



# Lake Washington Youth Soccer Association Spring Training Program

This program was designed with enjoyment of the player being paramount.  
In the case of lopsided games, the team trailing by 5 or more goals can add a player.

	U7	U8	U9	U10	U11	U12-19
Field Size (Yards)	20 x 30	20 x 30	35 x 55	35 x 55	45 x 70	As Marked
Goal Area (Yards)	4 x 6	4 x 6	6x12	6 x 12	6 x 18	6 x 20
Penalty Area (Yards)	6 x 25	6 x 25	6x30	14 X 24	14 x 24	18 X 44
Goal Width (Feet)	6	6	8	8 x 12	8 x 12	8 x 24
Ball Size	3	4	4	4	4	5
Players on Field	3 - No Goalie	4-No Goalie	7	7	9	11
Duration of Game	<b>**Two equal halves with a 5 minute break. Duration of halves will be shortened by the referee so that the halves are equal &amp; games end by 5:45 or 7:00 pm.</b>					
Approx. Times – determined by Referee	U7 **20 min. halves (see above)	U8 – U9 **25 min. halves (see above)	U10-U11 **25 min. halves (see above)	U12-U19 **25 min. halves (see above)		
Substitutions	WSYSA – Any Stoppage in play with the Referee’s permission					
Offside	None	None	None	**	**	FIFA
Distance to Kick-off	6 Yds	6 Yds	6 yds	**	**	FIFA
Free Kick (FK)	Indirect Only	Indirect Only	Indirect Only	FIFA	FIFA	FIFA
FK, min distance to	6 Yds	6 Yds	6 yds	FIFA	FIFA	FIFA
FK for defense inside goal area	Moved to top of goal area		Move to top of goal area	FIFA	FIFA	FIFA
FK for attack inside goal area	Moved to top of goal area		Move to top of goal area	FIFA	FIFA	FIFA
Penalty Kick	None	None	None	**	**	FIFA
Slide Tackle	Not Allowed	Not Allowed	Not Allowed	None	None	FIFA
Throw-In	Retries	Retries	Retries	FIFA	FIFA	FIFA
Goalkeeper, 6 second rule	NA	NA	Not Enforced	FIFA	FIFA	FIFA
Goalkeeper, protection	NA	NA	WSYSA	WSYSA	WSYSA	WSYSA
Goalkeeper, punting and/or drop kick	NA	NA	No	No	FIFA	FIFA

\*\*Detailed rules at [www.lwysa.org](http://www.lwysa.org) under Rec Club/Coach/General Information  
link just below spring coach meeting information