

# Referee Quick Chart of Rules of Competition

	U9/U10	NCYSA U10	Rec	RCL, NPSL U10	U11/U 12	RCL, NPSL U11	NCYSA U11/12	Rec	RCL, NPSL U12	U13	U14	U15- U16	U17-U19
# of Players on Field	7				9					11	11	11	11
Max # of Players on Roster	12				14					18	18	22	22
Max # of Players for a Game	12				14					18	18	18	18
Game Time Period (Minutes)	2 x 25				2 x 30					2 x 35	2 x 40	2 x 40	2 x 45
Time Between Periods (Minutes)	5				5					5	5	5	5
Ball Size	4				4					5	5	5	5
Build out Line	Halfway between p.a. and midfield					Halfway between p.a. and midfield	No		No	No	No	No	No
Slide Tackling	No				Yes					Yes	Yes	Yes	Yes
Heading-(c)	No					No	No		Yes(a)	Yes	Yes	Yes	Yes
Goalkeeper Punts & Dropkicks	No				Yes					Yes	Yes	Yes	Yes
Offside Rule	Yes (b)				Yes					Yes	Yes	Yes	Yes
Penalty Kick Distance (yds)	8				8					12	12	12	12
Direct Free Kicks		No		Yes	Yes					Yes	Yes	Yes	Yes
Free Kick Defender Distance (yds)	8				8					10	10	10	10
Retake on Throw-In or Kick-Off	No				No					No	No	No	No
Throw-In Defender Distance (yds)	2				2					2	2	2	2
Goal Scored From Goal Kick	No				Yes					Yes	Yes	Yes	Yes

a) No Heading U12 and below (No player aged 11 or younger should be heading the ball - USSF and US Youth restriction.)

b) A player can only be in an offside position if any part of the head body or feet is between the opponents build-out line and goal line.

For the purposes of competition, the ball is in play from the goalkeeper only when received by a teammate beneath the build out line.