



**Modified US Soccer and Indiana Soccer Sanctioned Playing Rules  
(effective Spring 2025)**

Although all [FIFA Laws of the Game](#) will be applied during the games, below are specific laws modified for Indiana Soccer youth games. To differentiate between the FIFA laws of the games and the modifications below, the changes will be referred to as “Rules.” These Rules apply to ALL youth games played at US Youth Sanctioned Indiana Soccer games in Indiana.

**Rule 1 – The Field**

Dimensions:

Age	Length	Width
8U	25-35 yards	15-25 yards
10U	45-60 yards	30-40 yards
11U and 12U	65-80 yards	45-55 yards
13U – 19/20U	100-120 yards	55-80 yards
15 & Over 7v7	65-80 yards	45-55 yards

Center Circle

Age	Radius
8U	5 yards
10U	8 yards
11U and 12U	8 yards
13U – 19/20U	10 yards
15 & Over 7v7	8 yards

Penalty Area

Age	Length	Width
8U	N/A	N/A
10U	12 Yards	24 Yards
11U and 12U	14 Yards	36 yards
13U through 19U	18 Yards	44 Yards
15U & Over 7v7	14 yards	36 yards

⚽ Penalty Spot

Age	Distance from Goal Line
10U	8 yards
11U and 12U	10 yards
13U through 19U	12 yards
15 & Over 7v7	12 yards

⚽ Goal Area

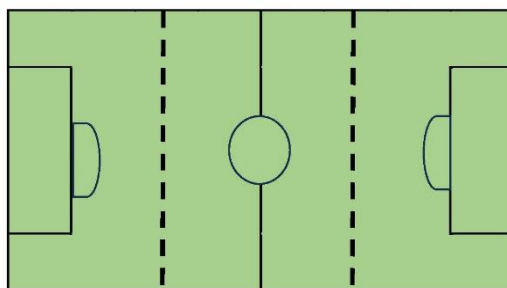
Age	Length	Width
8U	N/A	N/A
10U	N/A	N/A
11U and 12U	5 yards	16 yards
13U - 19/20U	6 yards	20 yards
15 & Over 7v7	5 yards	16 yards

⚽ Goal

Age	Height	Width
8U	4 feet	6 feet
10U	6-6 ½ Feet	12-18 ½ Feet
11U and 12U	6-6 ½ Feet	18 ½ -21 Feet
13U – 19/20U	8 Feet	24 Feet
15U & Over 7v7	Ideally full size	2 <sup>nd</sup> Option, 12U size

⚽ Build Out Line

- This line is only on the 10U (7v7) fields.
- The build out line is halfway between the top of the penalty area and the midline, parallel to the midline.



(dotted line represents the build out line)

**Rule 2 – The Ball**

Age	Ball Size
8U	3
10U - 12U	4
13U – 19/20U	5
15 & Over 7v7	5

### Rule 3 – The Number of Players

#### 👤 On the Field

Age	Maximum	Minimum
8U	4	3
10U	7	4
11U and 12U	9	6
13U through 19U	11	7
15 & Over 7v7	7	5

- One player from each team must be designated as a keeper

#### 👤 Game Roster Size

Age	Maximum
8U	8
10U	12
11U and 12U	16
13U through 19U	18
15 & Over 7v7	12

\* Maximum number of players eligible to play in a game.

#### 👤 Substitutions – Unlimited for all age groups

#### 👤 Substitutions shall be with the consent of the referee at the following times:

- Prior to our team’s throw-in
- Prior to a goal kick by either team
- After any goal
- At half-time (overtime period if applicable)
- If both teams have a substitute ready, both teams may substitute

### Rule 4 – The Players’ Equipment

- 👤 The Home team must wear a white/light color jersey and the visiting team a dark one. If the referee determines the uniforms are too similar and may cause confusion, the offending team must change their jersey to comply with the color requirements.
- 👤 A jersey or shirt with sleeves – if undershirts are worn, they may be a different color as the sleeve of the jersey or shirt.
- 👤 Shorts – if undershorts or tights are worn, they may be a different color from the shorts.
- 👤 Stockings – if tape or a similar material is applied externally, if the referee can determine the color of the stocking, it does not have to be the same color of the stocking.
- 👤 Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

### Rule 5 – The Referee

- 👤 USSF certified referee, as assigned by Indiana Soccer.
- 👤 Three referees must officiate the game. One official must be the center referee and the other two are the assistant referees.

- 👤 If three referees are not available, a USSF certified referee must be in the center, unless approved by the Director of Competition or their designee. A Club Linesperson (Guardian of the Game) may be used. At no time will a “two referee system” be permitted to referee a game.
- 👤 For 10U games, one USSF certified referee may be used, unless approved by the Director of Competition or their designee.
- 👤 For the 10U games, all rule infringements shall be briefly explained to the offending player when needed.
- 👤 There may be up to four Indiana Soccer carded adults (coaches, managers, trainers, etc.) on the bench. Their names must be typed on the game card. All adults must present their Indiana Soccer card to the referee prior to the game. No additional adults, carded or not, will be permitted on the players’ side if there are already four Indiana Soccer carded adults. If one of the four carded adults arrives late, they must show their Indiana Soccer card to the assistant referee at the next stoppage.
- 👤 If DOCs have their director’s card with them, they do not have to be on the game card, but they do count as one of the four carded adults on the bench.
- 👤 If there are no Indiana Soccer carded adults at the players’ side, the game will not start. The referee must allow for a 15-minute delay before abandoning the game. If there are no Indiana Soccer carded adults at the players’ side due to a send-off, the referee must terminate the game immediately. Referees are to ask if there is a carded adult if available.
- 👤 11U and older, each team must provide **both** of the following for player check-in:
  - A copy of the game card from GotSoccer with all the participating players, coaches, and managers’ names typed on the game card.
  - Each player must have a unique number on the game card. This number may be handwritten on the game card.
  - An official pass (hard copy or virtual) for each player and adult on the bench.
  - Any player or adult who is not participating in the game should have their names crossed out on the game cards given to the referee and their opponent.
- 👤 10U and younger, each team must provide **one** of following for player check-in:
  - A copy of their State Roster
  - A copy of the game card from GotSoccer with all the participating players’ names typed on the card.
  - An official pass (hard copy or virtual) for each player and adult on the bench.
- 👤 With 10U teams, players from within a club may move from one field to another to create more equitable play at each game.
- 👤 If the referee observes lightning during the game, the game must be suspended until the danger has passed. The referee must wait 30 minutes after lightning was last observed prior to restarting the game. Facilities with a weather monitoring system will utilize sirens and notifications for when to clear the fields and return to play.
- 👤 Coaches must remain in their technical area. If a technical area is not lined, the coaches must stay at least two yards away from the touch line, five yards from the half-way line, and extend a maximum of fifteen yards down the touch line. All players, managers, and coaches are to remain in the technical area unless they are a player warming up or when the referee beckons team personnel to the field. The referee will be the sole judge of the proper distances.
- 👤 [Referee Pay Chart](#) – Each team is to bring ½ of the fee in cash to each game in denominations that do not require the referees to make change. Referees are to be paid prior to kickoff.
- 👤 Referees will only be paid for their position. If an assistant referee is not present and a club linesperson is used, the referee and assistant referee will only be paid their fee. No additional fee will be paid to the referee or assistant referee just because a member of the referee team did not show up.

### Game Report

- 👤 The referee will log on to their GotSoccer Account to complete and submit the Referee Game Report. You MUST have/know the league and game number to complete the game report
  - Only the referee reports yellow or red cards on their game report. The teams should not report cards on their game reports.
  - A USSF game report MUST be completed for any red card issued by the referee.
- 👤 Send Offs
  - A player shown a red card (send-off) from a game must always remain seated at the coach’s side during the remainder of the game. The coach will be responsible for the action(s) of the sent-off player.
  - If a sent-off player seated on the bench causes a disturbance, the player may be ejected from the site.

### Rule 6 – The Assistant Referees

- 👤 Refer to Rule 5

### Rule 7 – Duration of the Match

8U	10U	11U & 12U	13U & 14U	15U* & 16U	17U & Older	15 & Over 7v7
4 x 10 minutes Quarters	2 x 25 Minute Halves	2 x 30 Minute Halves	2 x 35 Minute Halves	2 x 40 Minute Halves	2 x 45 Minute Halves	2 x 35 Minute Halves

- 👤 15U games in the **fall only** will be 2 x 35-minute halves
- 👤 5 Minute between quarters for 8U; 10-minute half time for all other ages

### Rule 8 – The Start and Restart of Play

#### Conform to FIFA except:

- 👤 8U and 10U games that all opponents are at least 8 yards from the ball until it is in play.

### Rule 9 – The Ball In and Out of Play:

- 👤 Conform to FIFA.

### Rule 10 – The Method of Scoring

- 👤 Conform to FIFA.

### Rule 11 – Off-Side

#### Conform to FIFA except:

- 👤 In 10U games, the attacking team can only be offside between the build out line and the goal line.
- 👤 No offside in 8U games

### Rule 12 – Fouls and Misconducts

#### Conform to FIFA except:

#### Team Officials

If any coach, assistant coach, athletic trainer, or representative of the team on the sidelines is found to be guilty of misconduct but the referee cannot distinguish who committed the infraction, the highest-ranking team official will receive the Yellow/Red Card.

## 10U games

- 👤 Restricted Goalkeeper Distribution: Punting or Drop Kicks are not allowed. In the case of an infraction, the referee reminds the goalkeeper of the No Punt Rule and restarts the game with the ball in the hands of the goalkeeper. There is no violation of the rules if the goalkeeper: throws, rolls the ball, or plays it with their feet.
  - Build Out Line: When the goalkeeper has the ball in their hands, or the defending team takes a restart between the build out line and the goal line, the opposing team must move behind the build out line or 8 yards, whichever is greater.
- 👤 Rationale: Develop the concept of building out of the back, understanding that the goalkeeper passes the ball to a teammate.
- 👤 No Intentional Heading of the ball in Small Sided youth (12U and below) games.
  - If a player deliberately heads the ball, the referee will award an indirect free kick (IFK) to the opposing team from the spot of the infringement.
  - An indirect free kick awarded inside the penalty area for the attacking team, the ball shall be placed on the penalty area line parallel to the goal line at the point nearest to where the infringement occurred.
  - Note: Adult modified 7v7 or 8v8 matches do allow intentional heading of the ball

## 13U games

- 👤 If a 12U player is club passed to a 13U team, that player may intentionally head the ball in the 13U game. The player is still restricted from intentionally heading the ball when they play in their 12U (9v9) game.

### Rule 13 – Free Kicks

#### Conform to FIFA except:

- 👤 8U - 12U games, all opponents are at least 8 yards from the ball until it is in play.

### Rule 14 – The Penalty Kick

#### Conform to FIFA except:

- 👤 The penalty mark as stated in Rule 1 – Penalty Sport/Mark

### Rule 15 – The Throw-In

- 👤 Conform to FIFA.

### Rule 16 – The Goal Kick

#### Conform to FIFA except:


- 👤 10U games - May be taken from anywhere inside the penalty area. Opponents must drop behind the build-out line until the ball is put back into play.
- 👤 Rationale: Developmentally, the goalkeeper should be the player taking the goal kick. This should allow for a completed pass from the goal kick. Too often, the opposing team would surround the penalty area on a goal kick, creating an immediate scoring opportunity off a restart that should not but the team taking the goal kick at a disadvantage.
- 👤 In the past, the team taking the goal kick could not touch the ball until it had left the penalty area. Now, a player from the team in possession may reside in or enter the penalty area and touch the ball as soon as it is in play. For the ball to be considered in play it must have been kicked and clearly moved. This change is meant to speed up the play of the game.

### **Does this change affect the buildout line?**

No, the spirit of the build-out line is still in effect in that players on the team not in possession must move behind the buildout line until the ball is considered in play. The ball is considered in play when it has been kicked and has clearly moved. Players for the team with the goal kick may position themselves inside the penalty area. If a team chooses to take a goal kick or free kick quickly, they are doing so at their own risk as the normal build outline rules still apply.

### **Rule 17 – The Corner Kick**

#### **Conform to FIFA except:**

 The opponents need to be the distance away from the ball as described in Rule 1.

### **Clarifications**

#### **Dropped Ball**

If the ball touches the referee or another match official and goes into the goal, team possession changes or an attack for the opponents begins, a dropped ball is awarded.

If play is stopped inside the penalty area, the ball will be dropped for the goalkeeper (no other player participates).

If play is stopped outside the penalty area, the ball will be dropped for one player of the team that last touched the ball at the point of the last touch of the ball.

In all cases, all the other players of both teams must be 4.5 yards away from the dropped ball.

#### **Free Kicks**

When there is a 'wall' of three or more defenders, attackers are not allowed within 1 yard of the wall. If an attacker is inside that 1-yard area when the kick is taken, the defending team is given an Indirect Free Kick from the spot of the infraction.

#### **Quick Free Kicks and Red/Yellow Cards**

If a free kick is taken quickly, before an official has the chance to issue a Yellow or Red Card, and a goal-scoring opportunity is created, the referee can award the Yellow Card/Red Card at the next convenient point.

#### **Kicking Objects**

If you kick an object at the ball, an opponent, or a match official, the other team will receive a Direct Free Kick from the spot of the infraction.

#### **Goal Celebrations**

If a goal is disallowed, any Yellow Card given for an 'illegal' goal celebration still stands.

## Handball

The following 'handball' situations, **even accidental**, will be a free kick

- The ball hits a player's hand or arm and goes into the goal off an attacker.
- A player gains control/possession after the ball has touched their hand/arm and scores, or creates a goal-scoring opportunity
- The ball touches a player's hand/arm where the player has tried to block the ball by extending their arms away from their body.
- The ball touches a player's hand/arm when it is above their shoulder (unless the player has deliberately played the ball which then touches their hand/arm)

The following 'handball' situations will not usually be a free kick:

- The ball touches a player's hand/arm directly from:
  - Their own head/body/foot, if the player has not made themselves unnaturally bigger
  - The head/body/foot of another player who is close/near, if the player has not made themselves unnaturally bigger
- The ball touches a player's hand/arm which is close to their body and has not made their body unnaturally bigger
- If a player is falling and the ball touches their hand/arm which is between their body and the ground to support the body (not extended to make the body bigger)

The goalkeeper cannot score by throwing the ball into the opponent's goal.

If a goalkeeper attempts to play the ball by legal means on a throw-in or a deliberate pass from a teammate (heading, kicking) but the attempt is misplayed, the goalkeeper can play the ball with his/her hands.

## Penalty Kick

If an attacking team's player is injured on the play, they may have a quick treatment/assessment and then take the kick.

Goalkeepers may move along the goal line before the kick is taken but they cannot interfere with the goal frame (crossbar and posts) or the net.

The goalkeeper must have some part of one foot either touching, in line with, or behind the goal line. If an offense occurs between when the penalty is declared and before the kick is taken, the offender may receive a Yellow Card/Red Card, but the penalty kick will still be taken.

The goalkeeper may move forward only after the kicker connects with the ball.

## Player's Equipment

Players may wear multi-colored or patterned undershirts if the undershirts are the same pattern or color as the main shirt.

## Verbal Offenses

All verbal offenses will be penalized with at least an Indirect Free Kick.