

THIS IS
WHY

IT'S
GAME
TIME

USL YOUTH RULES & GUIDELINES

ELIGIBLE PLAYERS & COACHES

All players and coaches must be registered through USL and must appear on the Digital Match Roster (DMR) with a valid headshot in order to be eligible to play in USL Youth games. Player Passes (US Club, USYS, etc.) are not valid and will not be accepted.

GAME LENGTHS

U10: 2x25 minutes
U11 - U12: 2x30 minutes
U13 - U15: 2x35 minutes
U16 - U17: 2x40 minutes
U17/19 (Girls Only): 2x45 minutes
U18/19 (Boys Only): 2x45 minutes

UNIFORMS/JERSEY CONFLICTS

Teams are required to have both jerseys with them at each game. The home team should wear light colors, and the away team should wear dark colors. If there is a uniform conflict, it is the home team responsibility to change their uniform.

HEADING GAME RULE

For the U10 & U11 age groups there is no heading allowed. U12 & up are eligible to head the ball during competition. Players who are playing up will play according to the rules of the age group in which they are playing. It is the club's responsibility to understand the effects of this rule on players playing up.

MATCH ROSTERS & REPORTS

Digital Match Rosters (DMR) must be submitted not later than 1 hour prior to kickoff. Officials are required to check-in both teams, and officials should only be paid once this is completed. If officials do not complete this process prior to kickoff, you should call your divisional manager.

Match Reports will be completed by the officials at the end of the match. Coaches should confirm the final score, cautions, and send offs with the official once the match is complete.

GUIDELINES FOR WATER BREAKS

Water breaks are mandatory when the temperature is or expected to reach 92 degrees Fahrenheit or higher during the competition. These breaks must take place at the halfway point during each half and should last 1-2 minutes.

If a team decides that a water break is needed outside of these guidelines, this must be agreed upon by both teams and the officials prior to the start of the match.

INCOMPLETE GAMES

If a game cannot be completed, the game will stand if the game reaches half time. If the match is suspended prior to half time, the game must be replayed at a time agreed upon by both teams. Clubs should follow the Game Delays and Postponements (Rule 213) in the Operations Manual when these situations occur.

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LACE
UP 'EM

GAME-
CHANGER