

| As of 3/7/2024 | U4 | U5/6 | U7 | U8 | U9 | U10 | U11-12 | U13-14 | U15-16 | U17-19 | Adult |
|----------------------|---------|---------|-----------|-----------|----------|----------|----------|----------|----------|----------|----------|
| Field Size – Yards | 20x30 | 20x30 | 35x50 | 35x50 | 45x60 | 45x60 | 50x73 | 65x110 | 65x110 | | 70x120 |
| Players | | | | | | | | | | | |
| Maximum | 4 | 4 | 5 | 5 | 7 | 7 | 9 | 11 | 11 | 5 | 11 |
| Minimum | 3 | 3 | 3 | 3 | 5 | 5 | 7 | 7 | 7 | 3 | 7 |
| Game Time (minutes) | | | | | | | | | | | |
| Quarters | 6 | 8 | 10 | 12 | - | - | - | - | - | - | - |
| Halves | - | - | - | - | 25 | 25 | 30 | 35 | 40 | 30 | 40 |
| 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 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Offside | No | No | No | No | Yes | Yes | Yes | Yes | Yes | No | Yes |
| Restarts (Touchline) | Kick In | Kick In | Throw In* | Throw In* | Throw In | Throw In | Throw In | Throw In | Throw In | Kick ins | 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 | No | Yes |
| Separation (yards) | 3 | 3 | 4 | 4 | 7 | 8 | 10 | 10 | 10 | 8 | 10 |
| Two Touch Violation | No | No | No | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Penalty Kicks | No | No | No | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Crease* | Yes | Yes | No | No | No | No | No | No | No | No | No |
| Build Out 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 |
| Ref Decision | Yes | Yes | yay Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Stoppage | - | - | - | - | - | - | - | - | - | Yes | Yes |
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| 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) (U7, U8) Redo if done incorrectly |
| | Crease Do not allow a player to remain standing in the crease playing defense; Ball must enter first |
| | Punts (U7/U8) - no punting, ball can be dropped and kicked after first bounce, can't pick up ball once dropped |
| Goal kicks (U4 – U6) | 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. |
| | 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 |
| Adult Rules | Full Sided (Effective SPRING 2018) |
| | Three female players, regardless of position; may play shorthanded, minimum of one. |
| | Males Maximum of eight, regardless of position |
| | Over-30 NO AGE restrictions on the field |
| | Uniform Matching jerseys required |
| | Female Goals - 2 from anywhere BUT NOT free kick; Deflections by defender: On Goal - 2; Off Goal - 1; Deflection off teammate - 1 |

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| | Game Time (grace) Game time is start time; NO GRACE PERIOD, referees may start clock at game time and go ten minutes maximum |
| 5v5 Upper Level Rules | Small Sided (Effective SPRING 2024) - 30 min halves |
| | One female field player at all times. Team may play short if no female player is present for the team. If neither team has a female player then both may play at full strength.. |
| | Uniform Matching jerseys required |
| | GK Distribution Only from hand, no kicks |
| | Kick ins NO Throw in |
| | Scoring Only from attacking half |
| | Substitutions All stoppages |
| | 2nd Yellow Soft red - teams still play full sided; gender matching for any send off |