

# NPSL Quick Chart of Rules of Competition

|                                   | U10                               | U11                               | U12            | U13     | U14     | U15-U16 | U17-U19 |
|-----------------------------------|-----------------------------------|-----------------------------------|----------------|---------|---------|---------|---------|
| # of Players on Field             | 7                                 | 9                                 | 9              | 11      | 11      | 11      | 11      |
| Max # of Players on Roster        | 12                                | 14                                | 14             | 18      | 18      | 22      | 22      |
| Max # of Players for a Game       | 12                                | 14                                | 14             | 18      | 18      | 18      | 18      |
| Game Time Period (Minutes)        | 2 x 25                            | 2 x 30                            | 2 x 30         | 2 x 35  | 2 x 35  | 2 x 40  | 2 x 45  |
| Time Between Periods (Minutes)    | 5                                 | 5                                 | 5              | 5       | 5       | 5       | 5       |
| Ball Size                         | 4                                 | 4                                 | 4              | 5       | 5       | 5       | 5       |
| Field Width (yards) - (a)         | 35-45                             | 45-55                             | 45-55          | 50-75   | 50-75   | 50-75   | 50-75   |
| Field Length (yards) - (a)        | 55-65                             | 70-80                             | 70-80          | 100-115 | 100-115 | 100-115 | 100-115 |
| Build out Line                    | Halfway between p.a. and midfield | Halfway between p.a. and midfield | No             | No      | No      | No      | No      |
| Center Circle Radius (Yards)-(a)  | 8                                 | 8                                 | 8              | 10      | 10      | 10      | 10      |
| Goal Area (Yards)- (a)            | 4 x 8                             | 5x16                              | 5x16           | 6 X 20  | 6 X 20  | 6 X 20  | 6 X 20  |
| Penalty Area (Yards) (a)          | 12 x 24                           | 14x36                             | 14x36          | 18 X 44 | 18 X 44 | 18 X 44 | 18 X 44 |
| Corner Arc Radius (Feet)          | 3                                 | 3                                 | 3              | 3       | 3       | 3       | 3       |
| Goal Size (feet) (b)              | 6x12 to 6.5x18                    | 6.5x18 to 7x21                    | 6.5x18 to 7x21 | 8 X 24  | 8 X 24  | 8 X 24  | 8 X 24  |
| Slide Tackling                    | No                                | Yes                               | Yes            | Yes     | Yes     | Yes     | Yes     |
| Heading-(c)                       | No                                | No                                | Yes (c)        | Yes     | Yes     | Yes     | Yes     |
| Goalkeeper Punts & Dropkicks      | No                                | No                                | Yes            | Yes     | Yes     | Yes     | Yes     |
| Offside Rule                      | Yes                               | Yes                               | Yes            | Yes     | Yes     | Yes     | Yes     |
| Penalty Kick Distance (Yards)     | 8                                 | 8                                 | 8              | 12      | 12      | 12      | 12      |
| Direct Free Kicks                 | Yes                               | Yes                               | Yes            | Yes     | Yes     | Yes     | Yes     |
| Free Kick Defender Distance (yds) | 8                                 | 8                                 | 8              | 10      | 10      | 10      | 10      |
| Retake on Throw-In or Kick-Off    | No                                | No                                | No             | No      | No      | No      | No      |
| Throw-In Defender Distance (yds)  | 2                                 | 2                                 | 2              | 2       | 2       | 2       | 2       |
| Goal Scored From Goal Kick        | No                                | Yes                               | Yes            | Yes     | Yes     | Yes     | Yes     |

a) Sizes are USSF recommended dimensions. Adjustments to fit physical constraints or permanent markings is acceptable.

d) No player aged 11 or younger should be heading the ball - USSF and US Youth restriction.

For build out line of a Goal-kick, the opposition can enter the build area as soon as the ball leaves the penalty box

For build out line- GK in possession with their hands, opposition can enter the build out area as soon as the GK puts the ball into play.

GK quick restarts are allowed with opposition within the build out area.

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