

SYSA Soccer Rules of Competition & Modifications

Spokane Youth Sports Association soccer games will be governed by the [FIFA Laws of The Game](#) with the following modifications:

- Playing Time** Each player shall receive at least 50% of the total playing time.
Coaches should submit a [lineup card](#) to the referee prior to the start of the game.
- Teams & Spectators** Each team, its coaches, players, and spectators shall be on opposite sides of the field.
Teams and spectators must remain at least 2 yards behind the touchline.
No players, parents, coaches, or spectators may be allowed behind the goals.
Coaches, players, parents, or spectators shall not enter the field unless requested to do so by the referee.
- Player's Equipment** All players shall wear shinguards.
Jewelry shall not be worn.
Soccer cleats or athletic shoes may be worn but shoes with toe cleats will not be allowed.
- Officiating** U6-U8 games will be officiated by a coach/parent from each team; each officiating one half of a game. The coach/parent should encourage clean play and sportsmanship at all times. Only one coach/parent should be on the field at a time and should help players understand and follow the rules.

Age	U6	U7	U8	U9	U10	U11	U12	U13/14	HS
Roster Max.	6	6	10	10	12	16	16	14	14
Players	3	3	5	5	6	9	9	7	7
Goalie	No***	No***	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Length of Match	4-8 min Quarters	4-10 min Quarters	4-12 min Quarters	2-25 min Halves	2-25 min Halves	2-30 min Halves	2-30 min Halves	2-30 min Halves	2-30 min Halves
Length of Halftime	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min
Ball Size	3	3	3	4	4	4	4	5	5
Field Size (in yards)	40 x 25	40 x 25	45 x 30	45 x 30	55 x 35	80 x 50	80 x 50	80 x 50	80 x 50
Goal Size Min (in feet)	Cones	Cones	Cones	Cones	6' x 12'	8' x 24'	8' x 24'	8' x 24'	8' x 24'
Goal Size Max (in feet)	6' x 6'	6' x 6'	6' x 12'	6' x 18'	8' x 24'	8' x 24'	8' x 24'	8' x 24'	8' x 24'
Offside	No	No	No	No	Yes	Yes	Yes	Yes	Yes
Shinguards	Required	Required	Required	Required	Required	Required	Required	Required	Required
Casts, Splints, Etc.	Padded w/ Dr. OK	Padded w/ Dr. OK	Padded w/ Dr. OK	Padded w/ Dr. OK	Padded w/ Dr. OK	Padded w/ Dr. OK	Padded w/ Dr. OK	Padded w/ Dr. OK	Padded w/ Dr. OK
Jewelry	No	No	No	No	No	No	No	No	No
Fouls (Direct/Indirect)	Indirect	Indirect	Indirect	Indirect	Both	Both	Both	Both	Both
Penalty Kicks	No	No	No	No	No	Yes	Yes	Yes	Yes
Heading	No	No	No	No	Yes	Yes	Yes	Yes	Yes
Slide Tackling	No	No	No	No	No	Yes	Yes	Yes	Yes
Referee	Coach	Coach	Coach	IESRA*	IESRA*	IESRA*	IESRA*	IESRA*	IESRA*
Substitutions	FIFA**	FIFA**	FIFA**	FIFA**	FIFA**	FIFA**	FIFA**	FIFA**	FIFA**
Practice (Max)	1/week 45 min	1/week 45 min	1/week 45 min	2/week 45 min	2/week 60 min	2/week 60 min	2/week 60 min	2/week 60 min	2/week 60 min

*We contract with the Inland Empire Soccer Referees Association for our referees. If for some reason a referee is not available for a match, then coaches should split time refereeing.

**Substitutions may be allowed on any stoppage of play at the referee's discretion.

***Players shall not be allowed to guard their own goal (i.e. No goalies or appearance of a goalie). Defenders are obviously allowed but to maintain the integrity of the game teams must avoid 'puppy guarding'.