



Youth Development League - Virginia 2015-16 Playing Rules

U-9 PLAYING FORMAT (born on or after 08/01/2006)

- 5v5 (4v4+GK)
- Unrestricted club pass. No limit on games per day
- Field size - 45-55 x 30-40
- Goals - minimum 5'x10'. maximum 6'x18'
- 25-minute halves. 5-minute half time
- Ball size - 4
- One referee

U-9 MODIFIED PLAYING RULES

- No Offside
 - Kick-ins on all restarts
 - Goal kick - goalkeeper ball in hand
 - Substitution on any stoppage
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U-10 PLAYING FORMAT (born on or after 08/01/2005)

- 7v7 (6v6+GK)
- Field size - 80-65 x 55-40
- Goals - minimum 6'x12'. maximum 7'x21'
- 25-minute halves. 5-minute half time
- Ball size - 4

U-10 MODIFIED PLAYING RULES

- Throw-ins, goal kicks and corner kicks per normal rules of play
 - Substitution on any stoppage
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MAINTAINING COMPETITIVE BALANCE

If a game becomes non-competitive, coaches are encouraged to work together to find a solution. Upon agreement of both coaches, the losing team may add a player to the respective field.