

2019 VSL AGE – SPECIFIC RULES

Age Bracket	U8	U10	U12	U13-14	U15-16	U17-19
Players*	4v4 No GK	7v7 (min 5)	9v9 (min 6)	11v11 (min 7)	11v11 (min 7)	11v11 (min 7)
Game Length	2x25	2x25	2x30	2x35	2x40	2x45
Field Size (In Yards)	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 70-80 Width 45-55	Length 100-130 Width 50-100	Length 100-130 Width 50-100	Length 100-130 Width 50-100
Maximum Goal Size (feet)	Height 4 Width 6	Height 6.5 Width 18.5	Height 7 Width 21	8x24	8x24	8x24
Ctr Circle (Radius)	None	8 yds	8 yds	FIFA	FIFA	FIFA
Goal Area	None	8x4 yds	12x5 yds	FIFA	FIFA	FIFA
Penalty Area	None	24x12 yds	36x14 yds	FIFA	FIFA	FIFA
Penalty Mark	None	10 yds	10 yds	FIFA	FIFA	FIFA
Build-Out Line (if no lines, mark by placing cones on the outside of the field)	None	Equidistant between penalty area line and halfway line	None	None	None	None
Ball Size	#3	#4	#4	#5	#5	#5
Uniforms**	FIFA	FIFA	FIFA	FIFA	FIFA	FIFA
Playing Time	>=50% game	>=50% game	Per coach	Per Coach	Per Coach	Per Coach
Throw-In Retakes	Per Referee	Per Referee	No	No	No	No
GK Punting	No GK	No	Yes	Yes	Yes	Yes
Sliding Tackles	No	No	Yes	Yes	Yes	Yes
Heading	No	No	Yes	Yes	Yes	Yes
DFK/IDFK	Only IDFKs	FIFA	FIFA	FIFA	FIFA	FIFA
Penalty Kicks	No	Yes	Yes	Yes	Yes	Yes
Offside	No	Yes-Modified	Yes	Yes	Yes	Yes
Substitutions***	VSL Rules	VSL Rules	VSL Rules	VSL Rules	VSL Rules	VSL Rules

- * Players are defined as everyone on the field during play including GKs (if used)
- ** Uniforms must be of like color with numbers on the back
- *** Substitutions may be made at any stoppage of play **with the permission of the referee**