

EOSL RULES SUMMARY 2025

District Development & Competitive	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Ball Size	#4	#4	#4	#4	#4	#5	#5	#5	#5	#5	#5
Offside	No*	No*	No*	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Throw-Ins (pass-in/ dribble in)	No*	No*	No* U10 Prem Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Goal Size (in feet)	4x6	16x6	16x6	18x6	18x6	24x8	24x8	24x8	24x8	24x8	24x8
Length of Games (See Note 5)	2x20	2x25	2x25	2x30	2x30	2x40	2x40	2x40	2x45	2x45	2x45
Minimum Players on Field	5	5	5	5	5	7	7	7	7	7	7
Maximum Players on Field	7	7	7	9	9	11	11	11	11	11	11
Maximum Players on Game sheet	14	14	14	18	18	18	18	18	18	18	18
Distance from Ball on Restarts (in yards) (See Note 1)	6*	6*	6*	6*	6*	10	10	10	10	10	10
Substitution on Stoppage of Play	Unlimited (any stoppage)					Yes	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	Yes	No	No	No	No	No	No
Yellow Cards (See Note 3)	No*	No*	No*	No*	Yes*	Yes	Yes	Yes	Yes	Yes	Yes
Red Cards (See Note 4)	No*	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 4: Should there be a U15/U16 division the game length will be Two x 45-minute halves.

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