



SJSL Standards Chart 2016-2017

Registration by Calendar Birth Year (January 1 to December 31st)

TEAM BIRTH YEAR	U8 ¹ 2009	U9 2008	U10 2007	U11 2006	U12 2005	U13 2004
Field Sizes ²	47x30	47x30	47x30	75x47	75x47	112x75
Number of Players on Field	7v7	7v7	7v7	9v9	9v9	11v11
GK	Yes	Yes	Yes	Yes	Yes	Yes
Playing Time (minutes)	2x30	2x30	2x30	2x30	2x30	2x35
Break Time (minutes)	5	5	5	5	5	5
Ball Size	4	4	4	4	4	5
Goal Size (feet)	7x21	7x21	7x21	7x21	7x21	8x24
Offside	Yes	Yes	Yes	Yes	Yes	Yes
Playing Up	U7 and younger cannot play up. U8 and above can play up 2 years with club approval.					
Majority Rule	100%	No	No	No	No	No
Roster Size (game day/roster/max for seasonal year) ³	14/14/20	14/14/20	14/14/20	16/18/22	16/18/22	18/22/28
Roster Changes Permitted (Transfers) ⁵	5	5	5	5	5	5
Sit Down Rule	3 Games					
Secondary Carding	Not permitted					
Build Out Lines	14 yd	14 yd	14 yd	No	No	No
GK Punting	No	No	No	Yes ⁴	Yes ⁴	Yes

¹ U7 cannot play up on U8 team or higher

² As modified by NJYS or USYS

³ As adopted by NJYS subject to State Cup and Nat'l Championship rules.

⁴ Except cannot punt in air from penalty area to penalty area or directly into goal.

⁵ Revised 12/1/16

Adopted Effective 12/03/2015



SUMMARY OF RULES IN EFFECT FOR FALL 2016-SPRING 2017

PROVISION:	Old Rule	NEW for Fall 2016	COMMENT:
Registration date for determining player age for carding	Aug. 1 st	Jan. 1 st	Birth year format. (Subtract birth year from spring season year to determine age level)
Example of age appropriate player for U10	Born between Aug. 1, 2006 and July 31, 2007	Born between Jan. 1, 2007 and Dec. 31, 2007	US Soccer
Card validation dates	Aug. 1 st - July 31 st	Aug. 1 st - July 31 st	No change
Number of players on the field:			
U8-U10	8v8	7v7	US Soccer/NJYS
U11-U12	8v8	9v9	US Soccer
U13 and up	11v11	11v11	No change
Use of goal keepers U8 and above			
Goal keeper punting:			
U8-U10	Yes, except in air from penalty area to penalty area	No, use of build out lines	US Soccer
U11-U12	Yes, except in air from penalty area to penalty area	Yes, except in air from penalty area to penalty area	No change
U13 and up	Yes	Yes	No change
Playing up for:			
U7 player	1 yr, on U8 team subject to majority rule	Not permitted	SJSL
U8 player	2 yrs, on U9 or U10 team	2 yrs, on U9 or U10 team	No change
U9 player	1 yr, on U10 team	2 yrs, on U10 or U11 team	NJYS
U10 player	1 yr, on U11 team	2 yrs, on U11 or U12 team	NJYS
U11 player	1 yr, on U12 team	2 yrs, on U12 or U13 team	NJYS
U12 player	1 yr, on U13 team	2 yrs, on U13 or 14 team	SJSL
U13 player	1 yr, on U14 team	2 yrs, on U14 or U15 team	SJSL
U14 player	1 yr, on U15 team	2 yrs, on U15 or U16 team	SJSL
U15 and up	Subject to club approval	Subject to club approval	No change
Majority Rule			
	At U8 and U13 team levels only	No majority rule except 100% age appropriate at U8	SJSL

Roster Size (Game Day/Roster/Max):			
U8-U10	14/14/20	14/14/20	No change
U11-U12	14/14/20	16/18//24	NJYS
U13 and up	18/22/28	18/22/28	No change
Roster Changes:			
Roster Changes:	3	5	Revised 12/1/16
Deadline to add new players	Round 7	Round 8	Revised 10/22/16
Deadline to add transfer players	Feb. 20 th	Feb. 20 th	No change
Sit Down Rule	3 games	3 games	No change
Secondary Carding	Not permitted	Not permitted	No change
Playing Time:			
U8-U12	2x30 min	2x30 min	No change
U13-U14	2x35 min	2x35 min	No change
U15-U16	2x40 min (2x35 min fall)	2x40 min (2x35 min fall)	No change
U17-U19	2x45 min	2x45 min	No change
Break Time between halves	5 min	5 min	No change
Ball size U8-U12	Size 4	Size 4	No change
Ball size U13 and up	Size 5	Size 5	No change
Field size:			
U8-U10	70-80x40-55	47x30	US Soccer
U11-U12	70-80x40-55	75x47	US Soccer
U13 and up	100-120x50-75	112x75	US Soccer
Goal size U8-U12	7x21	7x21	No change
Goal size U13 and up	8x24	8x24	No change