

# SYA Recreational and NCSL-REC Soccer Standards of Play for Fall 2024

Age Group Birth Year	SOUTHWESTERN YOUTH ASSOCIATION (SYA) SOCCER RECREATIONAL LEAGUE					NATIONAL CAPITAL SOCCER LEAGUE RECREATIONAL PROGRAM (NCSL-REC)		
	Under 6 (U6) 2019	Under 7-8 (U7-U8) 2017-2018	Under 9 (U9) 2016	Under 10 (U10) 2015	Under 11-12 (U11-U12) 2013-2014	Under 14 (U13-U14) 2011-2012	Under 16 (U15-U16) 2009-2010	Under 19 (U17-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 <sup>(1)</sup>	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	2 x 20 minutes	2 x 25 minutes	2 x 25 minutes	2 x 30 minutes	2 x 35 minutes	2 x 40 minutes	2 x 40 minutes or 2 x 45 minutes
Break Time (between periods)	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes
Grace Period (to field min. # players)	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	None	None	None
Player Participation	At least 50% of game	At least 50% of game	At least 50% GK 50% or less	At least 50% GK 50% or less	At least 50% GK 50% or less	At least 50% of game	At least 50% of game	At least 50% of game
Substitutions	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited
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 <sup>(2)</sup>	Between build out line and goal line <sup>(2)</sup>	Yes	Yes	Yes	Yes
Heading the Ball	No	No	No	No	No	Yes	Yes	Yes
Sliding/Slide Tackling	No	No	No	No	Yes	Yes	Yes	Yes
Goal Differential <sup>(3)</sup>	NA - score is not kept	NA - score is not kept	4 (add 1 player)	4 (add 1 player)	4 (add 1 player)	4 (remove 1 player)	4 (remove 1 player)	4 (remove 1 player)
Free Kicks (PK = Penalty Kick)	Indirect only No PK	Indirect only No PK	As defined by Laws of the Game	As defined by Laws of the Game	As defined by Laws of the Game	As defined by Laws of the Game	As defined by Laws of the Game	As defined by 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 Laws of the Game	As defined by Laws of the Game	As defined by Laws of the Game	As defined by Laws of the Game
Match Officials <sup>(4)</sup>	None - use Game Facilitator	None - use Game Facilitator	1 or 3	1 or 3	1 or 3	3	3	3
Misconduct (Y/R Cards) <sup>(5)</sup>	No	No	Referee's discretion	Referee's discretion	Referee's discretion	Yes	Yes	Yes

<sup>(1)</sup> 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.

<sup>(2)</sup> U9 build out line is halfway line. U10 build out lines are equidistant from top of each penalty area and halfway line. No U10 offside between build out lines (halfway line to each build out line).

<sup>(3)</sup> U9-U12 (SYA): trailing team can add 1 player if goal differential is 4 or more goals. U14-U19 (NCSL-REC): leading team must remove 1 player for each goal above 4-goal differential. Mercy Rule can be invoked by any U14-U19 team

<sup>(4)</sup> SYA Game Facilitator used for U8 and below (no referees). SYA assigns US Soccer-certified match officials for U9 and above, depending on number of referees available for a game. Club linesmen may be used for any game when requested by the referee. No game shall use 2-person system of control.

<sup>(5)</sup> Referees can show yellow/red cards to coaches and team officials for irresponsible behavior. Referees cannot show cards to spectators but can dismiss spectators from the field. Referees should use discretion for U9-U12 players.

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

**Thunder/Lightning Policy: STOP GAME IMMEDIATELY! Do not resume game until 30 minutes after last incidence of thunder/lightning**