

US Soccer's Recommendations on Field Changes and Roster Sizes



With the Fall Season quickly approaching, youth soccer across the nation is preparing to transition to small sided games as mandated by US Soccer.

Small sided games will encourage an environment of constant play, allowing more opportunities for tactical decision making and touches on the ball. All players will benefit from these changes, but change is always difficult and presents unique challenges for clubs and leagues that must plan fields, schedules and answer questions from parents and coaches.

Cal North understands the diversity of leagues and clubs across northern California and the unique challenges each of our affiliated leagues will face as they transition to small sided games. Although plans for the Fall playing season may have already been finalized by your organizations, we hope to continue providing you with useful information that can be utilized as a guide for recreational play and future improvements.

The below standards were recently announced by US Soccer as recommendations for small sided games. These recommendations are based on the input from US Soccer's Youth Member's Technical Leadership group, and feedback provided by Directors of Coaches. Please, note Cal North's maximum roster size limitations have not changed and these are recommendations only.

Age	Game	Field Size		Roster Size
		Length Range	Width Range	
U6	4v4	25-35	15-25	No more than 6*
U7	4v4	25-35	15-25	No more than 6*
U8	4v4	25-35	15-25	No more than 6*
U9	7v7	55-65	35-45	No more than 12
U10	7v7	55-65	35-45	No more than 12
U11	9v9	70-80	45-55	No more than 16
U12	9v9	70-80	45-55	No more than 16

* 4v4 soccer is meant to be played in a less structured environment in order to maximize fun and participation; thus, players eight-years-old and younger should play without formal teams and rosters. Conducting play through in-house programs with flexible and fluid teams is the best approach.

We hope you join Cal North in supporting small sided games and encourage you to contact us with any questions or concerns you may have.
