

GSSA Youth Soccer Playing Rules (2025/2026)

Approved: July 14, 2025

League	Roster	Format	Keeper	Slide tackle	Offside	Heading	Game Length	Keeping Score	Ball Size
U4-U5	8	4v4	No	No	No	No	5min Q	No	3
U6	8	4v4	No	No	No	No	8 min Q	No	3
U7-U8	8	4v4	No	No	No	No	10 Min Q	No	3
U9-U10	12	7v7	Yes	Yes	Yes	No	25 Min H	Yes	4
U11-U12	16	9v9	Yes	Yes	Yes	No	30 Min H	Yes	4
U13-14	18	11v11	Yes	Yes	Yes	Yes	35 Min H	Yes	5
U15-16	22	11v11	Yes	Yes	Yes	Yes	40 Min H	Yes	5
U17-19	22	11v11	Yes	Yes	Yes	Yes	45 Min H	Yes	5

GSSA players and coaches shall follow [NTSSA Rule 3.14](#), NMSCL rules, and [IFAB Laws](#) of the Game except as specified in the GSSA Modified Playing Rules below.

All divisions, the following modifications apply:

- It is mandatory that each player participate in at least 50 percent of each game he or she attends. If a player shows up after a match has started in an Under 5 through Under 8 game, he or she must play at least one of the remaining quarters. If a player shows up after a match has started in an Under 9 through Under 19 game he or she must play at least half of the remaining time in the game.
 - Players and coaches will sit on one side of the field; spectators will sit on the other side of the field.
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U4-U6 divisions the following modification applies:

- One (and only one) coach from each team shall enter the field for part or all of the

match in order to instruct players. There will be no refs and the coaches should collaborate to teach the game.

U4-U5 Specific Rules

Coaches will run a 30 minute practice before the game with their team on half of the field. After the 30 minute practice, the coaches will run a mini-game with four 5-minute quarters. There are no throw-ins, goal kicks, or corner kicks. Coaches will play out of bounds balls back into the field in a fair manner.

U6 Specific Rules

- One (and only one) coach from each team shall enter the field for part or all of the match in order to instruct players. There will be no refs and the coaches should collaborate to teach the game.

Coaches will run a 10 minute warm up and then play four 8 minute quarters. Players will incorporate throw-ins and goal kicks into the game. Coaches should not play the ball back in when it goes out of bounds.

U5-U12 divisions the following modification applies:

- A player is not permitted to use his or her head to play the ball. A player is considered to have used his or her head to play the ball when he or she uses their head to control the direction of the ball. It is not considered a violation of this rule when the ball makes contact with a player's head and the player does not make an effort to control the direction of the ball.

U4-U8 divisions the following modifications apply:

- Substitutions may only be made between quarters, at half time, or if there is an injury or other unsafe condition.

- A goal may not be scored directly from any start or restart (no "direct kicks").

- "Slide tackling" is not permitted. A player is considered to commit a "slide tackle" when he or she leaps forward or slides on the ground while attempting to take the ball away from an opponent.

- Coaches for U4-U8 teams are highly discouraged from stationing a player directly in front of the goal at all times during games. You may assign various players to be defenders during the course of the game to move around in relation to the position of

the ball on the field but not to “guard the goal”.

U9-U10 divisions the following modifications apply:

- The goalkeeper may not punt or drop kick the ball.
- A build out line will be marked on the field between the penalty area and the half line.
- When the goalkeeper has possession of the ball in his or her hands the opposing team must move behind the build out line.
- During a goal kick the opposing team must move behind the build out line.
- Offside will not apply between halfway line and the build out line.