

Field Dimensions

Age Group	Recommended L x W	Penalty Area L x W	Goal Area L x W	Penalty Kick Mark L x W
U5 & U6	25 x 20	None	Optional	None
U7	35 x 25	None	12 x 3	None
U8	35 x 25	None	12 x 3	None
U10	50 x 40	26 x 10	18 x 6	8
U12	80 x 60	30 x 14	18 x 6	10
U13 - U19	110 x 70	44 x 18	20 x 6	12

* - For U7, there is also a sweeper/keeper line, 12 ft. from end line across the field

General Rules and Regulations

Age Group	U5 & U6	U7 & U8	U10	U12	U14	U16	U19
Ball Size	3	3	4	4	5	5	5
No. of players							
Max. on the field	3	4	6	8	11	11	11
To Start Match	3	3	5	6	7	7	7
To Finish Match	3	3	5	6	7	7	7
Length of Game							
Halves or Quarters	1 Period	2	2	2	2	2	2
Length	30	20	30	30	35	40	45
Halftime Length	0	5	10	10	10	10	10
Offside	No	No	Yes	Yes	Yes	Yes	Yes

Roster

U5 - U10: No team roster is used

U12: A State Team Roster and Player passes will be used.

U14 - U19: A complete team roster shall be prepared by each coach and presented to the referee prior to the start of the match. The roster can be found under forms on the PTCYSA website. It shall include the name and number of each registered player on each team, whether present or not.

Substitutions and Playing Time Requirements for small sided recreation games

U5 & U6, U7 & U8, and U10: Half of each half is the mandated playing minimum per player. It is recommended that whenever possible all players should play three-fourths of each game, unless the player is unwilling or unable

- There shall be five times to substitute.

1. At two of the times, substitutions are mandatory:

- In the middle of the first half of play
- In the middle of the second half of play.

2. At the other three times, substitutions may be made at the option of the coach:

- At halftime
- In case of an injured player substitution; the opposing team may sub as well.
- In case of fatigue, or for individual player instruction, or to return a player after instruction at a stoppage in play. (only that player may be substituted)

At mandatory substitution time, all players on bench must be substituted.

Substitutions and Playing Time Requirements for 8v8 and 11 v 11

Substitutions are unlimited.

Goalkeeper Playing Time

U10 & U12: In recreation play, each player must play at least half of a game in a non-goalkeeper position.

U5 & U6: No Goalkeeper will be used. U7 & U8: A sweeper/keeper is used.