



YVYSO RULES MATRIX

As of 10/03/2025



GAMEPLAY	U6	U8	U10	U12	U14	U18
Players	4v4	7v7	7v7	9v9	11v11	11v11
Goalkeepers?	✗	✓	✓	✓	✓	✓
Game Time	8-minute quarters	10-minute quarters	25-minute halves	30-minute halves	35-minute halves	40-minute halves
Half Time	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes
Subs	At quarter	At quarter	At 12:30 mark (running clock)	At 15:00 mark (running clock)	Open Subs	Open Subs
Minimum Players	N/A	5	5	6	7	7
Parity ¹ (Difference in # of Players)	N/A	1	1	1	2	2
Scores/Standings ²	✗	✗	✓	✓	✓	✓
Offside	✗	✗	✓	✓	✓	✓
Corner Kicks ³	✗	✗	✓	✓	✓	✓
Throw-Ins	✗	✓	✓	✓	✓	✓
Throw-In Retries ⁴	N/A	Unlimited	Once	✗	✗	✗
Goal Kicks	✗	✓	✓	✓	✓	✓
Free Kicks ⁵	✗	Indirect Only	✓	✓	✓	✓
Penalty Kicks	✗	✗	✓	✓	✓	✓
Headers ⁶	✗	✗	✗	✗	✓	✓
Goalie Drop Kicks/Punts	✗	Ball must hit ground first	Ball must hit ground first	✓	✓	✓
Yellow Cards/Red Cards	✗	✗	✓	✓	✓	✓
EQUIPMENT	U6	U8	U10	U12	U14	U18
Ball Size	3	3	4	4	5	5
Shin Guards Required?	✓	✓	✓	✓	✓	✓
Protective Headgear Permitted?	✓	✓	✓	✓	✓	✓
Jewelry Allowed?	✗	✗	✗	✗	✗	✗
Hard Casts Allowed?	✗	✗	✗	✗	✗	✗

¹ If teams have fewer players than required, parity rules provide the difference in number of players allowed.

² Scores and Standings are only kept in Fall Season.

³ In U8, corner restarts shall utilize a throw-in from the corner on the touchline side.

⁴ Throw-ins must be retried by the same player.

⁵ In U8 and U10, indirect free kicks within the penalty area shall be located at the top of the penalty area in line with the foul.

⁶ In U8, U10, and U12, intentional headers within the penalty area shall result in an indirect free kick at the top of the penalty area in line with the foul.