



## NYSL 7U and 8U RULES AND REGULATIONS

NUMBER OF FIELD PLAYERS	7U will consist of 4 vs. 4 field players 8U will consist of 5 vs 5 field players. No Goalie. All 5 players must be field players. No defensive player is allowed to “camp out” in the goal area.
ROSTER SIZE	7U can have 10 players on a roster. 8U can have 12 on a roster
CLUB PASS & SECONDARY PLAYERS	Club pass and secondary players are allowed on a team’s roster if needed
FLAGS	None required
CORNER ARC	3 feet radius
BALL	Size 3. Home team to provide a suitable game ball
GAME TIME	Game consists of two equal halves of 20 minutes each. The game will be divided into 4 ten-minute quarters. There will be a 2-minute break between quarters and a 5-minute halftime break
SUBSTITUTIONS	Unlimited substitutions at any stoppage, with permission of the referee
FIELD DIMENSIONS	Rectangular between 25-35 yards by 15-25 yards. Two equal halves will divide the field
GOAL SIZE	4 feet x 6 feet
GOAL BOX	6 feet X 12 feet
CENTER CIRCLE	5 yard radius
PENALTY AREA	None
KICK OFF	Kick offs to start a match, restart after halftime and restart after each quarter is to be at the center circle. Teams switch sides at halftime.
OFFSIDES	Does not apply

GOAL KICKS, CORNER KICKS	The ball is in play once the player taking the kick touches the ball. All defending players must be 4 yards away at the time of the kick
FREE KICKS	The ball is in play once the attacking player touches the ball. All defending players must be 4 yards away at the time of the kick.
PENALTY KICKS	There are no penalty kicks
HEADERS	Intentional headers are not permitted. A purposeful header shall result in the opposing team taking a direct free kick.
SLIDE TACKLES	Slide tackles are not permitted.
FOULS & PENALTIES	All fouls/penalties shall result in a direct free kick for the opposing team
THROW-INS	Conform to FIFA with allowance for age-appropriate skill levels. Throw-ins will be retried if not performed properly, 2 retries maximum.
EQUIPMENT	Each player must have the same color jersey. Numbers are not necessary. Pennies are allowed if needed.
JEWELRY	No jewelry of any kind is allowed. This includes taping of piercings of a player's ears
SPECTATORS	Teams are to be on one side of the field. Spectators must be on the opposite side. No coaches, team managers or spectators can be behind or near the goal area.