

Field Size Recommendations

6.6 Appendix A

Fields must be rectangular, cannot be square.					
Age	U6/U7/U8 Plays 4v4 (no Goalie)	U9 & U10 Plays 7v7	U11 & U12 Plays 9v9	U13/U14/U15 Plays 11v11	U16 and Older Plays 11v11
Play Info	4 Quarters no more than 10 mins each w/ 5 min breaks between	2 x 25 Min Halves 5 min Halftime No added time	2 x 30 Min Halves 5 min Halftime No added time	U13/U14 = 2x35 Min Halves U15 = 2x40 Min Halves	U16 = 2x40 Min Halves U17+ = 2x45 Min Halves
Ball Size	3	4	4	5	5
Referee Structure	Specific to Rec Program	1 Center (each team to provide a club AR)	Full 3 Ref Crew	Full 3 Ref Crew	Full 3 Ref Crew
Traning/ Games	1 to 2 tranings a week no formal games necessary	Min 5 Players to start Play, Each player should play 50% of game, Substition on any Stoppage	Min 6 Players to start Play, Each player should play 50% of game, Substition on any Stoppage		
	Each player should play 50% of games/scrimmages when played	Game/Training Ratio - 1 to 2 trainings per game played. Players should play in no more than 20 games a year and no more than 1 per day.	Game/Training Ratio - 2-3 trainings per game played. Players should play in no more than 30 games a year and no more than 1 per day.		
	Recommended 6 (or 12 for two team break for scrimmages)	Roster no more 12	roster no more 15	roster no more 18	roster no more 22 with only 18 active on game day roster
Length	25-35	55-65	70-80	95-112	100-112
Width	15-25	35-45	45-55	60-75	60-75
Goal Size- Min	4 x 6	6.5' (H) x 18' (W)	6.5' (H) x 18 (W) Recommended	8' (H) x 24 (W)	8' (H) x 24 (W)
Max	4 x 6	7.5' (H) x 21' (W) to be Phased out over the next 5 years	7.5' (H) x 21' (W)	Max and Min The Same	Max and Min The Same
Goal Area	Not Applicable	A total of 8 yards wide and 4 yards into the field of play	A total of 12 yards wide and 5 yards into the field of play	6 yards from each post and 6 yards into the field of play	6 yards from each post and 6 yards into the field of play
Heading	Not Allowed - If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense	Not Allowed - If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. In the penalty box its awarded at on penalty box line closest to the spot of the offense.	Not Allowed - If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. In the penalty box its awarded at on penalty box line closest to the spot of the offense.	Allowed	Allowed
Buld Out Line		build-out line shall be established on each side of the field from one sideline to the other at a point that is halfway between the top of the penalty area and the midfield line.	Not Applicable	Not Applicable	Not Applicable

Build Out Line / Punting		If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.	Not Applicable	Not Applicable	Not Applicable
		When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punting is not allowed). After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal - Ball is in play when it is outside the goal box.	Not Applicable	Not Applicable	Not Applicable
Offsides	None	<p>Players cannot be penalized for an offside offense between the halfway line and the build out line.</p> <p>Players can be penalized for an offside offense between the build out line and goal line.</p>	Per Fifa Rules	Per Fifa Rules	Per Fifa Rules
Penalty Area	Not Applicable	A total of 24 yards wide and 12 yards into the field of play	A total of 36 yards wide and 14 yards into the field of play	18 yards from each post and 18 yards into the field of play	18 yards from each post and 18 yards into the field of play
Penalty Spot	Not Applicable	10 yards from center of goal line and the Arc 8 yards out. 10 yards	10 yards from center of goal line and the Arc 8 yards out. 10 yards	12 yards from center of goal line 12 yards	12 yards from center of goal line 12 yards
Center Circle	Not Applicable	8 yard radius	8 yard radius	10 yard radius	10 yard radius
Corner Arc	Not Applicable				
Penalty Arc	Not Applicable	8 yards from penalty spot	8 yards from penalty spot	10 yards from penalty spot	10 yards from penalty spot
Notes:					
Goals:		It is recommended that when buying goals you purchase the new standard of 6.5 x 18.5 for U9 through U12.			
Recreation:	U.S. Soccer Recommendations - Implementation is recommended but not mandatory				

Based on guidelines set by U.S. Youth Soccer - Updated August 2016