



Seattle Youth Soccer Association Official U10-19 Citywide Rules of Play & U5-9 Developmental Recommendations

| FIFA Laws Category | Key: | Best Practices for Club In-House Leagues | | | | | Official SYSA Citywide Rules | | | |
|-----------------------------|---------------------------------|--|--------------------|--------------------|--------------------|--------------------|------------------------------|--------------------|--------------------|----------------------|
| | Age Group | U-5 | U-6 | U-7 | U-8 | U-9 | U-10 | U-11 | U-12 | U-13-19 |
| | Players on Field | 3 v 3 | 4 v 4 | 4 v 4 | 5 v 5 | 7 v 7 | 7 v 7 | 9 v 9 | 9 v 9 | 11 v 11 |
| Field of Play | Field Size (yards) | 20-35 L 15-25 W | 25-35 L 15-25 W | 25-35 L 15-25 W | 25-35 L 15-25 W | 55-65 L 35-45 W | 55-65 L 35-45 W | 70-80 L 45-55 W | 70-80 L 45-55 W | 100-115 L 70-80 W |
| Field of Play | Maximum Goal Size (feet) | 4 x 6 | 4 x 6 | 4 x 6 | 6 x 8 | 6 x 18 | 6 x 18 | 6 x 18 | 6 x 18 | 8 x 24 |
| Field of Play | Build-Out Line | Y | Y | Y | Y | Y | Y | Y | N | N |
| The Ball | Ball Size | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 5 |
| Players | Roster Size (max) | 6 | 8 | 8 | 9 | 12 | 12 | 14 | 14 | 18-22 |
| Players | Min. # Players for a Game | 2 | 3 | 3 | 4 | 5 | 5 | 6 | 6 | 7 |
| Players | Goalkeeper | N | N | N | Y | Y | Y | Y | Y | Y |
| Players | GK Punt | N/A | N/A | N/A | N | N | N | N | Y | Y |
| The Duration of the Match | Game Time (# periods x minutes) | 2 x 16 | 2 x 18 | 2 x 20 | 2 x 20 | 2 x 25 | 2 x 25 | 2 x 30 | 2 x 30 | 2x35-45 |
| The Start & Restart of Play | Score Directly from a Kick-off | N | N | N | N | N | Y | Y | Y | Y |
| Offside Called | Offsides Called | N | N | N | N | Y | Y | Y | Y | Y |
| Fouls and Misconduct | Heading | N | N | N | N | N | N | N | Y | Y |
| Fouls and Misconduct | Sendoffs & Cautions | N | N | N | N | N | Y | Y | Y | Y |
| Fouls and Misconduct | Slide Tackling | N | N | N | N | N | Y | Y | Y | Y |

| | | | | | | | | | | |
|-------------------|-------------------------------|--|---|---|---|---|---|---|---|---|
| Free Kicks | Direct Kicks | N | N | N | N | Y | Y | Y | Y | Y |
| The Penalty Kick | Penalty Kicks | N | N | N | N | Y | Y | Y | Y | Y |
| The Throw-in | Re-try Throw-ins | Y | Y | Y | Y | Y | N | N | N | N |
| The Goal Kick | Score Directly from Goal Kick | N | N | N | N | N | Y | Y | Y | Y |
| The Corner Kick | Re-try Corner Kicks | Y | Y | Y | Y | N | N | N | N | N |
| Game Management* | Referees Provided | N | N | N | N | N | Y | Y | Y | Y |
| Players Equipment | Safety | <p>All items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. Using tape to cover jewelry is not permitted.</p> <p>The compulsory minimum equipment for a player comprises the following items:</p> <ul style="list-style-type: none"> •a shirt with sleeves •shorts •socks •shin guards (covered by the socks) •appropriate footwear | | | | | | | | |
| SYSA Adapted | 3-Goal Policy | Y | Y | Y | Y | Y | Y | Y | Y | N |
| SYSA Adapted | Scores Recorded & Standings | N | N | N | N | N | Y | Y | Y | Y |
| | | | | | | | | | | |

Further Breakdown of Important Rules

Game Management* - Officiating

Spring Soccer relies on the coaches of the participating teams to referee the games. The recommendation is that each coach should referee one-half of the game. If a parent or sibling with referee certification, experience and proper background checks completed volunteers to referee, and each coach agrees to that solution, then that is also an acceptable way to have the game refereed.

Keep in mind that these games are meant to be recreational and fun. Judgement calls by a referee are not crucial to the spirit of Spring Soccer games. Keeping the kids safe and having fun is more important than determining which team touched the ball last before going out

Uniforms & Equipment

Just as in fall soccer, all players must be safely attired with shin guards covered by socks. Jersey numbers are recommended but not required, though teams should have jerseys that match and are significantly different from the opposing team. Under no circumstances may jewelry of any sort be worn in SYSA competitions. Jewelry includes, but is not limited to, watches, rings, bracelets, chains, necklaces, earrings (including posts), hair barrettes, and other similar objects.

The Build Out Line for U8 through U11 Teams

The U8 through U11 age groups will use the Build Out Line (BOL) rules. The BOL is used to promote playing the ball out of the back in an unpressured setting to learn how to “build out” the attack.

When the goalkeeper possesses the ball, either from the run of play or from the ball going out the back line (when last touched by the attacking team), the opposing team should move behind the BOL. Once the opposing team is behind the BOL, the goalkeeper can pass or throw/roll the ball to a team mate. After the ball is put into play by the goalkeeper, the opposing team can cross the BOL and play resumes as normal.

At U8 through U11, there are no goal kicks, and goalkeepers are not allowed to punt the ball. They can either throw, roll, or place the ball on the ground and pass it to a teammate.

For simplicity, the mid field line is used as the BOL in Spring Soccer games.

Rescheduling or Missing Games

Teams should do all they can to ensure that their team will be available to play their games. It is extremely difficult to reschedule games. When a team knows they will not be able to attend a game, they **MUST CONTACT** the opposing coach, and the SYSA game scheduler. Contact the SYSA game scheduler at jessica@sysa.org well ahead of any game the coach knows will be missed. Contact information for each team can be found by clicking that team’s name in the schedule

It is always preferable to play the game at the scheduled time than attempting a reschedule. In Spring Soccer, Players can often be shared between teams if one team needs more players. This is not the case during the Fall. Contacting the opposing coach before the game can often help in working out a plan to share players so that the game can be played. In addition, players can also be borrowed from another Spring Soccer team (as long as they are appropriately registered in SYSA for the Spring Soccer season).

Lopsided Games

SYSA makes every effort to have balanced leagues, with competition that is comparable. If a game becomes unbalanced and the score lopsided, we strongly encourage both coaches to work out a solution to make the game enjoyable and fun for the players.