

AYSA Playing Rules and Guidelines

These are the rules and guidelines set forth by Appleseed Youth Soccer Association and are subject to change with or without notice. Member clubs may put more stringent guidelines in place but may not be less restrictive than those below.

	5v5	7v7	9v9	11v11
Ages	U8	U10	U12	U13+
Goalkeepers	Yes	Yes	Yes	Yes
Field Length	35-50 yards	55-65 yards	70-80 yards	100-120
Field Width	15-25 yards	35-45 yards	45-55 yards	50-60
Recommended Field Size	45x25 yards	65x45 yards	70x55 yards	112x55 yards
Recommended Goal Size	6x8 feet 6x12 feet	6x12 feet 6x18 feet	6x18 feet (recommended) 7x21 feet (maximum)	8x24 feet
Ball Size	3	4	4	5
Playing Time	2x20 minutes	2x25 minutes	2x25 minutes	2x30 minutes
Quarter/ Half-time Intervals	5 minutes	10 minutes	10 minutes	10 minutes
Offside	No	FIFA	FIFA	FIFA
Shin Guards	Mandatory	Mandatory	Mandatory	Mandatory
Minimum Distance from a Restart	6 yards	8 yards	8 yards	10 yards
Build-out Line	**No	*Yes	No	No
Max Team Roster	10	12	14	21
Offside Location	N/A	*Build-out Line	FIFA	FIFA
Minimum # Players	4	5	6	7
Individual Playing Time	Equal / Fair	Equal / Fair	Equal / Fair	Equal / Fair
Suggested Results & Standings	End of Season Summary / Blind Draw Tournament	End of Season Summary / Blind Draw Tournament	End of Season Summary / Blind Draw Tournament	End of Season Summary / Blind Draw Tournament

Penalty Kicks	No	FIFA	FIFA	FIFA
Kick-offs	Yes / Indirect	FIFA	FIFA	FIFA
Free Kicks	Indirect	FIFA	FIFA	FIFA
Goal Kicks	Yes / Indirect	FIFA	FIFA	FIFA
Corner Kicks	Yes / Indirect	FIFA	FIFA	FIFA
Substitutions	Unlimited	Unlimited	Unlimited	Unlimited
Throw-ins	FIFA	FIFA	FIFA	FIFA
Suggested Games per Day	1	1	1	1
Suggested Practices per Week	1-2	2-3	2-3	2-3
Punting	No (Indirect Free Kick)	No (Indirect Free Kick)	Yes	Yes
Intentional Heading	No (Indirect Free Kick)	No (Indirect Free Kick)	Yes	Yes
Concussion Protocols	Yes	Yes	Yes	Yes
Referees	Yes (Home team is responsible for the referee if none available) \$10.00/team	Yes (Home team is responsible for the referee if none available) \$13.00/team	Yes (Home team is responsible for the referee if none available) \$15.00/team	Yes (Home team is responsible for the referee if none available) \$18.00/team
Corner Flags Required	No	Yes	Yes	Yes
Adding Players to Field: Example 1 player after down by 5 goals 2 players when down by 6 goals. These players must also be removed accordingly.	When down by 5 goals	When down by 5 goals	When down by 5 goals	When down by 5 goals
Slide Tackling	No	No	No	No

*Build Out Line

When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, 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 (punting is 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.

If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense.

If the punt 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.

The build out line will also be used to denote where offside offenses can be called.

Players cannot be penalized for an offside offense between the halfway line and the build out line.

Players can be penalized for an offside offense between the build out line and goal line.

**U7 & U8 Midfield

Opposing team players must move behind/toward the midfield line after the goal keeper gains control of the ball.

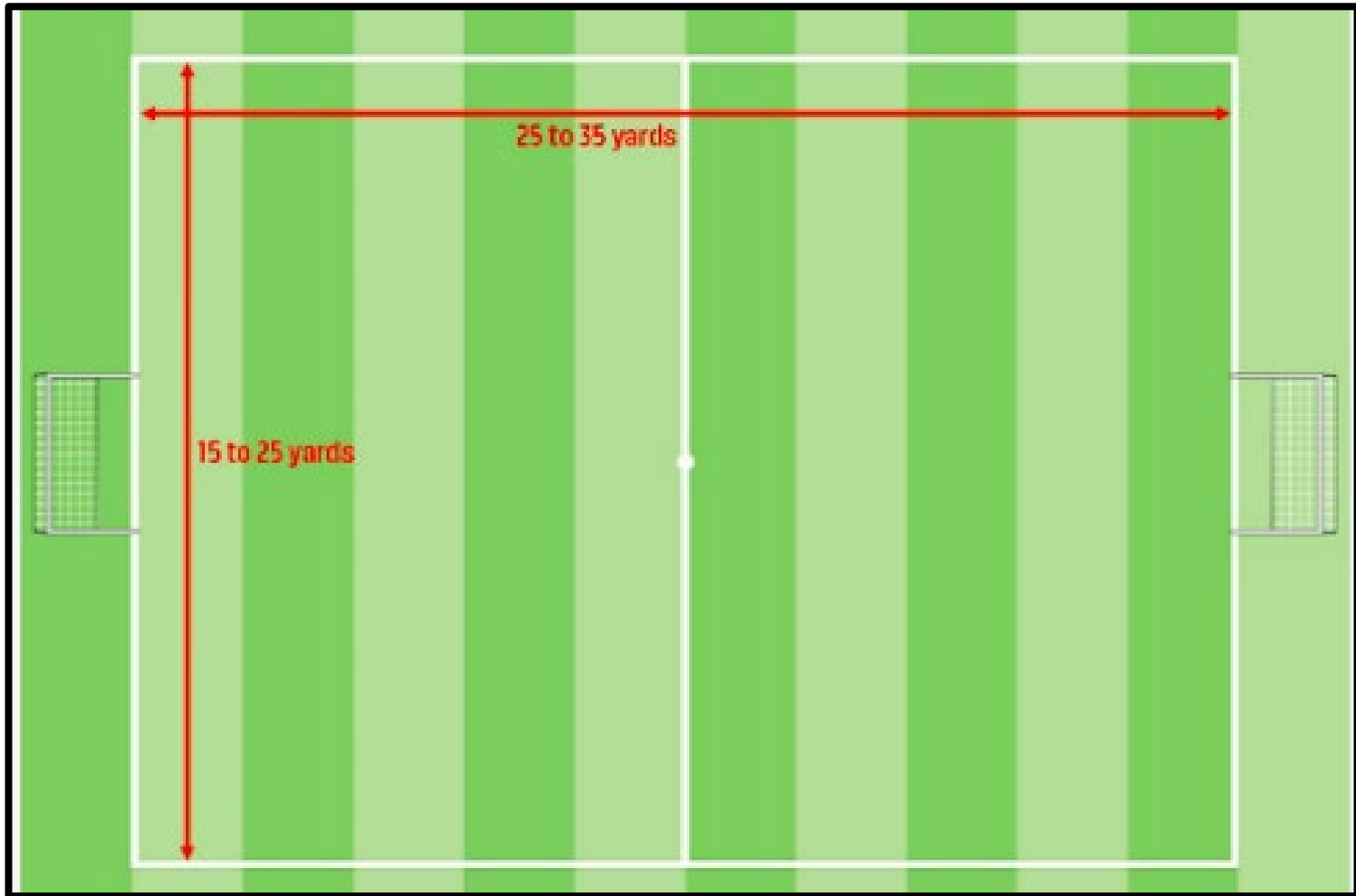
Opposing team players must move behind / toward the midfield line for a goal kick.

U7

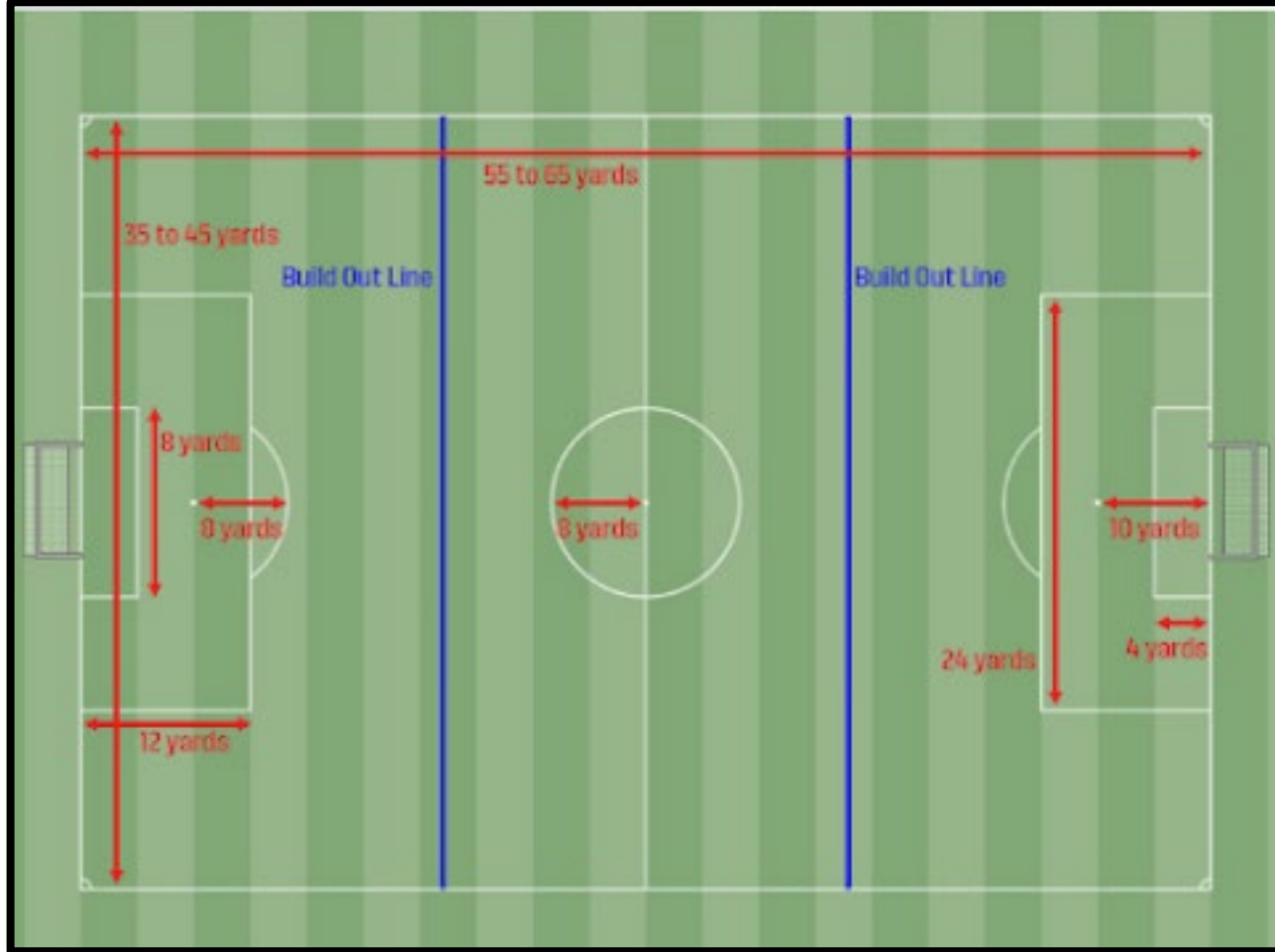
During Tournament will pay referees fee \$10.00/team per games played.

No coaches will be allowed on field during tournament.

5v5 Modified Field



7v7 Modified Field



9v9

Modified Field

