



North Puget Sound League Operating Procedures

Final Revised 8/28/2025



1.1 Introduction

To provide an environment under which the development of youth soccer players is maximized, a Regional North Puget Sound League (hereafter known as the NPSL) has been formed for age groups Under-9 through Under-19. It is administered under Washington Youth Soccer with administration delegated to and executed by the NPSL Board of Directors.

The Washington Youth Soccer (WYS) Bylaws and Operating Procedures along with the Bylaws of the North Puget Sound League constitute the governing documents. Modifications to the Operating Procedures and Rules of Competition have been made expressly for NPSL competition. The Operating Procedures and Rules of Competition contained herein shall govern the operation of the NPSL.

1.2 Administration

1.2.1 League Administration

As outlined in the Bylaws of the North Puget Sound League, the NPSL Board of Directors (BOD) will be elected at the annual general meeting each year. The Board of Directors will then establish the Operations Committee. The Operations Committee's principal responsibility is for running the League under the guidance of NPSL Operating Procedures, including updating the Operating Procedures and voting on changes to the Operating Procedures as outlined therein. In addition, the Operations Committee will work with the Board of Directors as appropriately to ensure an adequate budget for the execution of League operations. Other activities may be coordinated on behalf of the League by the Operations Committee as requested by Member Clubs or referred to the Board of Directors for action.

1.2.2 NPSL Operations Committee Membership

The NPSL Operations Committee shall consist of members of the BOD and representatives of the Member Clubs, and will be chaired by the Director of Competition, who is appointed by the Board of Directors.

1.2.3 NPSL Operations Committee Voting

Voting of the NPSL Operations Committee will be weighted based upon how many teams a member club has in the NPSL. Voting strength based on team counts are established as of September 1st and carry through until August 31st of the following year and are based on team counts for the fall and winter seasons alone. Teams participating in the developmental season do not count towards the club team totals.

- 4 to 10 teams: One (1) vote
- 11 to teams: Two (2) votes
- Over 20 teams: Three (3) votes

A quorum will be determined based upon voting strength of those in attendance. Committee members not directly representing clubs such as the members of the BOD and Director of Competition get one vote.

1.2.4 NPSL Leagues

The NPSL will play a traditional, 12-game fall season for all boys ages and younger girls (U19 and below), September through mid- December. No games will be scheduled on the weekend after Thanksgiving Day. The U9 and U10 age group will play a 10 game season. The NPSL will also administer a 10-12 game winter season (December through March) for the older girls (GU15-GU19) and a 6-game spring developmental season (no standings) for U14 and below that runs late February through early April. For the U15 age group there will be a 6 game developmental season in the fall for the girls and a 6 game developmental season in the spring for the boys.



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1.2.5 NPSL Operating Procedures

The NPSL Operations Committee will formulate, publish and maintain the Operating Procedures and Rules of Competition for the NPSL.

1.3 NPSL Structure

The league structure for each division is based on the number of applicants. If teams drop, the league will be played as scheduled with a 'bye' inserted where games were previously scheduled, unless a new team is inserted by the NPSL Director of Competition.

1.4 Participant Eligibility

The league is open to all players, coaches, trainers, managers, administrators and officials without discrimination on the basis of race, color, religion, age, sex, sexual orientation, gender identity, gender expression or national origin.

For purposes of player registration on gender-based amateur teams please refer to US Soccer Federation Policy 601-5 Section 6.

1.5 Team Eligibility

All teams must submit applications by the prescribed date published on the league web site. Applications and team payment will only be accepted through normal WYS association and club procedures for participating clubs.

Teams must be in good standing with League, Club, Association and WYS with regard to fees and fines from the prior season before their application will be accepted.

1.6 Entry Forms and Fee

- a. To enter the NPSL, it is required that eligible teams register on the web site. Clubs will be billed and pay the entrance fee to NPSL. Payment will not be accepted directly from teams.
- b. The entry deadline is late July for all teams participating in Fall League, early November for all teams participating in Winter League, and early February for all teams participating in Spring League. *Note: Reference the NPSL website for exact dates as they may vary from year to year.*
- c. If any team withdraws under any circumstance after the entry deadline, the team's entry fee will not be reimbursed.

1.7 Team Placement

A placement meeting will be held in August for the fall season, and in November (in person or by email/conference call) for the winter season. There will be no formal placement meeting for the spring developmental season. The Directors of Coaching or club representatives authorized to make team placements are required to attend the placement meeting for league play. Preliminary placements will be circulated to the clubs prior to the meeting. Any team withdrawing after the league schedules are finalized and distributed for any of the seasons may be subject to a fine.



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During league play, any team having an unexcused forfeiture, as determined by the NPSL Operations Committee, will be fined for referee and field costs. These fines will be assessed to the club for each occurrence. A pattern of unexcused forfeiture may result in expulsion from the NPSL. The league strongly encourages that teams work together to reschedule games and avoid unnecessary forfeitures.

Please refer to the NPSL Schedule of Fees and Fines for further information.

1.8 League Standings/Tie Breaker

- a. Three (3) points will be given for each win, one (1) point for each tie, and zero (0) points for a loss.
- b. If any ties exist in Division standings, the following criteria will be used for breaking those ties (except as qualified elsewhere in this document):
 1. Head to head.
 2. Fewest goals against: All league games.
 3. Best goal differential: All league games.
 4. Flip a coin.
- c. Ties in Divisional standings between three or more teams will be resolved as follows:
 1. Eliminate the results of all teams not tied.
 2. Apply the point system to the remaining teams which are tied.
 3. For teams that remain tied; the following criteria will be used for breaking those ties. (i) Head to head.
 4. Fewest goals against.
 5. Best goal differential.
 6. Flip a coin.
- d. For leagues that provide an uneven number of games, standings will be based on the ratio of achieved points to maximum points teams may obtain (e.g., Team A has 27 of possible 30 points = .900 versus Team B has 27 of possible 33 points = .818).

1.9 Recognition Awards

Recognition of winning teams will be accomplished through the presentation of awards, budget permitting. Awards may be in the form of individual trophies, medallions, and/or team trophies. NPSL recognizes that the emphasis for U9-U12 is developmental, thus awards will not be given. Developmental seasons, GU15 girls in the fall, and the Developmental Spring League will not receive awards.

1.10 Rules of Play

All league play, tournaments, and special competition under the jurisdiction of the NPSL shall be conducted in accordance with current Washington Youth Soccer Rules of Competition, except as modified herein. Please refer to reference tables at the end of this document for team roster and game roster numbers, field sizes, goal sizes and game durations. Please note that all clubs are expected to provide fields and goals of appropriate size for the age of play. Goals adhere to appropriate goal dimensions with crossbar and posts. Portable goals such as Bownets are no longer allowed.

- a. Build out line for U9, U10, U11 and U12 can be indicated with cones located on the sidelines if not otherwise marked on the field.



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- b. As per WYS rules of Competition modified rules for U9, U10, U11 and U12:
Under recommendation from US Soccer Federation, US Youth Soccer and WYS, for U9, U10, and U11 there will be no heading of the ball. The opposing team will be awarded an indirect free kick for dangerous play if a player intentionally heads the ball. For players playing in U12 or above it is the responsibility of the coach to instruct individual players who are age appropriate to U11 or below playing up to not head the ball.
- c. Field of Play parameters:

U9 & U10: Field of play shall measure 35-45 yards by 55-65 yards. The center circle shall have an 8 foot radius. The penalty area shall measure 12 by 24 yards and the goal area 4 by 8 yards. The penalty mark is 10 yards from the goal line. Build out lines shall be designated on the field or on the sideline by cones half way between the top of the penalty area and the midfield line. Goal dimension shall be 6'x 12'to 6.5'x 18'. This dimension must be met either by fixed goals. Portable goals such as Bownets are NOT allowed.

U11 & U12: Field of play shall measure 45-55 yards by 70-80 yards. The center circle shall have an 8 foot radius. The penalty area shall measure 14 by 36 yards and the goal area 5 by 16 yards. The penalty mark is 10 yards from the goal line. Build-out lines shall be designated on the field or on the sideline by cones halfway between the top of the penalty area and the midfield line. Goals dimension shall be 6.5" x 18' to 7' x 21". Portable goals such as Bownets are NOT allowed.

For U9, U10, U11 and U12: Build out lines will be used to encourage play out of the defending third. The goalkeeper may not restart the ball by punting or drop kicking.

For the restart of a ball using the build out lines: Goal-kick: The opposition can enter the build area as soon as the ball is kicked and has clearly moved. The ball is considered in play when it has been kicked and clearly moved. Players for the team in possession of the goal kick may choose to position themselves inside the penalty area. Should an opposing player enter the build out area early the kick will be retaken.

GK In Possession with their Hands: The opposition retreats back to the "build out line", opponents can enter the build out area as soon as the goalkeeper puts the ball into play. Should an opposing player enter the area early, the restart will be retaken. If the GK puts the ball in play quickly (throw, roll or set the ball at their feet) the opposition can now defend immediately, even if they are inside the "build out line" area.
The offside law will be enforced from the halfway line for U9, U10, U11 and U12.

For U9, U10, U11 and U12: Free Kicks conform to the FIFA Laws of the Game including direct and indirect free kicks with the exception that all opponents are at least eight yards away from the ball until it is in play.

For U9, U10, U11 and U12: Penalty Kicks conform to the FIFA Laws of the Game with the exception that the penalty mark is 10 yards from the goal line and all other players other than the kicker and the goalkeeper are at least 8 yards from the penalty mark. These distances fit within the reduced dimensions of the reduced penalty area for the modified dimensions of the field.

1.11 Player's Equipment

Each player shall have a number on the player's jersey. The number shall be affixed to the back of the jersey, clearly visible and a minimum of six (6) inches high. Each player on a team must wear a number different from the number of every other player on the team. Numbered jerseys for goalkeepers are optional.



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Home teams will wear light kits and away teams will wear dark kits. If a club has only one kit, they must communicate with their opposition ahead of time to agree on uniform colors for their matches.

1.12 Game Roster Sheets

Prior to a NPSL game, coaches must provide the referee with an NPSL approved game roster sheet and valid player passes (cards) for all players upon referee request. Players on player pass must be listed on the roster.

All misconduct incident reports must be reported to the NPSL following the NPSL Disciplinary Committee process.

1.13 Coaching/Sideline Conduct

- a. Teams will set up on one side of the field while spectators will be located on the opposite side of the field.
- b. It shall be the responsibility of each team to maintain proper spectator conduct. Each coach, manager and Club shall be held primarily accountable for the conduct of spectators for or from their respective teams. At no time shall foul or abusive language actions directed at officials, players or opposing sidelines be permitted on the field.
- c. Coaching from the sidelines – giving direction to one's own team on points of strategy and position – is permitted, provided:
 1. Neither mechanical nor electronic devices are used;
 2. The tone of voice is informative and not a harangue.
- d. All coaches, substitute players and other bench personnel are to remain within the "coaching area" (two yards behind the touch line and not within eighteen yards of the goal line).
- e. No player, coach, substitute player or other bench personnel are to make derogatory remarks or gestures to the referees, other players, substitutes, or spectators.
- f. No player, coach, substitute player or other bench person is to use profanity.
- g. No player, coach, substitute player or other bench person is to incite, in any manner, or engage in any kind of disruptive behavior.
- h. If the above rules are violated, the referee shall ask the offending party for compliance with the rules. The referee may file a written incident report to the NPSL office, attn: NPSL Disciplinary Committee.
- i. In the event that compliance is not received from the offending party, the referee shall ask the offending party to leave the playing area. If this request is made, the referee must file a written incident report to the NPSL Disciplinary Committee.
- j. If the offending party refuses to leave the playing area, or returns after leaving, the referee shall abandon the match and file a written incident report of the game abandonment with the NPSL Disciplinary Committee.
- k. It shall be the responsibility of each team to maintain proper spectator conduct. Each coach, manager and team, club, or league official shall be held primarily accountable for the conduct of the spectators for or from their respective teams. At no time shall foul or abusive language be permitted at any field.



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1.14 Scheduling of Games

- a. Regularly scheduled NPSL games shall have priority over any and all competition entered into by NPSL teams.
- b. The NPSL Operations Committee is responsible for scheduling of all games. They have final authority to determine division seeding and playing dates.
- c. NPSL games will be scheduled on weekends using the following age group guidelines, B/G U9 through U14 will play on Saturdays, B U15 and older will play on Sundays, G U15-18 will play on Saturdays (Winter/Spring season). Exceptions to this scheduling policy will be managed by the NPSL Operations Committee.
- d. The Home team determines field location and kick-off time. Teams must provide their opponents with home game and requested kick-off time information:
 1. League games should be scheduled to begin no earlier than 9:00 AM and no later than 5:00 PM, unless agreed to by the visiting team in writing (includes fax and E-mail) at least two (2) weeks prior to the game.
 2. Teams traveling more than 75minutes for one game need to have time to travel in the same day. These games should not start before 11:00 AM or after 3:00 PM. The Association address of the traveling team to the scheduled game field determines travel time.
 3. Failure to schedule game start times within the prescribed guidelines may result in a mandatory game reschedule at the discretion of the NPSL Director of Competition.
- e. The respective NPSL Director of Competition must approve all schedule changes. A schedule change request must be agreed to by both teams and must be submitted to the NPSL Director of Competition prior to the scheduled game date. If the request is approved, the home team is responsible for rescheduling the field and the officials. If a team fails to show, on this date, that team will receive a loss for that game. If both teams fail to show, both teams will receive a loss for that game, zero points for both teams.
- f. If a referee declares a field unplayable at kick-off time or the field is closed by the field administrator, both coaches must report the postponement to the NPSL Director of Competition. The home team is responsible for rescheduling the game with the approval of the visiting team. If the teams cannot agree on a reschedule date, the NPSL Director of Competition will determine the reschedule date and location. The designated home team will be responsible for any field rental and referee expenses. If a team fails to show, on this date, that team will receive a loss for that game. If both teams fail to show, both teams will receive a loss for that game, zero points for both teams.
- g. If a game is not played because there was no referee and a substitute could not be agreed upon (reference NPSL Rule "Officiating"), subject to the approval of the NPSL Director of Competition, the visiting team may have the choice of rematch date and location. If there is no referee at the rescheduled game and a substitute cannot be agreed upon, the respective NPSL Director of Competition will reschedule the game at the expense of both teams.
- h. If both teams have been notified of the game location and kick-off time, and one team fails to show up for the game, following a fifteen (15) minute grace period, the game will be forfeited to the showing team with a score of 1-0.
- i. If both teams have been notified of the game location and kick-off time, and both teams fail to show up for the game, both teams will receive a loss for that game, zero points for both teams.



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- j. All league games must be played by the final weekend of the league season unless approved in advance by the NPSL Director of Competition.

1.15 Responsibilities of Coaches/Managers

- a. The following are the responsibilities of the assigned "home team":
 - 1. Marking the field-of play;
 - 2. Providing a proper game ball;
 - 3. Providing nets and corner flags;
 - 4. Providing adequate directions to the opposing team to the "home team's" venue as soon as game time and location are scheduled by the local scheduler, and at least seventy-two (72) hours prior to the game and by no later than 9:00 PM Wednesday night.
 - 5. Communicating the sideline policy to the opposing team, and the match referees.
- b. Visiting teams must confirm receipt of the above "directions" by no later than 9:00 PM Thursday night.
- c. Failure of the "home team" to properly notify the visiting team of game time and location and failure of the "visiting team" to acknowledge receipt of the game time and location information may result in a rescheduled game at the discretion of the NPSL Director of Competition.
- d. It is the responsibility of coaches and managers to work with their counterparts to reschedule games in the event of conflicts.
- e. Weather conditions and field closures are the exception to the aforementioned game notification and confirmation rules.
- f. The Coach or Manager of both teams (regardless of win, loss, or tie) must report the final game score to the NPSL Director of Competition via the online score reporting system by Monday following the game. Teams that do not report their score may be fined \$15 for each occurrence.
- g. Any coach, assistant coach, team manager, or other party having direct contact with players must be in compliance with Washington Youth Soccer's Risk Management Policy.

1.16 Reporting Scores

Teams must report the game score as directed by the NPSL Director of Competition via the online score reporting system.

If a game was not played as scheduled for any reason, this information must be reported to the NPSL Director of Competition.

If a game is rescheduled, the score must be reported to the NPSL Director of Competition via the online score reporting system following the actual game.

If a game was abandoned, this information must be reported to the NPSL Director of Competition.



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1.17 Officiating

- a. A referee shall be assigned to officiate each game with the authority assigned as specified in the “Laws of the Game” (FIFA).
- b. If possible, the Referee Assignor will be responsible for scheduling properly registered and qualified referees and assistant referees.
- c. If assistant referees cannot be scheduled, each team must provide one (1) person to act as club linemen, if the referee wishes. Assistant referees are not required for U9 & U10 games. Assistant referees are recommended at U11 and U12 and required at U13 and above.
- d. Referees who are also coaches, team managers, or relatives of players-of-record in a given age group of the NPSL shall not be assigned matches in that age and gender group. Other individuals should disqualify themselves if there is a conflict of interest in that age and gender group.
- e. Failure of a center referee to show up within fifteen (15) minutes of a scheduled game time will constitute grounds for a rematch. A substitute official may be chosen upon agreement by both coaches and the substitute’s decisions will be final.
- f. Coaches may file a letter of concern on a referee to the Washington Youth Soccer Youth Referee Administrator.
- g. It is the responsibility of the Member Association or Club to send a complete NPSL game schedule to the Referee Coordinator responsible for scheduling referees for their NPSL games at the earliest opportunity.
- h. Before the start of each game, the referee will ensure the home team’s sideline policy is followed.
- i. If any player has been sent off the field of play by the referee for violating the “Laws of the game”, the referee must file a report within 48 hours of the completion of the game to the NPSL Disciplinary Committee. (Contact information will be available on the NPSL websites.)
- j. Before the start of each game, the referee will obtain a game sheet and collect the membership passes from each team. Players and coaches not listed on the game sheet and not possessing a valid membership pass will not be allowed to participate in the game. At the end of the game, the referee will note on the game sheet: the final score, misconducts issued, and any other information deemed appropriate. The referee will return one copy of each game sheet to each team, and if misconducts were issued or other problems noted, return or fax a copy to the NPSL Disciplinary Committee office. (Contact information will be available on the NPSL website.)
- k. Concerns over quality of officiating should be directed to the appropriate referee association and referee assigner who provided the referee for the match with an outline of concrete issues to be addressed. NPSL is not responsible for the referees and has no administrative authority over referees.

1.18 Protests

- a. A protest is a challenge of the results of a match, due to a **misapplication of the Laws of the Game**, NPSL rule, or applicable WYS rule.



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- b. **Only the coach of record of the game in conjunction with club leadership may file a protest. Notice of the protest must be communicated to the center referee after the conclusion of the game, before the center referee leaves the field.**
- c. The protest must then be filed in writing with the league within 48 hours of the conclusion of the match by the Club leadership- **including director of coaching of the club, club president if there is no director of coaching, or association president.** No action will be taken on any protest communicated only verbally. The filing must include the following:
 - 1. The age level, division, teams involved, date, time, and location of the field, as well as the name(s) of the referee(s) if known;
 - 2. Description of the circumstances leading to the protest;
 - 3. **Specific rule that was misapplied**, including rule number and where the rule is documented;
 - 4. Statement of the desired resolution;
 - 5. Name of the person filing the complaint including contact information;
 - 6. Video footage will not be reviewed as part of a protest.
- d. The proper filing fee, as specified in the NPSL Schedule of Fees and Fines, must be paid by check, submitted by mail or in person, and received by the league office before the protest will be heard. The filing fee will NOT be refunded regardless of outcome of the protest.
- e. Matters that the Laws of the Game leave to the opinion, discretion or judgment of the referee are not protestable.
- f. In the event that a match was refereed by a substitute official chosen upon agreement by both coaches as provided in 1.15(e), the decisions of the substitute official are final and the match is unprotestable.
- g. In the special case of a protest involving use of an ineligible player, the league may waive some of the requirements above, but the evidence submitted must clearly establish that the player was ineligible, and not be merely circumstantial or accusatory.

1.19 Game Abandonment

- a. If it has been determined that a NPSL game is abandoned by the referee due to actions of the coach, players, spectators or any combination thereof, **NO REPLAY WILL BE GRANTED.**
- b. Furthermore, if at the time of the abandonment:
 - 1. The opposing team is ahead, the score will be the final score.
 - 2. The team causing the abandonment is ahead, the game shall be considered forfeited and a score of 1-0 in favor of the opposing team will be awarded.
 - 3. If the score is tied, the game shall be considered forfeited and a score of 1-0 in favor of the opposing team will be awarded.
 - 4. If it has been determined that both teams caused the abandonment, then both teams will be given a loss, zero points for both teams.
- c. If it has been determined that a NPSL game is abandoned by the referee due to unsafe weather conditions, the following will be applicable:
 - 1. If the game is abandoned in the first half, the game shall be replayed in its entirety with the score reset to 0-0.
 - 2. If the game is abandoned at half-time or in the second half, the result of the game at the time of abandonment shall become final. No replay will be allowed.



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1.20 Disciplinary

- a. The NPSL Disciplinary Committee Director shall form a Disciplinary Committee comprised of members from participating Associations and Clubs. This Committee, shall review each week on Thursday evenings (unless otherwise notified), written reports submitted by referees, and forwarded to them for processing, any misconduct at NPSL games played the weekend previous to the meeting. It shall be the responsibility of the coach, or listed alternate, to contact the Disciplinary Committee Director to obtain notification of action taken.
- b. The Disciplinary Code is covered in the Washington Youth Soccer Judicial Operating Document.
- c. Players that accumulate three yellow cards during the NPSL season will be ineligible to compete in their next scheduled NPSL game. Yellow card totals will not be carried over from the league season to other events.
- d. Players receiving a red card will be ineligible to compete in their next regularly scheduled game after the next regularly scheduled Disciplinary Committee hearing, unless the red card is canceled or reduced by the Disciplinary Committee. A more severe penalty may be applied by the Disciplinary Committee under established guidelines.
- e. Penalty points will be accumulated over the seasonal year. Yellow cards will be accumulated at one (1) point each, red cards at three (3) points each. A player receiving two (2) yellow cards in one game, resulting in a red card will count as three (3) points and will be suspended for one (1) game. The two yellow cards that led to the red card in that game will not be counted against the yellow card accumulation. Should this player have a yellow card from a previous game, that card will carry forward and count for future infractions.
- f. Players that accumulate seven (7) points from red and/or yellow card accumulation during the seasonal year will be suspended and be required to petition the Disciplinary Committee for reinstatement of eligibility to compete on any Washington Youth Soccer team. Upon reinstatement, the Disciplinary Committee will set the terms and conditions of probation. Failure to comply with the terms and conditions of probation may cause those player(s) to be suspended for the remainder of the seasonal year.
- g. Coach expulsion carries a minimum one (1) game and up to four (4) game suspension depending on the type of infraction and pending review by the disciplinary committee.
- h. A coach of a team receiving fifteen (15) points accumulated from red and/or yellow cards during the seasonal year will be required to appear before the Disciplinary Committee, which will determine appropriate action. Failure of the coach to appear after notification will cause the coach to be suspended, and require written petition to the Disciplinary Committee for reinstatement of eligibility to coach this or any Washington Youth Soccer team.
- i. All petitions for reinstatement must be accompanied by a \$50.00 non-refundable fee.

1.21 Disputing Misconduct Reports

- a. NPSL follows the Washington Youth Soccer Judicial Operating Document with regards to a player or coach wishing to dispute a red or yellow card that they received.
- b. All appeals must be handled per the Washington Youth Soccer Operating Document. WYS currently leaves all appeals at the league level.



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1.22 Ethics

- a. No coach/player will have in his/her possession, consume, or be under the influence of alcohol or drugs during any NPSL event.
- b. All coaches, managers, players and spectators will adhere to the Washington Youth Soccer Ethics Operating Document and Code of Ethics.
- c. Any coach, manager or official found guilty by a Washington Youth Soccer Ethics Committee of knowingly using an ineligible player(s) (over-age, improperly registered, or under disciplinary suspension) will be suspended from participation in all Washington Youth Soccer activities not to exceed the current and subsequent seasonal year.

1.23 Player Pass

Washington Youth Soccer (WYS) incorporates the option for WYS-sanctioned leagues to use the player pass within league play. The NPSL will only permit per the Player Pass Operating Procedure.



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1.24 Quick Reference Tables:

Table 1: NPSL Summary Chart of Rules of Competition

	U9-U10	U11	U12	U13	U14	U15-U16	U17-U19
# of Players on Field	7	9	9	11	11	11	11
Max # of Players on Roster	12	16	16	18	18	22	22
Max # of Players for a Game	12	14	14	18	18	18	18
Game Time Period (Minutes)	2 x 25	2 x 30	2 x 30	2 x 35	2 x 35	2 x 40	2 x 45
Time Between Periods (Minutes)	5	5	5	5	5	5	5
Ball Size	4	4	4	5	5	5	5
Field Width (yards) - (a)	35-45	45-55	45-55	50-75	50-75	50-75	50-75
Field Length (yards) - (a)	55-65	70-80	70-80	100-115	100-115	100-115	100-115
Build out Line	Halfway between p.a. and midfield	Halfway between p.a. and midfield	Halfway between p.a. and midfield	No	No	No	No
Center Circle Radius (Yards)-(a)	8	8	8	10	10	10	10
Goal Area (Yards)- (a)	4 x 8	5x16	5x16	6 X 20	6 X 20	6 X 20	6 X 20
Penalty Area (Yards) (a)	12 x 24	14x36	14x36	18 X 44	18 X 44	18 X 44	18 X 44
Corner Arc Radius (Feet)	3	3	3	3	3	3	3
Goal Size (feet) (b)	6x12 to 6.5x18	6.5x18	6.5x18	8 x 24	8 x 24	8 x 24	8 x 24
Slide Tackling	No	Yes	Yes	Yes	Yes	Yes	Yes
Heading-(c)	No	No	Yes	Yes	Yes	Yes	Yes
Goalkeeper Punts & Dropkicks	No	No	No	Yes	Yes	Yes	Yes
Offside Rule (from midfield line)	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Penalty Kick Distance (Yards)	8	8	8	12	12	12	12
Direct Free Kicks	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Free Kick Defender Distance (yds)	8	8	8	10	10	10	10
Retake on Throw-In or Kick-Off	No	No	No	No	No	No	No
Throw-In Defender Distance (yds)	2	2	2	2	2	2	2
Goal Scored From Goal Kick	No	Yes	Yes	Yes	Yes	Yes	Yes

- Sizes are USSF recommended dimensions. Adjustments to fit physical constraints or permanent markings is acceptable.
- Both fixed and portable goals such as bownets allowed to attain correct goal size
- No player U11 or younger should be heading the ball - USSF and US Youth restriction.
For build out line of a Goal-kick, the opposition can enter the build area once the ball is played.
For build out line- GK in possession with their hands, opposition can enter the build out area as soon as the GK puts the ball into play.



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Table 2: Birth Year and Age Group

Season	2025-26	2026-27
Birth Year		
2018		U9
2017	U9	U10
2016	U10	U11
2015	U11	U12
2014	U12	U13
2013	U13	U14
2012	U14	U15
2011	U15	U16
2010	U16	U17
2009	U17	U18
2008	U18	U19
2007	U19	
2006		
2005		
2004		