

FIFA Laws of the Game
As Modified By U.S. Youth Soccer & SYS
For Youth Play and Small Sided Games

Law 1: Field of Play

Field size for U6-U12 players is reduced for small- sided play.
U14 –U19 play on regulation size fields.

Law 2: The Ball

U6 & U8 play with size 3 soccer balls.
U10 & U12 play with size 4 soccer balls.
U14-U19 play with size 5 soccer balls.

Law 3: Number of Players

U6-3v3 no goalkeepers, U8 & U10-6v6, U12-8v8, U14 and Up-11v11
Substitutions for U6 may be made at any time but should be made during a stoppage in play.
U8-U12 are allowed unlimited substitutions by both teams at any stoppage in play.
U14-U19 are allowed unlimited substitutions but may only sub on kick-offs, goal kicks, at the beginning of a half or on own throw-in.
All players will be given the opportunity to play 50 percent of the game.

Law 4: Player Equipment

Shin guards worn under the socks are mandatory.
Cleats are recommended but not required.
No baseball cleats with a “toe cleat” or metal spikes are allowed.
Absolutely no Jewelry is permitted during play.
Tape over earrings is not permitted even if the earrings are new and may not be removed. If the jewelry may not be removed the player may not play.

Law 5 and Law 6: The Referee and Assistant Referee

U6 and U8 games are officiated by coaches or parents.
U10 games are officiated by a Center Referee only.
U12 and higher are officiated by a Center Referee and two Assistant Referees/Club Linesmen.

Law 7: Duration of the Match

U6 play four 8-minute quarters with a 2-minute break between quarters and a 5-minute half-time break after a 30-minute team practice session.
U8 & U10 play four 12-minute quarters with a 2-minute break between quarters and a 5-minute half-time break.
U12 play two 30-minute halves with a 10-minute half-time break.
U14 play two 35-minute halves with a 10-minute half-time break.
U16 play two 40-minute halves with a 10-minute half-time break.
U19 play two 45-minute halves with a 10-minute half-time break.

Law 8: Start and Restart of Play

The team that wins the coin toss chooses which goal to defend.

The other team starts play with a kick from the center mark.

Teams alternate kicks from the center mark to start play at the beginning of each quarter or half.

Players may not touch the ball twice at the start of play.

Law 9: Ball In and Out of Play

The ball is in play until it completely crosses over a touchline or goal line.

Law 10: Method of Scoring

A goal is scored when the ball completely crosses over the goal line, between the goal posts and below the crossbar.

U6 teams are awarded a kick-in after being scored upon.

Game scores are not counted for division standings or playoff seeding.

Law 11: Offside

A player is offside when he/she is in the opponents half of the field, nearer the goal than the second to last defender and/or the ball and involved in play.

Offside is not called for U6 thru U10 age groups.

Law 12: Fouls and Misconduct

Fouls are classified as either Penal (Contact) or Technical (Non-Contact)

Penal fouls include tripping, pushing, etc. Technical fouls include dangerous play and impeding (obstruction).

Yellow or red cards are administered for fouls committed carelessly or recklessly for U12 and up but are rarely required in SYS. Cards are never shown to U6-U10 players.

Coaches for younger players deal with inappropriate behavior by removing the players from the game for a “cool down” period.

Law 13: Free Kicks

Free kicks are either direct or indirect.

A goal can be scored from a direct free kick.

Indirect kicks must be touched by another player before going in the goal for the score to count.

All free kicks for U6 thru U10 are indirect free kicks.

Law 14: Penalty Kick

Penalty kicks are awarded when the defense commits a direct free kick foul in the penalty area.

No penalty kicks are awarded for U6-U10 age groups.

Law 15: Throw-In

A throw-in is taken when the ball completely crosses the touchlines (sidelines)
U6 players will use a kick-in when the ball completely crosses either the touchlines or goal lines.

U8 players are allowed a second attempt after an illegal throw. After the second attempt, the opposing team will be awarded a throw-in.

Law 16: Goal Kick

A goal kick is awarded when the offense kicks the ball over the opponents' goal line.

The ball must leave the goal area to be in play or the kick is retaken.

U6 use kick-ins instead of goal kicks.

Law 17: Corner Kick

A corner kick is awarded when the defense kicks the ball over their goal line.

For more information and detailed explanations of the Laws of the Game, visit any of the following web sites:

United States Soccer Federation:

<http://www.ussoccer.com>

Federation Internationale de Football Association:

<http://www.fifa.com>

United States Youth Soccer Association

<http://www.usyouthsoccer.org>
