110	70x110	70x110	70x110 40x60
Goal Size (feet)	3ft	3ft	4x6	4x6	6.5x18	6.5x18	6.5x18	8x24	8x24	8x24	8x24 / 6.5x18
Players											
Maximum	4	4	4	4	7	7	9	11	11	11	11 / 7
Minimum	3	3	3	3	5	5	7	7	7	7	7 / 5
Game Time (minutes)											
Quarters	6	8	10	10	-	-	-	-	-	-	-
Halves	-	-	-	-	25	25	30	35	40	45	45 / 25
Breaks (minutes)											
Quarters	2	2	2	2	-	-	-	-	-	-	-
Halves	5	5	5	5	10	10	10	10	10	10	10
Ball Size	3	3	3	3	4	4	4	5	5	5	5
Goalkeeper	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Offside	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Restarts (Touchline)	Kick In	Kick In	Throw In*	Throw In*	Throw In	Throw In	Throw In	Throw In	Throw In	Throw In	Throw In
Restarts (Kicks)	IFK	IFK	IFK*	IFK*	FIFA	FIFA	FIFA	FIFA	FIFA	FIFA	FIFA
Punts	No	No	No*	No*	No	No	Yes	Yes	Yes	Yes	Yes / No
Separation (yards)	3	3	4	4	7	8	10	10	10	10	10
Two Touch Violation	No	No Redo	No Redo	No Redo	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Penalty Kicks	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Crease*	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No
Build Out Line (aka Blue Line)	No	No	No	No	Yes	Yes	No	No	No	No	No
Substitutions											
Quarters	Yes	Yes	Yes	Yes	-	-	-	-	-	-	-
Half	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Injuries	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Throw In*	-	-	-	-	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Goal Kicks	-	-	-	-	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Goals	-	-	-	-	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cautioned Player	-	-	-	-	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Chart Notes	
(AGE)X	Small Sided - not the normal full sided game; TSA will announce before season number of players
ALL TSA REC/Coed/Adult	NO Slide Tackles Tolerated – If slide tackle occurs and no contact with ball / player = FOUL; Contact with ball / player - minimum YELLOW; SFP is still RED.
Youth Small-Sided Rules	Small Sided
	Restarts (Touchline & Kicks) (U5, U6, U7, U8) Redo if done incorrectly
	Crease Do not allow a player to remain standing in the crease playing defense; Ball must enter first
Goal kicks (U4 – U8)	Taken at top of crease; Opponents must be back according to Separation above
Throw In Substitution	(U9 and above) If the team taking the throw in substitutes, then the opponent may substitute
Build Out Line	When GK has possession, the opponents must move back to the Build Out line unless the keeper chooses to release the ball earlier.
	GK MAY release the ball before opponents reach Build Out.
	a) If opponents violate Build Out line then IFK at infraction
	b) If GK places ball on ground it is a live ball
	c) If GK places ball on ground then GK may not take the ball into hands - IFK
	d) Referee may play advantage if ball is played out away from defenders and can be further played up the field
	No offside between half line and Build Out line
No Heading (U12 & below)	(U12 and below) no deliberate heading
	Deliberate heading violation is an IFK but is NOT a foul, IFK at spot of foul with goal area exception IAW with LOTG
	No advantage may be given - the violation takes precedence, no persistent infringement is possible because it's not a foul