

SYSA RULESHEET UPDATED 2023

FIFA Laws Category	Key:	Best Practices for Club In-House Leagues					Official SYSA Citywide Rules			
	Age Group	U-5	U-6	U-7	U-8	U-9	U-10	U-11	U-12	U-13-19
	Players on Field	3 v 3	4 v 4	4 v 4	5 v 5	7 v 7	7 v 7	9 v 9	9 v 9	11 v 11
Field of Play	Field Size (yards)	20-35 L 15-25	25-35 L	25-35 L 15-25	35-45 L 25-35 W	55-65 L 35-45	55-65 L 35-45	70-80 L	70-80 L 45-55	100-115 L 70-80 W
Field of Play	Maximum Goal Size	4 x 6	4 x 6	4 x 6	6 x 8	6 x 18	6 x 18	6 x 18	6 x 18	8 x 24
Field of Play	Build-Out Line	Y	Y	Y	Y	Y	Y	Y	Y	N
The Ball	Ball Size	3	3	3	3	4	4	4	4	5
Players	Roster Size (max)	6	8	8	9	12	12	14	14	18-22
Players	Min. # Players	2	3	3	4	5	5	6	6	7
Players	Play a GK	N	N	N	Y	Y	Y	Y	Y	Y
Players	GK Punt	-	-	-	N	N	N	N	N	Y
The Duration of the Match	Game Time (# periods)	2 x 16	2 x 18	2 x 20	2 x 20	2 x 25	2 x 25	2 x 30	2 x 30	2x35-45
The Start & Restart of Play	Score Directly	N	N	N	N	N	Y	Y	Y	Y
Offside Called	Offsides Called	N	N	N	N	Y	Y	Y	Y	Y
Offside Called	Offside Line	-	-	-	-	Mid	Mid	Mid	Mid	Mid
Fouls and Misconduct	Heading	N	N	N	N	N	N	N	N	Y
Fouls and Misconduct	Sendoffs &	N	N	N	N	N	Y	Y	Y	Y
Fouls and Misconduct	Slide Tackling	N	N	N	N	N	Y	Y	Y	Y
Free Kicks	Direct Kicks	N	N	N	N	Y	Y	Y	Y	Y
The Penalty Kick	Penalty Kicks	N	N	N	N	Y	Y	Y	Y	Y
The Throw-in	Re-try Throw-ins	Y	Y	Y	Y	Y	N	N	N	N
The Goal Kick	Score Directly	N	N	N	N	N	Y	Y	Y	Y
The Corner Kick	Re-try Corner	Y	Y	Y	Y	N	N	N	N	N
Game Management*	Referees Provided	N	N	N	N	N	Y	Y	Y	Y
Players Equipment	Safety	All items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. Using tape to cover jewelry is not permitted. The compulsory minimum equipment for a player comprises the following items: •a shirt with sleeves •shorts •socks •shin guards (covered by the socks)								
SYSA Adapted	Scores Recorded &	N	N	N	N	N	Y	Y	Y	Y

SYSA Adapted For the purpose of competition. the ball is in play from the GK as soon as they play the ball.

SYSA Adapted SYSA tries to follow recommended goal & field sizes, but recognizes that equipment and field constraints need to be considered at some locations around the city.

SYSA Adapted 3-Goal or Lop-sided game Policy- The team that is behind by 3 goals can add a player to help find competitive balance. If the team is 6 goals behind they must add a 2nd additional player. When 9 goals behind the coaches are asked to discuss mixing up the teams and scrimmage until

SYSA Adapted All Spring Soccer games run 50 minutes (2x25), with 5 min halftimes, and end 5 minutes before the hour.

SYSA Adapted Field Sizes are USSF recommended dimensions. Adjustments to fit physical constraints or permanent markings is acceptable.