



HYSA Recreation Soccer Guidelines

	U3-U5	U6-U8	U9-U10	U11-U12	U13 and older
Ideal Roster size	8-12	8	10-12	12-14	15-18
Games	Scrimmages	4v4	7v7	9v9	11v11
Goalkeeper	N/A	No	Yes	Yes	Yes
Game Duration	2 x 10 mins	4 x 10 mins	2 x 25 mins	2 x 30 mins	2 x 35 mins
Referee's	N/A	U6- No U7/U8- Yes	Yes	Yes	Yes
Practice	45 mins to 1 hr	1 hour mins	1 hour 15 mins	1 hour 30 mins	1 hour 30 mins
Ball size	3	3	4	4	5
Build out line	No	Yes- half way line	Yes- marked line	No	No
Field and goal size	25/35 x 15/25 4 x 6	25/35 x 15/25 4 x 6	55/65 x 35/45 6.5 x 18	70/80 x 45/55 7 x 21	100 x 65 8 x 24

All age groups must have coaches and substitutes on one side of the field and spectators on the other. No spectators or coaches are allowed behind the goals.

U3-U6 Game day

- 4v4 with mini goals.
- NO GOALKEEPERS.
- No throw ins, corners, restarts or goal kicks. Dribble on or pass in to restart play. Opposing players should give 5 yards of space for the ball to enter.
- No offside rule.
- Substitutions on any dead ball. Have substitutes ready to enter for quick turnaround.
- Coach from the sideline, one coach maybe on the field to help if needed.

U7-U8 Game day

- 4v4 with mini goals.
- NO GOALKEEPERS.
- Throw ins, corners, restarts and goal kicks will take place.
- No offside rule.
- Substitutions on any dead ball. Have substitutes ready to enter for quick turnaround.
- Coach from the sideline, one coach maybe on the field to help if needed.

U9-U10 Game day

- 7v7 including goalkeeper
- Throw-ins when ball leaves the sideline.
- Goal kick if ball leaves end line off the offense, restart at 6yard box.
- Corner kicks played.
- Offside rule used.
- No Punting from the goalkeeper is allowed.
- Official build out lines to be used.
- Substitutions must ask the referees for permission.
- Coaches stay on the sidelines to coach.

U11-U12 Game day

- 9v9 including goalkeeper
- Throw-ins when ball leaves the sideline.
- Goal kick if ball leaves end line off the offense. Restart at the 6yard box.
- Corner kicks played.
- Offside rule used.
- Substitutions must ask the referees for permission.
- Coaches stay on the sidelines to coach.

U13 and older Game day

- 11v11 including goalkeeper
- Substitutions must ask referees for permission.
- Rules to conform to FIFA: FIFA Laws of the Game are available on our website.
- Coaches stay on the sidelines to coach.