

2008-2009 Youth Soccer Playing Numbers & Sizes

Beginning August 1st, 2008, the Northern Illinois Soccer League (NISL) will be implementing playing standards for all age groups in the league. The NISL fully supports Youth Soccer playing numbers, size, rules, and regulations.

Attached is the Playing Size Chart for the 2008-2009 Season.

Player development, as well as administrative and economic concerns, have all been taken into consideration regarding the new playing standards.

We have used four (4) levels of development with a few carry-overs from age to age.

- Level 1: U7 & U8 groups
- Level 2: U9 & U10 groups
- Level 3: U11 & U12 groups
- Level 4: U13 & above groups

The chart concerns itself with U7 through U14 age groups.

Notes and Explanations:

Please note that penalty areas for every age group are the measurements from the base of the goalpost towards the sidelines and the base of the goal post out into the field of play. Also note that player distances from the ball refer to Kick-offs and direct kicks.

Level 1 Standards

- ◆ Playing Numbers: 5 vs 5 (U7 & U8)
- ◆ Playing Time: 2 x 25-minute halves
- ◆ Roster Size: Maximum of 12 players
- ◆ Field Size: 30-40 yards long x 25-35 yards wide
- ◆ Goal Size: 4.5 feet high x 9 feet wide
- ◆ Penalty Area: 6 yards
- ◆ Player Distance from Ball: 4 yards

Level 2 Standards

- ◆ Playing Numbers: 7 vs 7 (U9 & U10) (U8-League Approval)
- ◆ Playing Time: 2 x 30-minute halves
- ◆ Roster Size: Maximum of 14 players
- ◆ Field Size: 50-60 yards long x 35-45 yards wide
- ◆ Goal Size: 6.5 feet high x 12 feet wide
- ◆ Penalty Area: 10 yards
- ◆ Player Distance from Ball: 6 yards

Level 3 Standards

- ◆ Playing Numbers: 9 vs 9 (U11 & U12)
(*Exception for top 18 U12 teams play 11 vs 11)
- ◆ Playing Time: 2 x 30-minute halves (U11)
2 x 35-minute halves (U12)
- ◆ Roster Size: Maximum of 16 players

- ◆ Field Size: 70-80 yards long x 45-55 yards wide
- ◆ Goal Size: 6.5 feet high x 18 feet wide (7 feet x 21 feet is acceptable)
- ◆ Penalty Area: 14 yards
- ◆ Player Distance from the Ball: 8 yards

Level 4 Standards

- ◆ Playing Numbers: 11 vs 11 (U13 & above) (U12 Classic Division)
- ◆ Playing Time: 2 x 35-minute halves (U13)
2 x 40-minute halves (U14, U15, & U16)
2 x 45-minute halves (U17, U18, & U19)
- ◆ Roster Size: Maximum of 18 players
- ◆ Field Size: 100-120 yards long x 60-70 yards wide
- ◆ Goal Size: 8 feet high x 24 feet wide
- ◆ Penalty Area: 18 yards
- ◆ Player Distance from Ball: 10 yards

Ball Sizes

Ball sizes will not follow the direct level of the charts. They will be secured as follows:

- ◆ Size 3: U7 & U8
- ◆ Size 4: U9, U10, U11, & U12
- ◆ Size 5: U13 & above

Substitutions

Substitutions are on the fly up to and including U12, with re-entry permitted.

Regulation substitution are permitted with re-entry from U13 through U19 (with the exception of Premiership and Classic Divisions. In these cases, re-entry is permitted at halftime only).

Offside

There are no offside for U7 and U8.

Kicks

Every kick is direct at U7 & U8 age groups.

Penalty Kicks

There are no penalty kicks for U7 & U8 age groups. All kicks must be outside the area and must be direct.

Red Cards

No red cards are used for U7, U8, U9 and U10 players. There is, however, a time-out for exuberant players.

Matters not Provided For

There are no throw-ins for Level 1. Kick-ins are permitted.

2008 - 2009 YOUTH SOCCER PLAYING NUMBERS & SIZES

	U7	U8	U9	U10	U11	U12	U13	U14
11 vs 11						11 vs 11		
10 vs 10						*1*		
9 vs 9								
8 vs 8								
7 vs 7		7 vs 7						
6 vs 6		*2*						
5 vs 5								
4 vs 4								
Playing Numbers	5 vs 5	5 vs 5	7 vs 7	7 vs 7	9 vs 9	9 vs 9	11 vs 11	11 vs 11
Playing Time	2 x 25 min	2 x 25 min	2 x 30 min	2 x 30 min	2 x 30 min	2 x 35 min	2 x 35 min	2 x 40 min
Roster Size	12	12	14	14	16	16	18	18
Field Size - L	30-40 yds	30-40 yds	50-60 yds	50-60 yds	70-80 yds	70-80 yds	100-120 yds	100-120 yds
Field Size - W + / - 5 yds	X 25-35 yds	X 25-35 yds	X 35-45 yds	X 35-45 yds	X 45-55 yds	X 45-55 yds	X 60-70 yds	X 60-70 yds
Goal Size - H	4.5 ft	4.5 ft	6.5 ft	6.5 ft	6.5 ft (*3*)	6.5 ft (*3*)	8 ft	8 ft
Goal Size - W	X 9 ft	X 9 ft	X 12 ft	X 12 ft	X 18 ft (*3*)	X 18 ft (*3*)	X 24 ft	X 24 ft
Penalty Area	6 yds	6 yds	10 yds	10 yds	14 yds	14 yds	18 yds	18 yds
Distance From Ball	4 yds	4 yds	6 yds	6 yds	8 yds	8 yds	10 yds	10 yds
Ball Size	3	3	4	4	4	4	5	5
Substitution	FLY	FLY	FLY	FLY	FLY	FLY	REG	REG
Offsides	NO	NO	YES	YES	YES	YES	YES	YES
Kicks	D	D	I & D	I & D	I & D	I & D	I & D	I & D
Penalty	NO	NO	YES	YES	YES	YES	YES	YES
Red Cards (Players)	NO	NO	NO	NO	YES	YES	YES	YES

1 - U12 Classic Division only will play 11v11. Top 18 teams determined prior to start of season

2 - U8 teams unable to provide extra small field and goals register 9C (Grandfathered 2009-2010 season)

3 - 8 ft x 24 ft goals permitted at U12 and U11