



GNWSA Rules of the Game - Pocket Guide

The rules of play for youth recreational competition in GNWSA shall be the FIFA Laws of the Game, modified as follows, and shall conform to the NTSSA Bylaws except as noted.

Age Group	Coach Allowed on the Field	Ball Size	Number of Positions on Field of Play per Team	Minimum Number of Players Needed to Start/Play a Game	Goalkeeper	Recommended Field Size	Substitutions: With the referee's permission at the following times	Allow Retakes of Throw-ins	Types of Free Kicks	Penalty Kicks	Offside	Build Out Line	Recommended Goal Size	Punting	Intentional Headers	Periods in Minutes	Half Time/Breaks	Overtime (Tournaments Only - No Overtime in Regular League Play)	Score and Standings Kept
U4	Yes	#3	4	3	No	25L x 15W	Any Stoppage of Play	Yes, two allowed	All Indirect	No	No	No	4x6'	No	No	4 at 8	5 min.	None	No
U5	Yes	#3	4	3	No	25L x 15W	Any Stoppage of Play	Yes, two allowed	All Indirect	No	No	No	4x6'	No	No	4 at 8	5 min.	None	No
U6	No	#3	4	3	No	25L x 15W	Any Stoppage of Play	Yes, two allowed	All Indirect	No	No	No	4x6'	No	No	4 at 8	5 min.	None	No
U7	No	#3	4	3	No	35L x 25W	Kick-off or Goal-kick, either team. Throw-in your possession only.	Yes, two allowed	All Indirect	No	No	No	4x6'	No	No	4 at 8	5 min.	None	No
U8	No	#3	4	3	No	35L x 25W	Kick-off or Goal-kick, either team. Throw-in your possession only.	Yes, two allowed	All Indirect	No	No	No	4x6'	No	No	4 at 10	5 min.	None	No
U9	No	#4	7	5	Yes	47L x 30W	Kick-off or Goal-kick, either team. Throw-in your possession only.	No	Direct or Indirect	Yes	Yes (Past Buildout Line)	Yes	6.5x18.5'	No	No	2 at 25	5 min.	Two 10 min.	Yes
U10	No	#4	7	5	Yes	47L x 30W	Kick-off or Goal-kick, either team. Throw-in your possession only.	No	Direct or Indirect	Yes	Yes (Past Buildout Line)	Yes	6.5x18.5'	No	No	2 at 25	5 min.	Two 10 min.	Yes
U11	No	#4	9	6	Yes	75L x 47W	Kick-off or Goal-kick, either team. Throw-in your possession only.	No	Direct or Indirect	Yes	Yes	No	7x21'	Yes	No	2 at 30	10 min.	Two 10 min.	Yes
U12	No	#4	9	6	Yes	75L x 47W	Kick-off or Goal-kick, either team. Throw-in your possession only.	No	Direct or Indirect	Yes	Yes	No	7x21'	Yes	No	2 at 30	10 min.	Two 10 min.	Yes
U13	No	#5	11	7	Yes	112L x 75W	Kick-off or Goal-kick, either team. Throw-in your possession only.	No	Direct or Indirect	Yes	Yes	No	8x24'	Yes	Yes	2 at 35	15 min.	Two 10 min.	Yes
U14	No	#5	11	7	Yes	112L x 75W	Kick-off or Goal-kick, either team. Throw-in your possession only.	No	Direct or Indirect	Yes	Yes	No	8x24'	Yes	Yes	2 at 35	15 min.	Two 10 min.	Yes
U15	No	#5	11	7	Yes	112L x 75W	Kick-off or Goal-kick, either team. Throw-in your possession only.	No	Direct or Indirect	Yes	Yes	No	8x24'	Yes	Yes	2 at 40	15 min.	Two 15 min.	Yes
U16	No	#5	11	7	Yes	112L x 75W	Kick-off or Goal-kick, either team. Throw-in your possession only.	No	Direct or Indirect	Yes	Yes	No	8x24'	Yes	Yes	2 at 40	15 min.	Two 15 min.	Yes
U17-U20	No	#5	11	7	Yes	112L x 75W	Kick-off or Goal-kick, either team. Throw-in your possession only.	No	Direct or Indirect	Yes	Yes	No	8x24'	Yes	Yes	2 at 45	15 min.	Two 15 min.	Yes

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