

6.6 Appendix Field Dimensions/ Play Recommendations

Field Sizes / Play Recommendations - Appendix A					
Age	6U/7U/8U (4v4 no Goalie)	9U & 10U (7v7)	11U & 12U (9v9)	13U/14U/15U (11v11)	16U and Older (11v11)
Play Info	4 Quarters no more than 10 mins each w/ 5 min breaks	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	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 CCL)	Full 3 Ref Crew	Full 3 Ref Crew	Full 3 Ref Crew
Training/ Games	1 to 2 trainings a week no formal games necessary	Min 5 Players to start Play, recommended each player should play 50% of game. Substitution on any Stoppage	Min 6 Players to start Play, Recommended each player should play 50% of game. Substitution 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
Field Length	25-35	55-65	70-80	95-120	100-120
Field Width	15-25	35-45	45-55	60-75	60-75
	Fields must be rectangular -	cannot be square.			
Goal Size	4 x 6	6.5' (H) x 18' (W) Recommended	7.5' (H) x 21' (W) Recommended	8' (H) x 24 (W)	8' (H) x 24 (W)
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. If the penalty occurs in the goal box (traditional 6 yard box). The indirect free kick its awarded on goal area line closest to the spot of the offense parallel to the goal.	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
Build 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. 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 does not need to clear the penalty area to be in play.	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 goal area line parallel to the goal line at the nearest point to where the infringement occurred.	Not Applicable	Not Applicable	Not Applicable
Offsides	None	Players cannot be penalized for an offside offense between the halfway line and the build-out-line. Players can be penalized for an offside offense between the build out line and goal line	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	10 yards from center of goal line	12 yards from center of goal line	12 yards from center of goal line
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
Based on guidelines set by U.S. Youth Soccer					