

NCYSA - TEAM SIZE/FIELDS DIMENSIONS 2018

Under-7 Rules Game Format Summary Chart

Age Group	Field Players	Roster Size	Game Duration	Ball Size
U-7	4 maximum (NO GOALKEEPERS)	4 min - 8 max	Determined by Club	3

Field Dimension Chart

Age Group	Recommended Field Size	Min / Max Field Size	Goal Size	Center Circle	Goal Area	Penalty Area	Corner Arcs	Penalty Mark
U-7	25 yd x 35 yd.	Min 15 x 25 yd Max 25 x 35 yd	4 ft. x 6 ft.	5 yd.	None	None	None	None

The half line will be used as the build out line. The build out line is used to promote playing the ball out of the back in an unpressured setting. Before a goal kick, the opposing team shall move behind the build out line. Once the opposing team is behind the build out line the goal kick can be taken. After the ball is put into play, the opposing team can cross the build out line and play resumes as normal.

Under-8 Rules Game Format Summary Chart

Age Group	Field Players	Roster Size	Game Duration	Ball Size
U-8	4 maximum (NO GOALKEEPERS)	4 min - 8 max	Four 10 min quarters	3

Field Dimension Chart

Age Group	Recommended Field Size	Min / Max Field Size	Goal Size	Center Circle	Goal Area	Penalty Area	Corner Arcs	Penalty Mark
U-8	25 yd x 35 yd.	Min 15 x 25 yd Max 25 x 35 yd	4 ft. x 6 ft.	5 yd.	4 yd. x 5 yd.	6 yd. to 8 yd.	1 yd.	None

The half line will be used as the build out line. The build out line is used to promote playing the ball out of the back in an unpressured setting. Before a goal kick, the opposing team shall move behind the build out line. Once the opposing team is behind the build out line the goal kick can be taken. After the ball is put into play, the opposing team can cross the build out line and play resumes as normal.

Under-9 & Under-10 Rules Game Format Summary Chart

Age Group	Field Players	Roster Size	Game Duration	Ball Size
U-9/U-10	7 maximum, including GK	7 min - 12 max	Two 25-minute halves	4

Field Dimension Chart

Age Group	Recommended Field Size	Min / Max Field Size	Goal Size	Center Circle	Goal Area	Penalty Area	Corner Arcs	Penalty Mark
U-9 & U-10	45 x 65 yd.	Min 35 x 55 yd Max 45 x 65 yd	6 ft. x 12 ft.	8 yd.	4 yd. x 8 yd.	12 yd. x 24 yd	1 yd.	10 yd.

The build out line will be equal distant between the top of the penalty area and the halfway line and visible from touch line to touch line. The build out line is used to promote playing the ball out of the back in an unpressured setting. Before a goal kick, the opposing team shall move behind the build out line. Once the opposing team is behind the build out line the goal kick can be taken. After the ball is put into play, the opposing team can cross the build out line and play resumes as normal.

Under-11 & Under-12 Rules Game Format Summary Chart

Age Group	Field Players	Roster Size	Game Duration	Ball Size
U-11 & U-12	9 maximum, including GK	9 min - 14 max.	Two 30-minute halves	4

Field Dimension Chart

Age Group	Recommended Field Size	Min / Max Field Size	Goal Size	Center Circle	Goal Area	Penalty Area	Corner Arcs	Penalty Mark
U-11 U-12	55 yd. x 80 yd.	Min 45 x 70 yd Max 55 x 80 yd	6 ft. x 18 ft.	8 yd.	5 yd. x 16 yd	14 yd. x 36 yd	1 yd.	10 yd.

U11 will utilize Build Out Lines. The build out line will be equal distant between the top of the penalty area and the halfway line and visible from touch line to touch line. The build out line is used to promote playing the ball out of the back in an unpressured setting. Before a goal kick, the opposing team shall move behind the build out line. Once the opposing team is behind the build out line the goal kick can be taken. After the ball is put into play, the opposing team can cross the build out line and play resumes as normal.

**Under-13 through Under-19 Rules
Game Format Summary Chart**

Age Group	Field Players	Roster Size	Game Duration	Ball Size
U-13, U-14	11 max. including GK	11 min - 18 max.	Two 35-minute periods	5
U-15, U16	11 max. including GK	11 min - 22 max.	Two 40-minute periods	5
U-17 thru U-19	11 max. including GK	11 min - 22 max.	Two 45-minute periods	5

Field Dimension Chart

Age Group	Recommended Field Size	Min / Max Field Size	Recommended Goal Size	Center Circle	Goal Area	Penalty Area	Corner Arcs	Penalty Mark
U-13 thru U-19	75 yd. x 115yd.	Min 50 x 100 yd Max 75 x 115 yd	8 ft. x 24 ft.	10 yd.	6 yd.	18 yd.	1 yd.	Laws of the Game