

## VSL Age Specific Rules

	<b>U8</b>	<b>U9 - U10</b>	<b>U11 - U12</b>	<b>U13 - U14</b>	<b>U15- U16</b>	<b>U17- U19</b>
Field Players	4v4, NO GK	7v7	9v9	11v11	11v11	11v11
Game Length	4 x 10'	2 x 25'	2 x 30'	2 x 35'	2 x 40'	2 x 45'
Field Size (in yards)	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 70-80 Width 50-100	Length 100-135 Width 50-100	Length 100-135 Width 50-100	Length 100-135 Width 50-100
Max Goal Size (feet)	Height 4 Width 6	Height 6.5 Width 18.5	Height 7 Width 21	8x24	8x24	8x24
Center Circle (radius)	None	8 yds	8 yds	FIFA	FIFA	FIFA
Goal Area (in yards)	None	8x4	12x5	FIFA	FIFA	FIFA
Penalty Area (in yards)	None	24x12	36x14	FIFA	FIFA	FIFA
Ball Size	#3	#4	#4	#5	#5	#5
Uniforms	#'d, tucked (FIFA)	#'d, tucked (FIFA)	#'d, tucked (FIFA)	#'d, tucked (FIFA)	#'d, tucked (FIFA)	#'d, tucked (FIFA)
Playing Time	>= 50% of game	>= 50% of game	Per Coach	Per Coach	Per Coach	Per Coach
Throw-in Retakes	Per Ref	Per Ref	No	No	No	No
Sliding Tackles	No	No	Yes	Yes	Yes	Yes
Direct/ Indirect Kicks	Only IFKs	FIFA	FIFA	FIFA	FIFA	FIFA
Penalty Kicks	No	Yes	Yes	Yes	Yes	Yes
Offsides	No	Yes	Yes	Yes	Yes	Yes
Subs	VSL Rules	VSL Rules	VSL Rules	VSL Rules	VSL Rules	VSL Rules

**\*\*HEADING THE BALL:** U.S. Soccer is recommending that heading the ball be prohibited for children 10 and under, and to limit the activity to practice *only* for children ages 11 to 13.