

As of 2/22/25	U4	U5/6	U7	U8	U9	U10	U11-12	U13-14	U15-16	U17-19	Adult (11v11 / 7v7)
Field Size – Yards	20x30	20x30	35x50	35x50	45x60	45x60	50x73	65x110	65x110	50x73	70x120 / 50x73
Goal Size (feet)	4x6	4x6	4.5x9	4.5x9	6.5x18	6.5x18	7x21	8x24	8x24	8x24	8x24 / 7x21
Players											
Maximum	4	4	5	5	7	7	9	11	11	9	11 / 7
Minimum	3	3	3	3	5	5	7	7	7	7	7 / 5
Game Time (minutes)											
Quarters	6	8	10	12	-	-	-	-	-	-	-
Halves	-	-	-	-	25	25	30	35	40	40	40 / 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	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 / 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	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 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 vnm
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
	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 unless 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
Adult Rules 11v11	Full Sided (Effective SPRING 2018)
	Females no longer required to play, no minimum male requirement (Effective SPRING 2025)
	Open age and gender (Effective SPRING 2025)
	Uniform: Matching jerseys required
	ALL goals count as 1 point regardless of who scores goal (Effective SPRING 2025)
	Game Time (grace) Game time is start time; NO GRACE PERIOD, referees MAY start clock at game time and go ten minutes maximum (Referee Discretion)
Adult Rules 7v7	Small Sided (Effective SPRING 2025) - 25min halves
	Open age for female/30 and up for males (Effective SPRING 2025)
	Uniform: Matching jerseys required
	GK Distribution Only from hand, no drop kicks or punts
	Offsides Enforced
	Scoring Only from attacking half
	Substitutions All stoppages
	2nd Yellow Soft red - teams still play full sided