



CVRSA Game Formats

Approved August 9, 2017

CVRSA Fair-Play Policy

Clubs are strongly urged to adopt roster sizes that are appropriate for the recommended game formats. However, there will be times when one or both teams have small rosters or are shorthanded. In the interests of good sportsmanship, the team with more players will play with fewer players on the field to match the opposing team's numbers. Further, if this process leaves the larger team with too many players on the sidelines, the larger team shall "loan" players to the shorthanded team to allow as many to play as possible.

Statement on Age Groups

The CVRSA typically fields teams in 4 divisions: Under 10, Under 12, Under 15 and Under 18 ("Under" is abbreviated as "U"). This means that U9 and U10 players are combined into the U10 division; U11 and U12 players are combined into the U12 division; U13, U14 and U15 players are combined into the U15 division; and U16, U17 and U18 players are combined into the U18 division.

"Playing down" of teams (e.g. a U12 team playing in a U10 division) is generally discouraged, but it is possible with formal approval of the CVRSA Board of Directors. There is no league limit on players "playing up" (e.g. a U12 player on a U15 team). Member clubs may impose stricter age limitations at their discretion.

CVRSA Age Groups

A player's age group will be based on the player's birth year according to the following chart. Team divisions will be determined by the oldest player on the roster. Games will be officiated per the division in which a team is placed (e.g. a U12 team competing in a U15 division will play by U15 rules, a U12 team competing in a U10 division will play by U10 rules).

| Season | 2016-17 | 2017-18 | 2018-19 | 2019-20 | 2020-21 | 2021-22 | 2022-23 | 2023-24 | 2024-25 |
|-------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Birth Year | | | | | | | | | |
| 2020 | | | | | | | | | U5 |
| 2019 | | | | | | | | U5 | U6 |
| 2018 | | | | | | | U5 | U6 | U7 |
| 2017 | | | | | | U5 | U6 | U7 | U8 |
| 2016 | | | | | U5 | U6 | U7 | U8 | U9 |
| 2015 | | | | U5 | U6 | U7 | U8 | U9 | U10 |
| 2014 | | | U5 | U6 | U7 | U8 | U9 | U10 | U11 |
| 2013 | | U5 | U6 | U7 | U8 | U9 | U10 | U11 | U12 |
| 2012 | U5 | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 |
| 2011 | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 |
| 2010 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 |
| 2009 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U16 |
| 2008 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U16 | U17 |
| 2007 | U10 | U11 | U12 | U13 | U14 | U15 | U16 | U17 | U18 |
| 2006 | U11 | U12 | U13 | U14 | U15 | U16 | U17 | U18 | U19 |
| 2005 | U12 | U13 | U14 | U15 | U16 | U17 | U18 | U19 | |



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|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 2004 | U13 | U14 | U15 | U16 | U17 | U18 | U19 | | |
| 2003 | U14 | U15 | U16 | U17 | U18 | U19 | | | |
| 2002 | U15 | U16 | U17 | U18 | U19 | | | | |
| 2001 | U16 | U17 | U18 | U19 | | | | | |
| 2000 | U17 | U18 | U19 | | | | | | |
| 1999 | U18 | U19 | | | | | | | |
| 1998 | U19 | | | | | | | | |

Laws of the Game

Game play will be governed by the US Youth Soccer Laws of the Game except for following modifications.

Summary of Game Formats

| | U10 | U12 | U15 | U18 |
|---------------------------------------|----------------|----------------------|-----------------|-----------------|
| Number of Field Players | 7 | 9 | 11 ¹ | 11 ¹ |
| Recommended Field Size (yards) | 35x55 | 45x70 | 75x112 | 75x112 |
| Recommended Goal Size (feet) | 6.5x18.5 | 6.5x18.5 | 8x24 | 8x24 |
| Ball Size | 4 | 4 | 5 | 5 |
| Off-sides | Enforced | Enforced | Enforced | Enforced |
| Game Length (minutes) | 25 min. halves | 30 min. halves | 35 min. halves | 35 min. halves |
| Heading | Not Allowed | Allowed ¹ | Allowed | Allowed |
| Goalkeeper Punting | No | Yes ¹ | Yes | Yes |
| Slide Tackles | Not Allowed | Not Allowed | Allowed | Allowed |

¹See Division Specific Rules

General Rules (All Divisions)

- Game scores are not reported and standings are not kept.
- Referees are in charge from the time they arrive until the time they depart. Referee decisions cannot be appealed.
- Team divisions will be determined by the oldest player on the roster, and games will be officiated per the division in which a team is placed (e.g. a U12 team competing in a U15 division will play by U15 rules). All games are expected to start on time. Teams should be warmed up, on the field, and ready to play at the scheduled start time. Games may not exceed the allotted time slot for each division: typically, 75 minutes for U10 and 90 minutes for U12 and above.
- Goals must be anchored at all times.
- Shin-guards are mandatory, must be age/size appropriate and must be worn inside long socks. Shoes with metal cleats are not permitted. Football cleats are allowable if the "toe cleat" is removed. All jewelry, **including earrings**, watches, necklaces, and barrettes must be removed.
- During game play both teams should occupy one side of the field between the penalty box lines. Parents and spectators should occupy the opposite side of the field and also remain between the penalty box lines. Spectators, players, and coaches are not permitted behind the goal lines or inside the



penalty box lines during play. All players, coaches, and spectators must remain a minimum of 3 feet away from the sideline to allow the players and referees room to see and maneuver.

- Only the head coach is permitted to address the referee.
- Each player present shall play a minimum of one half of the game, barring injury or unless limited by a medical, physical problem or other unforeseen circumstances.
- Coaches shall not allow any child who is not a member of their team to participate in games.
- Substitutions are permitted by either team after a goal is scored, on goal kicks, and by the team controlling the ball on throw-ins. Substitutions are not permitted by either team on corner kicks. An injured player may be substituted for at any time. Substituted players may return to the game.
- Players may protect their chest and groin areas with their arms as long as their arms are in contact with the body at the time contact is made with the ball. Casts and braces are allowed at the referee's discretion if they are well padded and are not used as a weapon.
- Any player receiving a yellow card must be removed immediately for a minimum of 2 minutes, and a substitute may be inserted. Players receiving a red or second yellow card in a game shall be removed for the remainder of the game and may not be replaced.
- Off-sides is enforced at all divisions with modifications for U10.
- Lightning safety is at the discretion of the head referee. If no head referee is present, the following must be observed: at a minimum, suspend the game at the first sign of lightning and do not resume until at least 30 minutes after the last observed lightning. In progress games that are suspended do to lightning are not subject to reschedule regardless of when the suspension took place. If play is resumed, the game must finish by the allotted time slot (typically 75 minutes for U10 and 90 minutes for U12 and above).

U10 Division

- **Field Dimensions:** The field must be rectangular with the length of the touchline being greater than the length of the goal line. The recommended length is 55-65 yards, and the recommended width is 35-45 yards.
- **Field Markings:** The recommended circle radius is 8 yards.
- **Goal Area:** The recommendation is that the penalty area extend 5 yards beyond the outside of the goal posts, extending out another 5 yards.
- **Penalty Area:** The recommendation is that the penalty area extend 10 yards beyond the outside of the goal posts, extending out another 10 yards.
- **Goal:** The recommended goal size is 6.5 feet (tall) by 18.5 feet (wide)
- **Ball:** Size 4



- Number of Players: 7 per side (including goal keepers). The game cannot start or continue if the number of players on either team falls below 5. If either team is or becomes shorthanded, teams will make all efforts to play per the CVRSA Fair-Play Policy.
- Games: Two 25-minute halves with a 10-minute break at halftime. There is no requirement for CVRSA-assigned referees. When no referees are assigned, two coaches, 1 from each team, will serve concurrently as referee-instructors on the field during the game. When CVRSA referees are assigned, one referee is assigned to each game, and the coaches shall not be on the field.
- Fouls: Only indirect kicks are to be awarded for all fouls (i.e. no direct kicks or penalty kicks). Opposing players are to be at least 8 yards from the ball (including corner kicks). All fouls shall be explained to the offending player.
- Throw-ins: A second chance will be given on improper throw-ins.
- Slide Tackling: Not Permitted.
- Heading: Whenever the ball strikes a player in the head, play is stopped. The proper restart depends upon whether the player deliberately played the ball with his or her head. If deliberate, the proper restart is an indirect free kick to the opposing team. If this 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 the play by the head is deemed inadvertent, then the proper restart is a dropped ball.
- **Offsides** is not enforced between the build out lines.
- Build out lines: All U10 fields must have and use "build out lines". The recommendation is that build out lines be Halfway between the top of the penalty area and the midfield stripe. This line must be painted on the field (alternate color recommended).
- Goalkeeper Punts: There will be no punts made by the goalkeeper. The first pass has to be to a teammate inside of the build out line. Goalkeepers will only be able to throw the ball or place it on the ground and kick it. When placed on the ground, the ball cannot be moving. No drop kicks allowed. Opponents must stay behind the build out line until the initial goalkeeper pass is complete (2nd person plays the ball). This is intended for "fair play" and to promote playing out of the back. If the keeper forgets and punts the ball, the referee is to stop play and restart at the spot on the ground where the keeper punted it originally. The goalkeeper has the option of waiting for the opponents to get back, but the goalkeeper doesn't have to wait to play the ball out. There is no consequence to any player if the ball is lost after it is played in. This also applies to goal kicks and any other free kicks inside of the penalty box regardless of the player that takes the kick.

U12 Division

- Field Dimensions: The field must be rectangular with the length of the touchline being greater than the length of the goal line. The recommended length is 70-80 yards, and the recommended width is 45-55 yards.
- Field Markings: The recommended circle radius is 8 yards.
- Penalty Area: The recommendation is that the penalty area extend 14 yards beyond the outside of the goal posts, extending out another 14 yards. The penalty mark should be 10 yards from the goal line, and there should be an arc with an 8 yard radius from the penalty mark.
- Goal: The recommended goal size is 6.5 feet (tall) by 18.5 feet (wide)
- Ball: Size 4



- Number of Players: 9 per side (including goal keepers). The game cannot start or continue if the number of players on either team falls below 7. If either team is or becomes shorthanded, teams will make all efforts to play per the CVRSA Fair-Play Policy.
- Games: Two 30-minute halves with a 10-minute break at halftime. Three referees are assigned to each game.
- Opposing players are to be at least 8 yards from the ball (including corner kicks).
- Slide Tackling: Not Permitted.
- Heading: Allowed in games, but the recommendation is heading in training should be limited to a maximum of 30 minutes per week with no more than 15-20 headers per player per day.
- Goalkeeper Punts: The goalkeeper may punt the ball from his/her own area into the opposition's side of the field, but the ball cannot travel through the air and land in the opposition's penalty area directly from the punt without bouncing. If this happens, the game will be restarted with an indirect free kick for the opposing team with the ball placed parallel on the mid-field line closest to the point in which the ball traveled over the mid-field line and into the penalty area. The ball may be redirected by players into the penalty area with the ball hitting the ground, but the first contact cannot be inside of the opposing penalty area.

U15 & U18 Divisions

- Field Dimensions: The field must be rectangular with the length of the touchline being greater than the length of the goal line. The recommended maximum length is 112 yards, and the recommended maximum width is 75 yards.
- Number of Players: Teams will normally play 11v11 (including goal keepers), although a change to 9v9 or smaller format may be approved by CVRSA prior to the season depending on the number of players available in each association to form teams for pool play. If either team is or becomes shorthanded, teams will make all efforts to play per the CVRSA Fair-Play Policy.
- Games: Two 35-minute halves with a 10-minute break at halftime. Three referees are assigned to each game.