

SWYSA RULES OF COMPETITION CHART

	U5 (3v3)	U6 (4v4)	U7 (4v4)	U8 (5v5)	U9 (7v7)	U10 (7v7)	U11 (9v9)	U12 (9v9)	U13-U14 (11v11)	U15-U16 (11v11)	U17-U19 (11v11)
# of Players on Field	3	4	4	5	7	7	9	9	11	11	11
Max # of Players on Roster	6	8	8	10	12	12	16	16	18	22	22
Max # of Players for a Game	6	8	8	10	12	12	16	16	18	18	18
Recommended Roster Size	6	8	8	9	11	11	13	13	16	16	18
Game Time Period (Minutes)	(4) x 8 min	(4) x 8 min	(4) x 8 min	(2) x 20	(2) x 25	(2) x 25	(2) x 30	(2) x 30	(2) x 35	(2) x 40	(2) x 45
Time Between Periods (Minutes)	5	5	5	5	5	5	5	5	5	5	5
Ball Size	3	3	3	3	4	4	4	4	5	5	5
Field Width (yards)	15-25	15-25	15-25	15-25	35-45	35-45	45-55	45-55	50-75	50-75	50-75
Field Length (yards)	25-35	25-35	25-35	30-40	55-65	55-65	70-80	70-80	100-115	100-115	100-115
Prefered WxL (yards)	20x30	20x30	20x30	25x40	40x60	40x60	50x80	50x80	70x110	70x110	70x110
	Halfline	Halfline	Halfline	Halfline	Halfline	Halfline	Halfline	n/a	n/a	n/a	n/a
Build out Line	- The build out line promotes playing the ball out of the back in a less pressured setting - When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play - Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed) - After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal - The opposing team must also move behind the build out line prior to a goal kick and may only cross the build out line once the ball has been put into play - If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense - If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred If the opposing team commits a build out line offense, the restart is an indirect free kick at the spot of the offense										
Center Circle Radius (Yards)	3	3	3	3	5	5	7	7	10	10	10
Goal Area (Yards)	none	none	none	3 x field width	4x15	4x15	6x18	6x18	6x20	6x20	6x20
Penalty Area (Yards)	none	none	none	none	10x30	10x30	14x40	14x40	18x44	18x44	18x44
Penalty Kick Distance (Yards)	n/a	n/a	n/a	n/a	7	7	8	8	12	12	12
Corner Arc Radius (Feet)	2	2	2	2	3	3	3	3	3	3	3
Goal Size range (feet)	4x6 to 6x6	4x6 to 6x6	4x6 to 6x6	6x8 to 6x12	6x12 to 6x18.5	6x12 to 6x18.5	6.5x18.5 to 7x21	6.5x18.5 to 7x21	8x24	8x24	8x24
Goal Size recommended (feet)	4x6	4x6	4x6	6x12	6.5x18.5	6.5x18.5	6.5x18.5	6.5x18.5	8x24	8x24	8x24
Slide Tackling	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes
Heading	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes
Goalkeeper	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Goalkeeper Punts & Dropkicks	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes
	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Offside Rule	The offside rule will not be enforced for U6-U8. However, players cherry picking or standing in front of the opponents goal will be called offside										
Assistant Referee (linesmen)	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes
Direct Free Kicks	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Free Kick Defender Distance (yds)	3	3	3	3	5	5	7	7	10	10	10
Retake on Throw-In or Kick-Off	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No
Throw-In Defender Distance (yds)	2	2	2	2	2	2	2	2	2	2	2
Goal Scored From Goal Kick	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes

Law 15. The Throw-in	Use of a five-second visual countdown when a player/team is delaying the taking of a throw-in. If the time limit is exceeded, the throw-in is awarded to the opposing team
Law 16. The Goal Kick	Use of a five-second visual countdown when a player/team is delaying the taking of a goal kick. If the time limit is exceeded, a corner kick is awarded to the opposing team
Substitutes	Ten-second time limit for players to leave the field of play when being substituted. If the time limit is exceeded, the substitute cannot enter until the first stoppage after one minute has elapsed

Rule Updates Fall 2026	U12 only - Goalkeeper punts are now allowed, the build out line no longer applies Added note to build out line to clarify restart of a build out line offense. Added law changes regarding delay of play
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These format guidelines apply to all teams and games in SWYSA's recreational leagues. Teams in regional, select and RCL premier leagues should check with their league registrar regarding rules and regulations.

This chart incorporates the recommended rules by US Soccer Standards Chart, and voted on by the SWYSA Board of Commissioners.

U8 rules are unique to SWYSA, adding a 5th player to the field (goalkeeper)

NO EARRINGS ALLOWED. Refs are instructed to NOT allow any players on the field with earrings, they MUST be removed.

No jewelry allowed unless otherwise stated in the Rules and Regulations.

Field Sizes are recommended dimensions. Adjustments to fit physical constraints or permanent markings is acceptable.

Last Updated: August 26, 2026