

FSA Rules Quick Guide

Effective Fall 2016

	U4/U5	U6	U7	U8	U9	U10	U11/12	U13/14	U15/16	U19
Coaches allowed on Pitch	Yes									
Ball Size	3	3	3	3	4	4	4	5	5	5
Duration	10mQ	10mQ	10mQ	10mQ	25mH	25mH	30mH	35mH	40mH	45mH
Break	2mQ-5mH	2mQ-5mH	2mQ-5mH	2mQ-5mH	5mH	5mH	5mH	5mH	10mH	10mH
Players/Minimum	4/3	4/3	4/3	4/3	7/5	7/5	9/6	11/7	11/7	11/7
Keeper					Yes	Yes	Yes	Yes	Yes	Yes
Kick-in	Yes	Yes	No	No	No	No	No	No	No	No
Throw-in	N/A	N/A	2 attempts	2 attempts	1 attempt	1 attempt	1 attempt	1 attempt	1 attempt	1 attempt
Defender's distance from Ball	10 feet	10 feet	10 feet	10 feet	8 Yards	8 Yards	8 Yards	10 Yards	10 Yards	10 Yards
Offside	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Slide Tackle allowed	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Deliberate Headers Allowed	No	No	No	No	No	No	No	Yes	Yes	Yes
Punting Allowed	N/A	N/A	N/A	N/A	No (IFK)	No (IFK)	Yes	Yes	Yes	Yes
Build Out Line	No	No	No	No	Yes	Yes	No	No	No	No
Score from K/O	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Free Kick /D	IFK	IFK	IFK	IFK	IFK/DFK	IFK/DFK	IFK/DFK	IFK/DFK	IFK/DFK	IFK/DFK
Send-off	No - Player (coach can be asked to remove player, player can be replaced) Coach can be dismissed				Yes - Not recommended, player can be replaced.					
Grace Period	10 Min	10 Min	10 Min	10 Min	10 Min	10 Min	10 Min	10 Min	10 Min	10 Min
Substitutions	Only Between Quarters or at the Half									
	With the permission of the referee, substitutions are allowed: (a) at a throw-in by the team in possession; (b) at a throw-in by the team not in possession so long as the team in possession is also making a substitution; (c) by either team at a goal kick; (d) by either team after a goal is scored; (e) by either team when the referee has stopped play due to an injury; (f) at the beginning of the second half of play; (g) when a caution (yellow card) is given (that player may be substituted for).									

With referee's approval, during a stoppage, not during play.