

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

	SOUTHWESTERN YOUTH ASSOCIATION (SYA) SOCCER RECREATIONAL LEAGUE						NATIONAL CAPITAL SOCCER LEAGUE RECREATIONAL PROGRAM (NCSL-REC)		
Age Group	Under 6 (U6)	Under 8 (U8)	Under 9 (U9)	Under 10 (U10)	Under 11 (U11)	Under 12 (U12)	Under 14 (U14)	Under 16 (U16)	Under 19 (U19)
Birth Year	2018	2016-2017	2015	2014	2013	2012	2010-2012	2008-2010	2005-2009
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: 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	7 x 21 feet
Ball Size	3	3	4	4	4	4	5	5	5
Number of Players	Up to 4 v 4 ⁽¹⁾	5 v 5	Up to 7 v 7 ⁽¹⁾	Up to 8 v 8 ⁽¹⁾	Up to 9 v 9 ⁽¹⁾	Up to 9 v 9 ⁽¹⁾	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 30 minutes	2 x 35 minutes	2 x 40 minutes	2 x 40 minutes
Break Time (between periods)	5 minutes	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	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% 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	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	Yes No restrictions
Offside	No	No	Between build out line and goal line ⁽²⁾	Between build out line and goal line ⁽²⁾	Yes	Yes	Yes	Yes	Yes
Heading the Ball	No	No	No	No	No	No	Yes	Yes	Yes
Sliding/Slide Tackling	No	No	No	No	Yes	Yes	Yes	Yes	Yes
Goal Differential ⁽³⁾	NA - score is not kept	NA - score is not kept	4 (add 1 player)	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	As defined by Laws of the Game
Opponents' Distance on Free Kicks	10 feet	10 feet	8 yards	8 yards	8 yards	8 yards	10 yards	10 yards	10 yards
Opponents' Distance on Goal Kicks	Behind halfway line	Behind halfway line	Behind build out 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	As defined by Laws of the Game
Match Officials ⁽⁴⁾	None - use Game Facilitator	None - use Game Facilitator	1 or 3	1 or 3	1 or 3	1 or 3	3	3	3
Misconduct (Y/R Cards) ⁽⁵⁾	No	No	Referee's discretion	Referee's discretion	Referee's discretion	Referee's discretion	Yes	Yes	Yes

Notes:

⁽¹⁾ U6 will play 2v2 "festival format" but may 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-U12 standard is 9v9 but may play 8v8.

⁽²⁾ U9-U10: build out lines are located equidistant from top of each penalty area and halfway line. No offside between build out lines (halfway line to each build out line).

⁽³⁾ 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 trailing by 4 or more goals.

⁽⁴⁾ SYA Game Facilitator used for U8 and below (no referees). SYA assigns USSF-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.

⁽⁵⁾ Referees can show yellow/red cards to coaches and team officials for irresponsible behavior. Referees cannot show cards to spectators. Referees should use discretion when showing cards to 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