

**Northeast Select Soccer League (NESSL)  
Spring 2023**

Participating clubs: CFC, Huntington United, Hurricane Soccer, Jay County, Muddy River FC, Rangers, The City, The Plex, Strikers, Warsaw

Play Group	Birth Years	# Players on Field
10U	2013, 2014, 2015*	7v7 (6 + GK)
12U	2011, 2012	9v9 (8 + GK)
15U	2008, 2009, 2010	9v9 (8 + GK)
19U	2004, 2005, 2006, 2007	7v7 (6 + GK)

Travel players are not allowed to participate in NESSL play.

Laws of the Game (not all are covered but those needed for emphasis)

**Rule 1 – The Field**

Dimensions:

Age	Length	Width
10U	45-60 yards	30-40 yards
12-19U	65-80 yards	45-55 yards

Center Circle:

Age	Radius
10-19U	8 yards

Goal Area:

Age	Length	Width
10U	NA	NA
12-19U	5 yards	16 yards

Penalty Area:

Age	Length	Width
10U	12 yards	24 yards
12-19U	14 yards	36 yards

Goal:

Age	Height	Width
10U	6 - 6 ½ feet	12 - 18 ½ feet
12U	6 - 6 ½ feet	18 ½ - 21 feet
15-19U	8 feet	24 feet

Penalty Spot & Penalty Arc:

Age	Distance from Goal Line	Circumference of Penalty Arc from Penalty Spot
10U	8 yards	8 yards
12-19U	10 yards	10 yards

#### **Build Out Line:**

- This line is only on the 10U (7v7) fields.
- The build out line is half-way between the top of the penalty area and the midline, parallel to the midline.
- When there is a goal kick or the goalkeeper has possession in their hands, the opponents must drop behind the build out line until the ball is distributed into play.
- The goalkeeper is not allowed to punt or drop-kick the ball.
- The build out line is also used for the offside line. Only players between the build out line and their attacking goal may be in an offside position.

#### **Rule 2: The Ball**

Age	Ball Size
10 & 12U	4
15-19U	5

#### **Rule 3: The Number of Players on the Field**

Age	Maximum	Minimum
10U	7v7 (6 + GK)	4 (3 + GK)
12 & 15U	9v9 (8 + GK)	6 (5 + GK)
19U	7v7 (6 + GK)	4 (3 + GK)

- Substitutions – Unlimited for all age groups
- Substitutions shall be with the consent of the referee at the following times:
  - Prior to our team's throw-in
  - Prior to a goal kick by either team
  - After any goal
  - At half-time
  - If both teams have a substitute ready, both teams may substitute.

#### **Rule 5: The Referee**

- USSF or Indiana Soccer certified referee as assigned by the Indiana Soccer designee.
- One certified referee will be assigned for all 10U, 12U & 15U games.
- Both teams pay half of each position's fee before the game.
- A USSF or Indiana Soccer certified referee must be in the center. A club linesman (preferably someone who has completed the Guardian program) may be used. At no time will a "two referee system" be permitted to referee a game.

#### **Team Check-in**

- Each team must bring two copies of the game card to each game, one for the referee and one for their opponent.
- If a player's or coach's name is not typed on the game card, the player or coach may not participate in that game.
- Coaches and managers cards must be presented on check-in. The referee is to compare the picture on the card to the name on the card is to match the name on the game card.
- Names are not allowed to be handwritten on the game card.

- Jersey numbers must be on the game card for each player. Jersey numbers may be handwritten on the game cards to make sure every player has a unique number for the game. Tape may be used to make sure every number is unique.
- Players cards with the player's name, birthdate (DOB) and picture must be presented during check-in with the game cards. The name and DOB on the player's card should match the name and DOB on the game card.

**Rule 6: The Assistant Referee – Refer to Rule 5**

**Rule 7: Duration of the Match**

10U	12U	15U
2 x 25 Min Halves	2 x 30 Min Halves	2 x 40 Min Halves

- 10 minutes between halves, 5 minutes between quarters

**Rule 8: Start of Play**

- All opponents must be at least 8 yards from the ball until it is in play.

**Rule 11: Offside**

- Offside is in effect in all games 10U and older.

**Rule 12: Fouls and Misconducts**

- Restricted Goalkeeper Distribution: **Punting and Drop Kicks is only allowed in the 12U & 15U age groups.** If there is an infraction, the referee should remind the goalkeeper and let them restart with the ball in hand.
- **No slide tackling in any age group in NESSL.**
- No intentional heading for all 10U & 12U games in NESSL.
  - If a player deliberately heads the ball, the referee will award an indirect free kick (IFK) to the opposing team from the spot of the infringement.
  - An indirect free kick awarded inside the penalty area for the attacking team must be taken on the penalty area line parallel to the goal line at the point nearest to where the infringement occurred.

**Rule 13: Free Kicks**

- All opponents must be at least 8 yards from the ball until it is in play.

**Rule 16: Goal Kick**

- 10U games, all goal kicks are to be taken anywhere inside the penalty area. Opponents are required to drop behind the build out line until the ball is put back into play.
- 12U-19U games, all goal kicks are to be taken anywhere inside the goal area. Opponents are required to be outside the penalty area.
- **The ball is live when it is played and may be touched within the penalty area by a second player.**