

2016 Rules of Competition Chart

| | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13-U14 | U15-U16 | U17-U19 |
|-----------------------------------|-----------|-----------|-----------|----------------------|--------------------------|--------|--------|---------|---------|---------|
| # of Players on Field | 4 | 4 | 4 | 7 | 7 | 9 | 9 | 11 | 11 | 11 |
| Max # of Players on Roster | 8 | 8 | 8 | 12 | 12 | 14 | 14 | 18 | 22 | 22 |
| Max # of Players for a Game | 8 | 8 | 8 | 12 | 12 | 14 | 14 | 18 | 18 | 18 |
| Game Time Period (Minutes) - (a) | 4 x 8 | 4 x 8 | 3 x 15 | 2 x 25 | 2 x 25 | 2 x 30 | 2 x 30 | 2 x 35 | 2 x 40 | 2 x 45 |
| Time Between Periods (Minutes) | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Overtime (Minutes) | No | No | No | No | Competition Dependent | 2 x 10 | 2 x 10 | 2 x 10 | 2 x 15 | 2 x 15 |
| Ball Size | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 5 | 5 | 5 |
| Field Width (yards) - (b) | 20-30 | 20-30 | 20-30 | 40-50 | 40-50 | 40-55 | 40-55 | 50-75 | 50-75 | 50-75 |
| Field Length (yards) - (b) | 30-40 | 30-40 | 30-40 | 60-70 | 60-70 | 70-80 | 70-80 | 100-115 | 100-115 | 100-115 |
| Build out Line | Half Line | Half Line | Half Line | 14 yards | 14 yards | No | No | No | No | No |
| Center Circle Radius (Yards) | 3 | 3 | 3 | 5 | 5 | 7 | 7 | 10 | 10 | 10 |
| Goal Area (Yards) | none | none | none | 6x18 | 6x18 | 6x18 | 6x18 | 6 X 20 | 6 X 20 | 6 X 20 |
| Penalty Area (Yards) | none | none | none | 18x42 | 18x42 | 18x42 | 18x42 | 18 X 44 | 18 X 44 | 18 X 44 |
| Corner Arc Radius (Feet) | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| Goal Size (feet) - (c) | 4 x 6 | 4 x 6 | 4 x 6 | 6 x 12 to 6x18 | 6x18 | 6x18 | 6x18 | 8 X 24 | 8 X 24 | 8 X 24 |
| Slide Tackling | No | No | No | No | No | Yes | Yes | Yes | Yes | Yes |
| Heading | No | No | No | No | No | No | Yes | Yes | Yes | Yes |
| Goalkeeper | No | No | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Goalkeeper Punts & Dropkicks | No | No | No | No | No | No | Yes | Yes | Yes | Yes |
| Offside Rule - (d) | No | No | No | No | Yes | Yes | Yes | Yes | Yes | Yes |
| Retention Line | ? | ? | ? | Yes | Yes | Yes | Yes | No | No | No |
| Penalty Kick Distance (Yards) | No | No | No | 7 | 7 | 8 | 8 | 12 | 12 | 12 |
| Direct Free Kicks | No | No | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Free Kick Defender Distance (yds) | 3 | 3 | 3 | 5 | 5 | 7 | 7 | 10 | 10 | 10 |
| Retake on Throw-In or Kick-Off | Yes | Yes | Yes | League Option | No | No | No | No | No | No |
| Throw-In Defender Distance (yds) | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| Goal Scored From Goal Kick | No | No | No | No | No | Yes | Yes | Yes | Yes | Yes |

a) USSF recommended quarters or periods for U6 to U8,

b) Sizes are USSF recommended deminsions. Adjustments to fit physical constraints or permanent markings is acceptable.

c) US Youth recomends 6 x 12 foot goals for U9.

d) The offside rule will not be enforced for U6-U9. However, players cherry picking or standing in front of the opponent goal will be called offside.

e) No player aged 10 should be heading the ball - USSF and US Youth restriction.

When a player intentionally heads the ball a foul will be called with the restart being an In-Direct Free Kick.