



Burlingame AYSO 2019 Divisional Guidelines

Divisions	Playground	Schoolyard	6U	8U		10U		12U		14U		16U		19U**		
	4U	5U	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U
Players (NR&R II.C.1)																
Players per Team on Field	n/a	4	4	4		7		9		11		11		11		
Minimum on Field (NCP/LOTG)	n/a	n/a	n/a	n/a		5		6		7		7		7		
Maximum Roster Size	n/a	6	6	6		10		12		15		18		18		
Minimum Roster Size	n/a	5	5	5		8		10		12		12		12		
Substitutions	n/a	n/a	n/a	No player will sit out 2 quarters until all players have sat out 1 quarter. If a player arrives during the 1st quarter, they must play 2 quarters; during the 2nd or 3rd quarter, they must play a minimum of 1 quarter						Players must play at least two quarters. If a player arrives during the 2nd or 3rd quarter, they must play at least 1 quarter						
Goal Keeper (NR&R II.C.1)	n/a	No	No	No	Yes - Keeper may play only 2 quarters				Yes - Keeper may play whole game							
Game Logistics																
Duration of Halves (NR&R I.B.1)	n/a	2 x 10 min	2 x 10 min	2 x 20 min		2 x 25 min		2 x 30 min		2 x 35 min		2 x 40 min		2 x 45 min		
Duration of Game	n/a	20 min	20 min	40 min		50 min		60 min		70 min		80 min		90 min		
Duration of Half Time	n/a	5 Minutes						10 Minutes								
Size of Ball (NR&R I.F)	3	3	3	3		4		4		5		5		5		
Heading (NR&R I.I.1)	n/a	No	No	No		Not Allowed <small>IFK to opposing team for deliberate heading</small>				Yes		Yes		Yes		
Throw-Ins (NR&R I.J)	n/a	No	No (Pass in)	No (Pass in)		Yes -- but no retakes (exception: 10U permitted retakes for first 3 games of season)										
Goal Keeper Punts (NR&R I.K.1)	n/a	n/a	n/a	n/a		No		Yes		Yes		Yes		Yes		
Offside (NR&R I.K.1)	n/a	n/a	n/a	n/a		Yes (Build Out)		Yes		Yes		Yes		Yes		
Teams & Parents	n/a	Teams on opposite sides of the field				Parents/Spectators on 1 side; coaches/players on other										
Coaches	n/a	Coaches with players & parent				Only certified coaches and asst coaches (max 2-3 per team; allowed and must remain in technical area)										
Referees	n/a	Team referee when available or coaches act as referee				3-referee system (referee and two assistant referees). 2-referee system not allowed										
Fouls & Misconduct																
Free Kicks	n/a	DFK only (no PK)				Laws 13 and 14										
Distance on restarts	n/a	6 Yards				8 Yards		10 Yards (Law 13)								
Misconduct (Yellow/Red Cards)	n/a	Verbal Instruction Only (no cards)				Yes to both yellow and red (Law 12)										
Slide tackling	n/a	Not Allowed				Allowed (but not taught)		Allowed (Law 12)								
Sportmanship																
Playing Down	n/a	Other team can lend players to opponents				Team must play down by one when other team has:		Encouraged but not mandatory								
					5	6										
Running Up the Score	n/a	Goal differential more than 4 not allowed; coach should change strategy to not run up the score				Goal differential more than 4 not allowed; coach should change strategy to not run up the score. DC's will track and talk with coaches.				Goal differential more than 4 not allowed (See Area Rules)						
Field Dimensions (NR&R I.G.1)																
Length (Yards)	Field Size is just the space needed for the Playground activities.	25 to 35	25 to 35	25 to 35		55 to 65		70 to 80		100 to 130		100 to 130		100 to 130		
Width (Yards)		15 to 25	15 to 25	15 to 25		35 to 45		45 to 55		50 to 100		50 to 100		50 to 100		
Center Circle Radius (Yards)		5	5	5		8		8		10		10		10		
Goal Area Depth x Width (Yards)		None	None	None		4 by 8		5 by 12		6 by 20		6 by 20		6 by 20		
Penalty Area Depth x Width (Yards)		None	None	None		12 by 24		14 by 36		18 by 44		18 by 44		18 by 44		
Goal Line to Penalty Spot (Yards)		None	None	None		10		10		12		12		12		
Goal Size - Height x Width (Feet)		4 by 6	4 by 6	4 by 6		6.5 by 18		6.5 by 18		8 by 24		8 by 24		8 by 24		
Build-Out Line (NR&R I.L)	No	No	No		Yes		No		No		No		No			

** 19U is allowed with Section Director Approval