

EOSL RULES SUMMARY 2025

District Development & Competitive	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Ball Size	#4	#4	#4	#4	#5	#5	#5	#5	#5	#5
Offside	No*	No*	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Throw-Ins (pass-in/ dribble in)	No*	No* U10 Prem Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Max Goal Size (in feet)	5x8	6x16	6x18	6x18	8x24	8x24	8x24	8x24	8x24	8x24
Length of Games (See Note 5)	2x25	2x25	2x35	2x35	2x40	2x45	2x45	2x45	2x45	2x45
Minimum Players on Field	5	5	6	6	7	7	7	7	7	7
Maximum Players on Field	7	7	9	9	11	11	11	11	11	11
Maximum Players on Game sheet	14	14	18	18	20	20	20	20	20	20
Distance from Ball on Restarts (in yards) (See Note 1)	6	6	6	6	10	10	10	10	10	10
Retreat Line *see note 1	1/3	1/3	1/3	No	No	No				
Substitution on Stoppage of Play	Yes+on the fly	Yes	Yes	Yes	Yes	Yes				
Substitution on Throw-In at Request of Attacking Team (See Note 2)	Yes	Yes	Yes	Yes	Yes	Yes				
Substitution on Corner Kicks	No	No	No	No	No	No				
Substitution for Sent Off Players	Yes	Yes	Yes	Yes	No	No	No	No	No	No
Yellow Cards (See Note 3)	No*	No*	No*	Yes*	Yes	Yes	Yes	Yes	Yes	Yes
Red Cards (See Note 4)	No*	No*	No*	Yes*	Yes	Yes	Yes	Yes	Yes	Yes



For small-sided games, all free kicks are indirect except for Penalty Kicks.

Note 1: For U8-U11 the Opposing Team will retreat to 1/3 of the field on goal kicks and its players may not play the ball until a player from the Kicking Team has played it or the ball crosses the line of retreat. The line of retreat also applies after a save when the ball is in the Goalkeeper's hands. If a Goalkeeper chooses to drop the ball to his/her feet, the ball is live, whether or not the opposing team has fully retreated. Violations will result in a re-kick for the Kicking Team.

Note 2: If the team who is allowed to substitute does so, the other team may also substitute at the same time.

Note 3: For U8 to U11 players are to be replaced if they are acting in such a manner that would normally warrant issuance of a yellow card. The referee will inform the team coach.

Note 5: Penalty spot: For U8-U12 the penalty spot will be 9 yds from the midpoint between the goalposts and equidistant to them.