

2025 VSL AGE - SPECIFIC RULES

Local Rules / Small Sided games

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 minutes	2x25 minutes	2x30 minutes	2x35 minutes	2x40 minutes	2x45 minutes
Field Size (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'	Height 8' Width 24'	Height 8' Width 24'	Height 8' Width 24'
Center Circle Radius	None	8 yards	8 yards	10 yards	10 yards	10 yards
Free Kick Distance	n/a	8 yards	8 yards	10 yards	10 yards	10 yards
Goal Area	None	8x4 yards	12x5 yards	12x6 yards	12x6 yards	12x6 yards
Penalty Area	None	24x12 yards	36x14 yards	44x18 yards	44x18 yards	44x18 yards
Penalty Mark	None	10 yards	10 yards	12 yards	12 yards	12 yards
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**	IFAB	USSF	IFAB	IFAB	IFAB	IFAB
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
Slide Tackles	No	No	Yes	Yes	Yes	Yes
Heading	No	No	Yes	Yes	Yes	Yes
DFK/IDFK	Only IDFKs	IFAB	IFAB	IFAB	IFAB	IFAB
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
Pay - Ref/AR	\$25 / NA	\$40 / NA	\$48 / \$30	\$56 / \$35	\$64 / \$40	\$72 / \$45

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