



Burlingame AYSO 2023 Divisional Guidelines

| Divisions | Playground | Schoolyard | 6U | 8U | | 10U | | 12U | | 14U | | 16U | | 19U** | | | |
|----------------------------------|------------|-------------------------------------------------------------------------------------------------|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-----|------------|-----|------------|-----|------------|--|
| | 4U | 5U | 6U | 7U | 8U | 9U | 10U | 11U | 12U | 13U | 14U | 15U | 16U | 17U | 18U | 19U | |
| Players (NR&R II.C.1) | | | | | | | | | | | | | | | | | |
| Players per Team on Field | n/a | 4 | 4 | 4 | | 7 | | 9 | | 11 | | 11 | | 11 | | | |
| Minimum on Field (NCP/LOTG) | n/a | n/a | n/a | n/a | | 5 | | 6 | | 7 | | 7 | | 7 | | | |
| Maximum Roster Size | n/a | 6 | 6 | 6 | | 10 | | 12 | | 15 | | 18 | | 18 | | | |
| Minimum Roster Size | n/a | 5 | 5 | 5 | | 8 | | 10 | | 12 | | 12 | | 12 | | | |
| Substitutions | n/a | n/a | n/a | No player shall play 4 quarters unless all players have played 3 quarters. If a player arrives during the 1st quarter, they must play 2 quarters; during the 2nd or 3rd quarter, they must play a minimum of 1 quarter | | | | | | Players must play at least two quarters. If a player arrives during the 2nd or 3rd quarter, they must play at least 1 quarter | | | | | | | |
| Goal Keeper (NR&R II.C.1) | n/a | No | No | No | | Yes X Keeper may play only 2 quarters | | | Yes X Keeper may play whole game | | | | | | | | |
| Game Logistics | | | | | | | | | | | | | | | | | |
| Duration of Halves (NR&R I.B.1) | n/a | 2 x 10 min | | 2 x 10 min | | 2 x 20 min | | 2 x 25 min | | 2 x 30 min | | 2 x 35 min | | 2 x 40 min | | 2 x 45 min | |
| Duration of Game | n/a | 20 min | | 20 min | | 40 min | | 50 min | | 60 min | | 70 min | | 80 min | | 90 min | |
| Duration of Half Time | n/a | 5 Minutes | | | | | | | | | | 10 Minutes | | | | | |
| Size of Ball (NR&R I.F) | 3 | 3 | 3 | 3 | | 4 | | 4 | | 5 | | 5 | | 5 | | | |
| Heading (NR&R I.I.1) | n/a | No | No | No | | Not Allowed <small>IFK to opposing team for deliberate heading</small> | | | | Yes | | Yes | | Yes | | | |
| Throw Ins (NR&R I.J) | n/a | No | No (Pass in) | | No (Pass in) | | Yes -- but no retakes (exception: 10U permitted retakes for first 3 games of season) | | | | | | | | | | |
| Goal Keeper Punts (NR&R I.K.1) | n/a | n/a | n/a | n/a | | No | | Yes | | Yes | | Yes | | Yes | | | |
| Offside (NR&R I.K.1) | n/a | n/a | n/a | n/a | | Yes (Build Out) | | Yes | | Yes | | Yes | | Yes | | | |
| Teams & Parents | n/a | Teams on opposite sides of the field | | | | | Parents/Spectators on 1 side; coaches/players on other | | | | | | | | | | |
| Coaches | n/a | Coaches with players & parent | | | | | Only certified coaches allowed and must remain in technical area. | | | | | | | | | | |
| Referees | n/a | Team referee when available or coaches act as referee | | | | | 3Xreferee system (referee and two assistant referees). 2Xreferee system not allowed | | | | | | | | | | |
| Fouls & Misconduct | | | | | | | | | | | | | | | | | |
| Free Kicks | n/a | DFK only (no PK) | | | | | Laws 13 and 14 | | | | | | | | | | |
| Distance on restarts | n/a | 6 Yards | | | | 8 Yards | | | 10 Yards (Law 13) | | | | | | | | |
| Misconduct (Yellow/Red Cards) | n/a | Verbal Instruction Only (no cards) | | | | | | | | Yes to both yellow and red (Law 12) | | | | | | | |
| Slide tackling | n/a | Not Allowed | | | | | | | | Allowed (Law 12) | | | | | | | |
| Sportmanship | | | | | | | | | | | | | | | | | |
| Playing Down | n/a | Other team can lend players to opponents | | | | Team may play down by one when other team has: | | | Encouraged but not mandatory | | | | | | | | |
| | | | | | | 5 | 6 | | | | | | | | | | |
| Running Up the Score | n/a | Goal differential more than 4 not allowed; coach should change strategy to not run up the score | | | | As soon as a Team is ahead by 3 Goals, Coaches should take immediate corrective action to mitigate the situation. The Largest Acceptable Final Goal Difference (GD) is 5 Goals. If the final GD is 6 or higher, you must reach out to your DC and explain the events. During the Burlingame Cup, points will be deducted or forfeit may be issued for a Final GD greater than 5 (6 Goals or Higher). Continue to Respect the Game and Respect your Opponents. Continue to play Soccer by changing Tactics & Player Positions and NOT The Game of Soccer. | | | | | | | | | | | |

** 19U is allowed with Section Director Approval