

# Southwestern Youth Association and NCSL-REC Soccer Standards of Play for Spring 2025

	SYA RECREATIONAL SOCCER PROGRAM					NATIONAL CAPITAL SOCCER LEAGUE (NCSL-REC)		
Age Group Birth Years	U6 2019	U7-U8 2017-2018	U9 2016	U10 2015	U11-U12 2013-2014	U14 2011-2012	U16 2009-2010	U19 2006-2008
Field Size (yards)	Length: 18-22 Width: 10-22	Length: 40-45 Width: 28-32	Length: 55-65 Width: 35-45	Length: 55-65 Width: 35-45	Length: 70-80 Width: 45-55	Length: 100-130 Width: 50-100	Length: 100-130 Width: 50-100	Length: 100-130 Width: 50-100
Goal Size (maximum)	4 x 6 feet	4 x 6 feet	6½ x 18½ feet	6½ x 18½ feet	7 x 21 feet	7 x 21 feet	7 x 21 feet	7 x 21 feet
Ball Size	3	3	4	4	4	5	5	5
Number of Players	Any number up to 4 v 4	5 v 5	6 v 6	7 v 7	9 v 9	11 v 11	11 v 11	11 v 11
Game Time (# periods x duration)	4 x 8 minutes = 32 min	2 x 20 minutes = 40 min	2 x 25 minutes = 50 min	2 x 25 minutes = 50 min	2 x 30 minutes = 60 min	2 x 35 minutes = 70 min	2 x 40 minutes = 80 min	2 x 40 minutes = 80 min
Halftime	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes
Grace Period (to field min. # players)	Play with # players present at game time	Play with # players present at game time	5 minutes	5 minutes	5 minutes	None	None	None
Player Participation	At least 50% of game	At least 50% of game	At least 50% of game GK 50% or less	At least 50% of game GK 50% or less	At least 50% of game GK 50% or less	At least 50% of game	At least 50% of game	At least 50% of game
Substitutions	Unlimited at any stoppage in play	Unlimited at any stoppage in play	Unlimited at any stoppage in play	Unlimited at any stoppage in play	Unlimited at any stoppage in play	Unlimited at any stoppage in play	Unlimited at any stoppage in play	Unlimited at any stoppage in play
Goalkeepers	No	No	Yes No punts or drop kicks	Yes No punts or drop kicks	Yes No restrictions	Yes No restrictions	Yes No restrictions	Yes No restrictions
Offside	No	No	Between halfway line and goal line	Between build out line and goal line	As defined by the Laws of the Game	As defined by the Laws of the Game	As defined by the Laws of the Game	As defined by the Laws of the Game
Heading the Ball	No	No	No	No	No	Yes	Yes	Yes
Sliding/Slide Tackling	No	No	No	No	Yes	Yes	Yes	Yes
Free Kicks (PK = Penalty Kick)	Indirect only No PKs	Indirect only No PKs	As defined by the Laws of the Game	As defined by the Laws of the Game	As defined by the Laws of the Game	As defined by the Laws of the Game	As defined by the Laws of the Game	As defined by the Laws of the Game
Opponents' Distance on Free Kicks	10 feet	10 feet	8 yards	8 yards	8 yards	10 yards	10 yards	10 yards
Opponents' Distance on Goal Kicks	Behind halfway line	Behind halfway line	Behind halfway line	Behind build out line	As defined by the Laws of the Game	As defined by the Laws of the Game	As defined by the Laws of the Game	As defined by the Laws of the Game
Match Officials	None - use Game Facilitator	None - use Game Facilitator	Up to 3	Up to 3	Up to 3	Up to 3	Up to 3	Up to 3
Misconduct (Yellow/Red Cards)	No	No	As defined by the Laws of the Game	As defined by the Laws of the Game	As defined by the Laws of the Game	As defined by the Laws of the Game	As defined by the Laws of the Game	As defined by the Laws of the Game

- U6 can play any format up to 4v4 (1v1, 2v2, 3v3 or 4v4). U9 standard is 7v7 but may play 6v6. U10 standard is 7v7 but may play 8v8. U11 and U12 standard is 9v9 but may play 8v8.
- U9 build out line is halfway line. U10 build out lines are equidistant from top of each penalty area and halfway line; no offside between build out lines (halfway line to each build out line).
- U9-U12: trailing team may add 1 player if goal differential is 4 or more goals. U14-U19: leading team must remove 1 player for each goal above 4-goal differential. Mercy Rule can be invoked by any U14-U19 team trailing by 4 or
- U6-U8: Game Facilitator (coach, volunteer) acts as referee. U9-U19: SYA assigns US Soccer-certified match officials depending on number of referees available. Club linesmen may be used for any game when requested by the
- U6-U8: No yellow or red cards. U9-U19: Referees can show yellow or red cards to players, coaches, and team officials. Referees cannot show cards to spectators but can dismiss spectators from the field. SYA sanctions

**\*\*\* ALL GOALS MUST BE CHECKED BEFORE EVERY GAME \*\*\***

**Thunder/Lightning: STOP GAME IMMEDIATELY, seek shelter. Do not resume game until 30 minutes after last incidence of thunder/lightning**