STANDARD FULL-SIDED GAMES
- Full-sided (11v11) SAY Playing Rules will be used in the 14-U (Kickers) through 19-U (Seniors) age groups

STANDARD SMALL-SIDED GAMES
- Small-sided (9v9) SAY Playing Rules will be used in the 12-U (Strikers) age group
- Small-sided (7v7) SAY Playing Rules will be used in the 8-U (Passers) and 10-U (Wings) age groups

NON-STANDARD TEAM SIZES
- Leagues may opt to vary the size of teams requiring games to be played using less than or more than the standard number of players for an age group.
- In all games using the designated standard number of players (or not) the following relevant criteria are to be used:
  - **11v11 games**: not more than eleven (11) players, and not fewer than seven (7) players,
  - **10v10 games**: not more than ten (10) players, and not fewer than six (6) players,
  - **9v9 games**: not more than nine (9) players, and not fewer than six (6) players,
  - **8v8 games**: not more than eight (8) players, and not fewer than five (5) players,
  - **7v7 games**: not more than seven (7) players, and not fewer than five (5) players,
  - **6v6 games**: not more than six (6) players, and not fewer than four (4) players.
- The number of players allowed in a game for each team includes the goalkeeper.

PLAYERS
- A player is a team member who has been given permission by the Referee to be in the game and has entered the field-of-play.
- One of the players must be the goalkeeper.
- All other team members are substitutes.
SUBSTITUTIONS

The following substitutions may only be made with the permission of the Referee:

- Both teams may substitute any number of players:
  1) on a goal kick
  2) after a goal
  3) during an extended time out (as for an injury
  4) between periods
  5) when the Referee stops the game to issue a caution or a send-off

- On a throw-in the team in possession of the ball may substitute any number of players.
  1) If the team in possession of the ball chooses to substitute, the opposing team may also substitute any number of players.
  2) If the team in possession of the ball chooses not to substitute, the opposing team may not substitute any players.

- A substitute becomes a player only upon entering the field-of-play after being acknowledged by the Referee.
- At the moment a substitute becomes a player, the teammate being replaced becomes a substitute (no matter whether on or off the field-of-play).

INFRINGEMENTS & SANCTIONS

- Any substitute entering the field of play without the permission of the Referee, or any substitute who interferes with play whether by entering or leaving the field-of-play shall be subject to punishment for illegal substitution.
- If the infraction is noted while the ball is in play, the Referee shall stop play.
- Play is to be restarted with an indirect free kick (IFK) against the offending team at the location where the ball was when play was stopped.
- Whether or not the ball is in play, the substitute(s) shall be cautioned, shown a yellow card and removed from the field-of-play.
CHANGING THE GOALKEEPER

- During the progress of the game, the Referee must be notified specifically before the Goalkeeper is changed (except when change is made between periods).

- Any player on the field changing places with the goalkeeper without the permission of the Referee while the ball is in play, shall be subject to punishment for improper change.
- Play is not stopped immediately
- At the next stoppage of play, the Referee will caution both players.

PLAYERS SENT-OFF

- A player ejected after the game starts may not be replaced.
- The team will play short-handed the remainder of the game.
- The player must be allowed to stay in the bench area and shall not be sent away from the field.