NPSL Quick Chart of Rules of Competition

	U9-U10	U11	U12	U13	U14	U15-U16	U17-U19
# of Players on Field	7	9	9	11	11	11	11
Max # of Players on Roster	12	16	16	18	18	22	22
Max # of Players for a Game	12	14	14	18	18	18	18
Game Time Period (Minutes)	2 x 25	2 x 30	2 x 30	2 x 35	2 x 35	2 x 40	2 x 45
Time Between Periods (Minutes)	5	5	5	5	5	5	5
Ball Size	4	4	4	5	5	5	5
Field Width (yards) - (a)	35-45	45-55	45-55	50-75	50-75	50-75	50-75
Field Length (yards) - (a)	55-65	70-80	70-80	100-115	100-115	100-115	100-115
Build out Line	Halfway between p. a. and midfield	Halfway between p. a. and midfield	No	No	No	No	No
Center Circle Radius (Yards)-(a)	8	8	8	10	10	10	10
Goal Area (Yards)- (a)	4 x 8	5x16	5x16	6 X 20	6 X 20	6 X 20	6 X 20
Penalty Area (Yards) (a)	12 x 24	14x36	14x36	18 X 44	18 X 44	18 X 44	18 X 44
Corner Arc Radius (Feet)	3	3	3	3	3	3	3
Goal Size (feet) (b)	6x12 to 6.5 x18	6.5x18	6.5x18	8 X 24	8 X 24	8 X 24	8 X 24
Slide Tackling	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Heading-(c)	No	No	Yes	Yes	Yes	Yes	Yes
Goalkeeper Punts & Dropkicks	No	No	Yes	Yes	Yes	Yes	Yes
Offside Rule (from midfield line)	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Penalty Kick Distance (Yards)	8	8	8	12	12	12	12
Direct Free Kicks	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Free Kick Defender Distance (yds)	8	8	8	10	10	10	10
Retake on Throw-In or Kick-Off	No	No	No	No	No	No	No
Throw-In Defender Distance (yds)	2	2	2	2	2	2	2
Goal Scored From Goal Kick	No	Yes	Yes	Yes	Yes	Yes	Yes

a) Sizes are USSF recommended dimensions. Adjustments to fit physical constraints or permanent markings is acceptable.

b) Both fixed and portable goals such as bownets allowed to attain correct goal size

c) No player U11 or younger should be heading the ball - USSF and US Youth restriction.

For build out line of a Goal-kick, the opposition can enter the build area once the ball is played.

For build out line- GK in possession with their hands, opposition can enter the build out area as soon as the GK puts the ball into play.

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