

as of 10/20/23	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	4	5	7	7	9	11	11	11	11
Minimum	3	3	3	3	5	5	7	7	7	7	7
Game Time (minutes)											
Quarters	6	8	10	12	-	-	-	-	-	-	-
Halves	-	-	-	-	25	25	30	35	40	45	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	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
Separation (yards)	3	3	4	4	7	8	10	10	10	10	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	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Stoppage	-		-		-		-		-	Yes	Yes
Chart Notes											
(AGE)X	Small Sided - not the normal full sided game; TSA will announce before season number of playersSmall Sided sided g										
Youth Small-Sided Rules	Small Sided										

	3) Redo if done incorrectly
	Do not allow a player to remain standing in the crease playing defense; Ball must enter first
Goal kicks (U4 – U6)	Taken at top of crease; Opponents must be back according to Separation above
Goal kicks (U7 - U8) Goal Area	
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 Build Out line.
	GK MAY release ball before opponents reach Build Out. Opponents INSIDE the Build Out Line MAY NOT play the ball until it passes Build Out Line.
	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 is not a foul
Adult Rules	Full Sided (Effective SPRING 2018)Full Sided (Effective SPRING 2018)
	es Three female players, regardless of position; may play shorthanded, minimum of one.
	es Maximum of eight, regardless of position
	0 NO AGE restrictions on the field
ID Book T	
	m Matching jerseys required
	es No contact with ball / player = FOUL; Contact with ball / player - minimum YELLOW; SFP is still RED
Female Goals	2 from anywhere BUT NOT free kick; Deflections by defender: On Goal - 2; Off Goal - 1; Deflection off teammate - 1
	e) Game time is start time; NO GRACE PERIOD, referees may start clock at game time and go ten
5v5 Upper Level Rules	Small Sided (Effective SPRING 2019)
	rs Two male and two female field players at all times (unless straight RC sendoff), GK either gender
	m 4 players minimum to start and continue, no more than 2 of any one gender on field, GK either gender
	m Matching jerseys required
	n Only from hand, no kicks
	es NO Throw in
	g Only from attacking half
	es All stoppages

	s No contact with ball / player = FOUL; Contact with ball / player - minimum YELLOW; SFP is still RED
	w Soft red - teams still play full sided; gender matching for any send off
Game Time	35 minute halves