| Competition Chart |  |  |  |  |  |  |  |  |  |  | U19 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| \# of Players on Field | 3 | 4 | 4 | 5 | 7 | 7 | 9 | 9 | 11 | 11 | 11 |
| Max \# of Players on Roster | 6 | 8 | 8 | 10 | 12 | 12 | 16 | 16 | 18 | 22 | 22 |
| Max \# of Players for a Game | 6 | 8 | 8 | 10 | 12 | 12 | 16 | 16 | 18 | 18 | 18 |
| Recommended Roster Size | 6 | 8 | 8 | 9 | 11 | 11 | 13 | 13 | 16 | 16 | 18 |
| Game Time Period (Minutes) | 4×8 | $4 \times 8$ | $4 \times 8$ | $2 \times 20$ | $2 \times 25$ | $2 \times 25$ | $2 \times 30$ | $2 \times 30$ | $2 \times 35$ | $2 \times 40$ | $2 \times 45$ |
| Time Between Periods (Minutes) | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Ball Size | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 5 | 5 | 5 |
| Field Width (yards) | 15-25 | 15-25 | 15-25 | 15-25 | 35-45 | 35-45 | 45-55 | 45-55 | 50-75 | 50-75 | 50-75 |
| Field Length (yards) | 25-35 | 25-35 | 25-35 | 30-40 | 55-65 | 55-65 | 70-80 | 70-80 | 100-115 | 100-115 | 100-115 |
| Prefered WxL (yards) | 20x30 | 20x30 | 20x30 | 25x40 | 40x60 | 40x60 | 50x80 | 50x80 | 70x110 | $70 \times 110$ | 70x110 |
| Build out Line | Half Line | Half Line | Half Line | Half Line | Half Line | Half Line | Half Line | No | No | No | No |
| Center Circle Radius (Yards) | 3 | 3 | 3 | 3 | 5 | 5 | 7 | 7 | 10 | 10 | 10 |
| Goal Area (Yards) | none | none | none | none | 4×15 | $4 \times 15$ | $6 \times 18$ | $6 \times 18$ | $6 \times 20$ | $6 \times 20$ | $6 \times 20$ |
| Penalty Area (Yards) | none | none | none | none | 10x30 | 10x30 | 14×40 | 14x40 | $18 \times 44$ | $18 \times 44$ | $18 \times 44$ |
| Corner Arc Radius (Feet) | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| Goal Size (feet) | $4 \times 6$ to $6 \times 6$ | $4 \times 6$ to 6x6 | $4 \times 6$ to $6 \times 6$ | $6 \times 8$ to $6 \times 12$ | $\begin{array}{\|c\|} \hline 6 \times 12 \text { to } \\ 6.5 \times 18.5 \end{array}$ | $\begin{aligned} & 6 \times 12 \text { to } \\ & 6.5 \times 18.5 \end{aligned}$ | $6.5 \times 18$ to $7 \times 21$ | $6.5 \times 18$ to $7 \times 21$ | $8 \times 24$ | $8 \times 24$ | $8 \times 24$ |
| Goal Size (feet) | 4×6 | $4 \times 6$ | $4 \times 6$ | 6x8 | $6 \times 12$ | $6.5 \times 18.5$ | $6.5 \times 18.5$ | $6.5 \times 18.5$ | $8 \times 24$ | $8 \times 24$ | $8 \times 24$ |
| Slide Tackling | No | No | No | No | No | No | Yes | Yes | Yes | Yes | Yes |
| Heading | No | No | No | No | No | No | No | Yes | Yes | Yes | Yes |
| Goalkeeper | No | No | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Goalkeeper Punts \& Dropkicks | No | No | No | No | No | No | No | Yes | Yes | Yes | Yes |
| Offside Rule **** | No | No | No | No | No ** | Yes | Yes | Yes | Yes | Yes | Yes |
| Assistant Referee (linesmen) | No | No | No | No | No | No | Yes | Yes | Yes | Yes | Yes |
| Penalty Kick Distance (Yards) | No | No | No | No | 7 | 7 | 8 | 8 | 12 | 12 | 12 |
| Direct Free Kicks | No | No | No | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Free Kick Defender Distance (yds) | 3 | 3 | 3 | 3 | 5 | 5 | 7 | 7 | 10 | 10 | 10 |
| Retake on Throw-In or Kick-Off | Yes | Yes | Yes | Yes | Yes | No | No | No | No | No | No |
| Throw-In Defender Distance (yds) | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| Goal Scored From Goal Kick | No | No | No | No | No | No | Yes | Yes | Yes | Yes | Yes |

These format guidelines apply to all teams and games in SWYSA's recreational leagues. For a complete description of all modified format guidelines at U12 and younger, see the modified SWYSA Rules and Regulations. Teams in regional, select and RCL premier leagues should check with their league registrar regarding rules and regulations.
This chart incorporates changes to U12 play beginning in fall, 2019, as recommended in the newest US Soccer Standards Chart, and voted on by the SWYSA Board of Commissioners.
U8 rules are unique to SWYSA with continued evaluation, adding a 5 th player to the field (goalkeeper)
Field Sizes are recommended dimensions. Adjustments to fit physical constraints or permanent markings is acceptable
The offside rule will not be enforced for U6-U8. However, players cherry picking or standing in front of the opponent goal will be called offside U9; Soft Offside - Allow players to be a step or 2 ahead of the opponent, but not to be positioned for a break away or "cherry picking".
Buildout line; retreat by opposing team will continue until the ball is in play by receipt of the ball by teammate beneath the build out line.
If ball is played quickly, opponent may cease retreat to buildout line when ball is received by teammate. If ball is intercepted by opposition beneath buildout line, restart of goal kick.

