

U15 Modified Rules

US Youth Soccer Official Under 15 Playing Recommendations

US Youth Soccer recommended modifications to the FIFA Laws of the Game.

FIFA Laws of the Game - <https://www.ussoccer.com/referees/laws-of-the-game>

Please note the U15 addendum and appendix.

Law 1 – The Field of Play – Confirm to FIFA

Field Markings: – Confirm to FIFA

The Goal area: Conform to FIFA.

The Penalty Area: – Confirm to FIFA

Flag posts: Conform to FIFA.

The Corner Arc: Conform to FIFA.

Goals: Conform to

Law 2 – The Ball: Size five (5).

Law 3 – The Number of Players: A match is played by two teams, each consisting of not more than nine players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than eight players.

Substitutions: At any stoppage and unlimited.

Law 4 – The Players Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Law 5 – The Referee: Registered referee.

Law 6 – The Assistant Referee: Use U.S.S.F. registered referees or club linesmen/women.

Law 7 – The Duration of the Match: Conform to FIFA with the exception of the match being divided into two (2) halves of thirty (35) minutes each. There shall be a half-time interval of five (5) minutes.

Law 8 – The Start and Restart of Play: Conform to FIFA

Law 9 – The Ball In and Out of Play: Conform to FIFA.

Law 10 – The Method of Scoring: Conform to FIFA.

Law 11 – Offside: Conform to FIFA.

Law 12 – Fouls and Misconduct: Conform to FIFA

Law 13 – Free Kicks: Conform to FIFA

Law 14 – The Penalty Kick: Conform to FIFA

Law 15 – The Throw-In: Conform to FIFA.

Law 16 – The Goal Kick: Conform to FIFA.

Law 17 – The Corner Kick: Conform to FIFA.

U15 ADDENDUM

MODIFIED RECOMMENDATIONS OF THE GAME FOR U15

Law 3 The Number of Players: The nine-a-side game includes the goalkeeper. The smaller number of field players will provide the opportunity for the children to further develop their physical and technical abilities. These are valuable traits for all soccer players to develop. With fewer players on the field each child has an increased number of contacts with the ball and has more actual playing time. Additionally the players will be required to make more decisions and experience repeating game situations frequently. The work rate and involvement of players will be more consistent. While learning both offense and defense, players will become well rounded and will understand more readily the roles and importance of teammates. The smaller field dimensions and number of players on the field of play will require more concentration on transition, which a vitally important tactical concept for the players to learn. The minimum number of players to begin a match for preteen players in SSG should be one (1) less than the number required on the field. That is for U15 the minimum will be eight (8) and for U10 the minimum will be six (6). There should not be a minimum for U8 and U6 and clubs, administrators, coaches and referees should be encouraged to allow players from the team with sufficient numbers to ‘loan’ a player or two to the team that is short players and then PLAY.

Law 6 The Assistant Referees: per FIFA. Use registered referees or club linesmen/women.

Law 7 The Duration of the Match: per FIFA with the exception of the halves being 35 minutes each.

Law 8 The Start and Restart of Play: per FIFA. The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle.

Roster Size: The recommended minimum roster size is twelve and the maximum recommended roster size is sixteen.

Playing Time: refer to the Effective Playing Time chart.

ADVANTAGES OF PLAYING SMALL SIDED GAMES

More time with the coach

Energetic workouts due to playing both offense and defense

More efficient use of field space

Matches can be played simultaneously across a full size field

Children are physically more efficient in smaller space

Children are actively involved for a longer period of time

It takes less time to score a goal or advance to goal

Greater success rate for the players

US Youth Soccer Recommendations

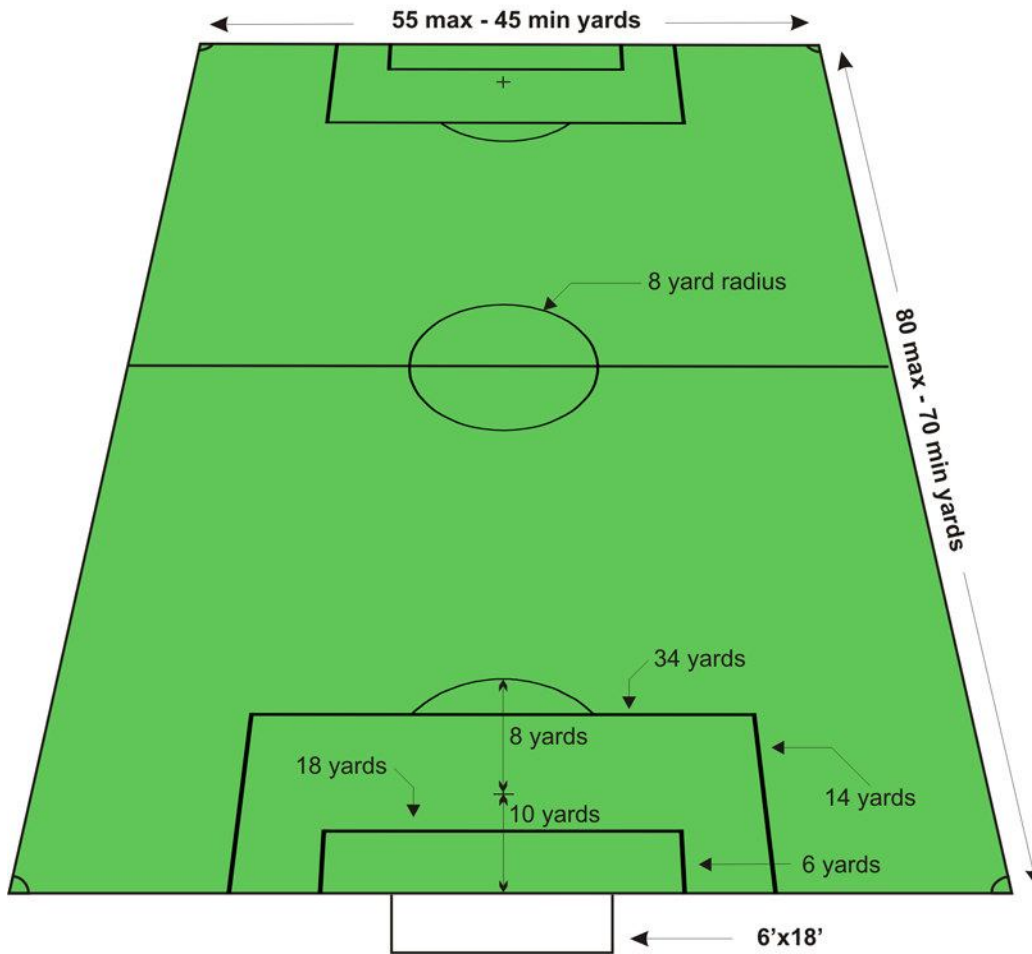
Opposing coaches, players and parents should shake hands after each match.

Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.

Spectator and team benches should be on opposite sides of the field.

No alcoholic beverages or tobacco products will be consumed or allowed near the playing area.

Suggested Set-up for 8v8 Fields



Playing Time

Effective Playing Time Relative to Game Format and Roster Size

Single Game	Roster Size >	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Game Format	Game Duration																
3 v 3 (U-5/6)	4 x 8 min. quarters	100% 32 min	75% 24 min	60% 19 min	50% 16 min												
4 v 4 (U-7/8)	4 x 12 min. quarters		100% 48 min	80% 38 min	66% 32 min	57% 27 min	50% 24 min										
5 v 5 (U-7/8)	4 x 12 min. quarters			100% 48 min	83% 40 min	71% 34 min	62% 30 min	55% 26 min	50% 24 min								
6 v 6 (U-9/10)	2 x 25 min. halves				100% 50 min	85% 42 min	75% 37 min	66% 33 min	60% 30 min	54% 27 min	50% 25 min						
8 v 8 (U-11/12)	2 x 30 min. halves						100% 60 min	88% 53 min	80% 48 min	72% 43 min	66% 40 min	61% 36 min	57% 34 min	53% 32 min	50% 30 min		

Split Game	Roster Size >	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Game Format	Game Duration																
3 v 3 (U-5/6) Split	4 x 8 min. quarters				100% 32 min	85% 27 min	75% 24 min	66% 21 min	60% 19 min	54% 17 min	50% 16 min						
4 v 4 (U-7/8) Split	4 x 12 min. quarters						100% 48 min	88% 42 min	80% 38 min	72% 34 min	66% 32 min	61% 29 min	57% 27 min	53% 25 min	50% 24 min		
5 v 5 (U-7/8) Split	4 x 12 min. quarters								100% 48 min	90% 43 min	83% 40 min	76% 36 min	71% 34 min	66% 32 min	62% 30 min	58% 28 min	55% 26 min
6 v 6 (U-9/10) Split	2 x 25 min. halves										100% 50 min	92% 46 min	85% 42 min	80% 40 min	75% 37 min	70% 35 min	66% 33 min

These tables show effective playing time relative to game format and roster size. The figures are presented as a) percentages of total playing time and b) as actual minutes played. Both figures assume equal rotation of players. At the youth level, a minimum goal of 70% playing time is recommended.

Tables provided by Dr. Thomas Turner with contributions from Mr. Bill Spens.