



Section 1: Competition Rules

1.1 - Playing Rules

All games under league jurisdiction shall be played according to the rules and regulations recognized by the NorCal Premier League which shall be the same rules set by FIFA/ U.S. Soccer (USSF) except for those exceptions authorized by FIFA or USSF.

1.4 - Game Details

	U8	U9-U10	U11	U12	U13	U14-U16	U17-U19
* Field Size (yds)	25/35 L 15/25 W	55/65 L 35/45 W	70/80 L 45/55 W	70/80 L 45/55 W	100/120 L 50/80 W	100/120 L 50/80 W	100/120 L 55/80 W
**Number of Referees	None	1	1	1	3	3	3
Number of Players	5v5	7V7	9v9	9v9	11v11	11v11	11v11
Minimum # of Players	4	5	6	6	7	7	7
Goalkeeper	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Playing Time	4x10	2x25	2x30	2x30	2x35	2x40	2x45
Ball Size	3	4	4	4	5	5	5
Goal Mouth Size (feet)	4x6	6.5x18.5 - 7x21	6.5x18.5 - 7x21	6.5x18.5 - 7x21	8x24	8x24	8x24
Offside	No	Yes	Yes	Yes	Yes	Yes	Yes

2019 DUSL PLAYING RULES



Substitutions	Any Stoppage	Any Stoppage	Any Stoppage	Any Stoppage	Any Stoppage	Any Stoppage	Any Stoppage
Fouls (type of kick)	Indirect Free Kicks Only	Indirect & Direct Free Kicks	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks
Free Kick clearance	10 ft	8 yd	8 yd	8 yd	10 yd	10 yd	10 yd
Throw-in	1 Re-throw	Normal	Normal	Normal	Normal	Normal	Normal
Penalty Kicks	None	Yes (mark at 10 yds)	Yes (mark at 10 yds)	Yes (mark at 10 yds)	Yes (mark at 12 yds)	Yes (mark at 12 yds)	Yes (mark at 12 yds)
Penalty Area (yds)	None	12x24	14x36	14x36	18 x 44	18 x 44	18 x 44
Goal Area (yards)	3x8	4x8	5x16	5x16	6 x 20	6 x 20	6 x 20
Heading	None	None	None	per Laws/Rules	per Laws/Rules	per Laws/Rules	per Laws/Rules
Build-Out Line	None	Yes	None	None	None	None	None
Half-Time Break	n/a	5 mins	10 mins	10 mins	10 mins	10 mins	10 mins

**Recommended minimum number of referees

*Use of cones for lines allowed



Build Out Line

- The build out line promotes playing the ball out of the back in a less pressured setting
- When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed)
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal
- The opposing team must also move behind the build out line during a goal kick until the ball is put into play
- If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense
- If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred
- The build out line will also be used to denote where offside offenses can be called
- Players cannot be penalized for an offside offense between the halfway line and the build out line
- Players can be penalized for an offside offense between the build out line and goal line

Build Out Line Practical Applications

- Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line
- However, the goalkeeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes
- To support the intent of the development rule, coaches and referees should be mindful of any intentional delays being caused by opponents not retreating in a timely manner or encroaching over the build out line prior to the ball being put into play
- Coaches are responsible for addressing these types of issues with their players
- Referees can manage the situation with misconduct if deemed appropriate
- Referees should be flexible when enforcing the 6 second rule and counting the time of possession should only begin when all opponents have moved behind the build out line



1.5 - Fields

The playing field used by each team must be lined according to USSF standards with goals (games can be played as long as both goals are the same size), nets and flags. The goal of each club shall be to provide an enjoyable experience for the fans, players, officials, and everyone involved with the staging of a soccer game.

In all small sided formats (4v4, 7v7 and 9v9), the use of cones is permitted for the formation of the field lines.

1.6 – Heading Game Rule

For U11 and below, when a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

This rule shall apply to the age groups of U11 and below. Players who are playing up will play according to the rules of the age group in which they are playing. It is the club's responsibility to understand the effects of this rule on players playing up.

1.9 - Substitutions

As per FIFA guidelines, unlimited substitutions are allowed in all ages group (except for NPL and see NPL rules of competition). However, teams may substitute only with the referee's permission. Substitutes must wait on the sideline (off of the field of play) until the field player has left the field of play and/or the referee has indicated the substitute may enter the field of play. *Substitutions by either team are allowed at any stoppage of play with the permission of the referee. Referees will be instructed not to allow substitutions that are deemed "excessive" or of a "time wasting" nature. Please be respectful of the integrity of the game and do not use the free substitution rules as a means to disrupt the match.*

3.7 – Jersey Conflict

If there is a conflict in jersey colors, it is the home team's responsibility to change colors. NorCal encourages home teams to wear their dark colors, while away teams wear light colors.