



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	35-45 L 25-35 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: •a shirt with sleeves •shorts •socks •shin guards (covered by the socks) •appropriate footwear</p>								
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
SYSA Adapted	For the purpose of competition. the ball is in play from the GK as soon as they play the ball.									
SYSA Adapted	SYSA tries to follow recommended sizes, but recognizes that equipment and field constraints need to be considered.									
SYSA Adapted	Roster Size (max)* At U16 and older only, up to 22; only 18 on game day roster									

SYSA Adapted	3-Goal or Lop-sided game Policy- The team that is behind by 3 goals can add a player to help find competitive balance. If the team is 6 goals behind they must add a 2 nd additional player. When 9 goals behind the coaches are to discuss mixing up the teams and scrimmage until the end of the games allotted time is up.
SYSA Adapted	All Spring Soccer games run 50 minutes (2x25), with 5 min halftimes, and end 5 minutes before the hour.
SYSA Adapted	Field Sizes are USSF recommended dimensions. Adjustments to fit physical constraints or permanent markings is acceptable.

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.