

Standards Chart Small-Sided Standards; Implementation starting in August 2017



Updated September 2016

	Under 6 Which Way Do I Go?	Under 7 Which Way Do I Go?	Under 8 Are You My Teammate?	Under 9 [Developmental Travel]	Under 10 [Developmental Travel]	Under 11 [Competitive]	Under 12 [Competitive]	Under 13 [Competitive]
Format	4 v 4	4 v 4	4 v 4	7 v 7	7 v 7	9 v 9	9 v 9	11 v 11
Roster Size	Min: 4, Max: 6*	Min: 4, Max: 6*	Min: 4, Max: 6*	Min: 7, Max: 12	Min: 7, Max: 12	Min: 9, Max: 16	Min: 9, Max: 16	Min: 11, Max 18
Field Size (yards)	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 55-65 Width 35-45	Length 70-80 Width 45-55	Length 70-80 Width 45-55	Length: 100-130 Width: 50-100
Goal Size (feet)	4 x 6 Use cones, flags or pop up goals.	4 x 6 Use cones, flags or pop up goals.	4 x 6 feet Use cones, flags or pop up goals.	6 x 12 Max: 6x18	6 x 12 Max: 6x18	Max: 7 x 21 Recommended: 6x18	Max: 7 x 21 Recommended: 6x18	8 x 24
Ball Size	3	3	3	4	4	4	4	5
Game Length (minutes)	4 x 10	4 x 10	4 x 10	2 x 25	2 x 25	2 x 30	2 x 30	2 x 35
Break Times (minutes – max.)	5	5	5	10	10	10	10	15
Levels	None	None	None	Maroon Gold	Maroon Gold	Classic 1 Classic 2 Classic 3	Classic 1 Classic 2 Classic 3	Classic 1 Classic 2 Classic 3
Substitutions	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	
Referees	None	None	None	1-3	1-3	3	3	3
Offside	No	No	No	Yes (B.O. line)	Yes (B.O. line)	Yes	Yes	Yes
Build Out/Offside Line	No	No	No	Yes	Yes	No	No	No
Rules	See FIFA Laws of the Game and MYSA modifications.	See FIFA Laws of the Game and MYSA modifications.	See FIFA Laws of the Game and MYSA modifications.	See FIFA Laws of the Game and MYSA modifications.	See FIFA Laws of the Game and MYSA modifications.	See FIFA Laws of the Game and MYSA modifications.	See FIFA Laws of the Game and MYSA modifications.	See FIFA Laws of the Game and MYSA modifications.
GK Status	No	No	No	Yes	Yes	Yes	Yes	Yes
Training to Game Ratio	1 : 1	1 : 1	1 : 1	2 : 1	2 : 1	2 : 1	2 or 3 : 1	2 or 3 : 1
Frequency (per week)	1	1	1	2	2	2-3	2-3	2-3
Training Duration	45 minutes	45 minutes	45 – 60 minutes	60 – 75 minutes	60 – 75 minutes	60 – 75 minutes	60 – 75 minutes	75-90 minutes
Child to Ball Ratio	1 to 1	1 to 1	2 to 1	4 to 1	4 to 1	6 to 1	6 to 1	11 to 1
Maximum Games per year	Not yet formalized	Not yet formalized	Not yet formalized	20	20	30	30	30
License/Certificate Level Recommended	“F” License and U6/U8 Youth Module	“F” License and U6/U8 Youth Module	“F” License and U8/U10 Youth Module	“E” License and U8/U10 Youth Module	“E” License and U10/U12 Youth Module	“E” License and U10/U12 Youth Module	“E” License U10/U12 Youth Module	“D” License

*4v4 soccer should play without formal teams and rosters.