

As of 8/28/2024	U4	U5/6	U7	U8	U9	U10	U11-12	U13-14	U15-17	Adult
Field Size – Yards	20x30	20x30	30x40	35x50	45x60	45x60	50x73	65x110	65x110	70x120
Players										
Maximum	4	4	5	5	7	7	9	11	11	11
Minimum	3	3	3	3	5	5	7	7	7	7
Game Time (minutes)										
Quarters	6	8	10	12	-	-	-	-	-	-
Halves	-	-	-	-	25	25	30	35	40	40
Breaks (minutes)										
Quarters	2	2	2	2	-	-	-	-	-	-
Halves	5	5	5	5	10	10	10	10	10	10
Ball Size	3	3	3	3	4	4	4	5	5	5
Goalkeeper	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Offside	No	No	No	No	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
Restarts (Kicks)	IFK	IFK	IFK*	IFK*	FIFA	FIFA	FIFA	FIFA	FIFA	FIFA
Punts	No	No	No*	No*	No	No	Yes	Yes	Yes	Yes
Separation (yards)	3	3	4	4	7	8	10	10	10	10
Two Touch Violation	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Penalty Kicks	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Crease*	Yes	Yes	No	No	No	No	No	No	No	No
Build Out Line	No	No	No	No	Yes	Yes	No	No	No	No
Substitutions										
Quarters	Yes	Yes	Yes	Yes	-	-	-	-	-	-
Half	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Injuries	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Throw In*	-	-	-	-	Yes	Yes	Yes	Yes	Yes	Yes
Goal Kicks	-	-	-	-	Yes	Yes	Yes	Yes	Yes	Yes
Goals	-	-	-	-	Yes	Yes	Yes	Yes	Yes	Yes
Cautioned Player	-	-	-	-	Yes	Yes	Yes	Yes	Yes	Yes
Ref Decision	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Stoppage	-	-	-	-	-	-	-	-	-	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) (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 (U10 and below) - 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
	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