

AYSO Area 2D – Age-Specific Rules, 2019-20

Topic	5/6U	7/8U	9/10U	12U	14U	16/19U	19U
Ball size	3	3	4	4	5	5	5
Length of half (minutes)	10	20	25	30	35	40	45
Max./min. # of players	4/3	4/3	7/5	9/6	11/7		
Substitution	Mid-way of each half (“quarter”), half, and injury				See below—Note 1		
Playing time	Three “quarters” of the game						
Deliberate heading	See below—Note 2				IFAB Laws		
Slide tackling	See below—Note 3			IFAB Laws			
Misconduct	Does not apply		See below—Note 4		IFAB Laws		
Offside	Does not apply		Judged at build-out line	IFAB Laws			
Penalty kicks	Does not apply		IFAB Laws				
Free kicks	All free kicks are indirect		IFAB Laws				
Goalkeepers	No goalkeepers		No punting	IFAB Laws			
Build-out line	Does not apply		Defensive players must move behind build-out line on goalkeeper possession and on goal kicks	Does not apply			
Restart if ball leaves field over touchline	Pass-in	Throw-in, pass-in, or dribble-in	IFAB Laws				

Note 1: Substitution and playing time in 14U, 16/19U, and 19U

If there are 14 or fewer players available to play during the match, then all players must participate in three-fourths of regulation game time. If there are more than 14 players at the game, then players must be substituted to maintain equivalent playing time. Substitutions can be made at any stoppage of play with the referee’s permission.

Note 2: Deliberate heading of the ball in 12U and younger

Not allowed for 11U and younger or 12U and younger in two-year age groups. An indirect free kick is awarded to the opposing team for deliberate violation.

Note 3: Slide tackling in 10U and younger

Allowed if done in a manner that the referee decides is NOT careless, reckless, or with excessive force (same applies to any age group). Safety should be the first priority to a greater extent for younger players.

Note 4: Misconduct and showing cards in 10U and 12U

Misconduct is rare in younger players’ games. If it occurs, referees should generally be able to deal with it informally, without showing cards. If a young player is behaving unacceptably, the referee may choose to involve the coach. In particular, if a player’s behavior is uncontrolled (for example, they throw a tantrum and strike other players), the referee should get the coach involved and the player moved off the field. A misbehaving player maybe cautioned or sent off, but the cards should not be shown in 10U and is discouraged but not prohibited in 12U games. Instead of showing a card, the referee should explain the misconduct to both the player and the coach.