

VSL AGE-SPECIFIC RULES

	U8	U9-10	U11-12	U13-14	U15-16	U17-19
Penalty Spot	n/a	10yds	10yds	12yds	12yds	12yds
Field Players (inc. gk)	4, no GK	7	9	11	11	11
Game Length	4x12'	2x25'	2x30'	2x35'	2x40'	2x45'
Field Size (in yards)*	40x30	60x40	75x50	100x65	100x65	100x65
Goal Size	4 x 6 - (max)	6x10' (min) 6x18' (max)	6x18'	8x24'	8x24'	8x24'
Ctr Circle (rad.)	6 yds	8 yds	8 yds	10 yds	10 yds	10 yds
Goal Area	3yd from posts, 3yds out	6yd from post, 6yd out	6yd from post, 6yd out	6 x 20	6 x 20	6 x 20
Penalty Area	None	14yd from posts, 4yds out	14yd from posts, 4yds out	18 yd from posts, 18 out	18 yd from posts, 18 out	16 yd from posts, 16 out
Ball Size	#3,#4 acceptable	#4	#4	#5	#5	#5
Uniforms	tucked	#'d, tucked	#'d, tucked	#'d, tucked	#'d, tucked	#'d, tucked
Throw-In	Kick ins	Retakes -per Ref	Retakes -per Ref	No	No	No
Sliding Tackles	No	No	Yes	Yes	Yes	Yes
Direct/Indirect Kicks?	indirect only, no PK's	Per FIFA	Per FIFA	Per FIFA	Per FIFA	Per FIFA
Penalty Kicks?	No	Yes	Yes	Yes	Yes	Yes
Offsides?	No	Yes (modified)	Yes	Yes	Yes	Yes
Subs**	any stoppage	Per Ref	Per Ref	Per Ref	Per Ref	Per Ref
Build out lines***	n/a	yes	n/a	n/a	n/a	n/a
Heading	No	No	yes	yes	yes	yes

*Plus or minus 10 yards is allowed on each of the perimeter field dimensions.

**Substitutions *may* be made at any stoppage of play at the referee's discretion.
generally allowed on goal kicks, and offensive throw-ins

***Build Out line - midway between top penalty area and mid-field