

MYSAs Small-Sided Standards Chart Implementation starting August 2017



	Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12
Format	4 v 4	4 v 4	4 v 4	7 v 7	7 v 7	9 v 9	9 v 9
Roster Size	Min: 4, Max: 6	Min: 4, Max: 6	Min: 4, Max: 6	Min: 7, Max: 12	Min: 7, Max: 12	Min: 9, Max: 16	Min: 9, Max: 16
Field Size (yards)	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 55-65 Width 35-45	Length 70-80 Width 45-55	Length 70-80 Width 45-55
Goal Size (feet)	4 x 6 May use cones, flags or pop up goals	4 x 6 May use cones, flags or pop up goals	4 x 6 May use cones, flags or pop up goals	Min: 6 x 12 Max: 6 x 18	Min: 6 x 12 Max: 6 x 18	Min: 6 x 18 Max: 7 x 21	Min: 6 x 18 Max: 7 x 21
Ball Size	3	3	3	4	4	4	4
Game Length (minutes)	4 x 10	4 x 10	4 x 10	2 x 25	2 x 25	2 x 30	2 x 30
Break Times (minutes – max.)	5	5	5	10	10	10	10
Substitutions	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited
Referees	None	None	None	1 - 3	1 - 3	3	3
Goalkeeper	No	No	No	Yes	Yes	Yes	Yes
Punting	No	No	No	No	No	No	Yes
Heading	No	No	No	No	No	No	Yes
Offside	No	No	No	Yes (B.O. line)	Yes (B.O. line)	Yes	Yes
Build Out Zones	Recommended (halfway line)	Recommended (halfway line)	Recommended (halfway line)	Yes (B.O. line)	Yes (B.O. line)	Yes (edge of center circle)	No
MYSAs Levels	Recreational	Recreational	Recreational	Maroon, Gold	Maroon, Gold	Classic 1, 2, 3	Classic 1, 2, 3
Trainings to Game	1 : 1	1 : 1	1 : 1	2 : 1	2 : 1	2 : 1	2 or 3 : 1
Frequency (per week)	1	1	1	2	2	2-3	2-3
Training Duration	45 minutes	45 minutes	45 – 60 minutes	60 – 75 minutes	60 – 75 minutes	60 – 75 minutes	60 – 75 minutes
Child to Ball Ratio	1 to 1	1 to 1	2 to 1	3 to 1	4 to 1	6 to 1	6-8 to 1
Max Games/Year	Not formalized	Not formalized	Not formalized	20	20	30	30
License/Certificate Level Recommended	“F” License and U6/U8 Youth Module	“F” License and U6/U8 Youth Module	“F” License and U8/U10 Youth Module	“E” License and U8/U10 Youth Module	“E” License and U10/U12 Youth Module	“E” License and U10/U12 Youth Module	“E” License and U10/U12 Youth Module

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