



STTSL

SOUTHERN TIER TRAVEL SOCCER LEAGUE
PLAYING RULES
Amended April, 2026

1. Rules

The current edition of FIFA Laws of the Game is the rulebook of the Southern Tier District Travel Soccer League, except as modified herein.

2. Age Divisions

2.1 10U, 12U, 14U, 15U(B), 16U, 19U

2.2 A players' age is determined as the year they turn that age or younger.

3. Field Size (recommended)

	Division	Width	Length	Preferred
3.1	10U (7v7)	35-45	45-60	45-65
3.2	12U (9v9)	45-55	70-80	
3.3	14-19U (11v11)	50-100	100-130	100-130

4. Field Markings

4.1 Field markings for 14 – 19U divisions should conform to USSF standards.

4.2 Field markings for 10 – 12U division should conform to USSF standards, where possible.

4.3 All U10 fields should have a build out line.

5. Size of Goals

5.1 10U & 12U divisions – preferred 6X18 or 7X21

5.2 14, 16, 19U divisions- 8'x 24' regulation goal

5.3 All goal posts shall be securely anchored.

6. Size of Ball

- 6.1 10 & 12U divisions – Size 4
14, 16, 19U divisions – size 5
- 6.2 Balls should be provided by the home team, unless none of the proposed balls is acceptable to the referee.

7. Length of game(s)

- 7.1 10U division – two (2) 25-minute halves
12U division – two (2) 30 minute halves
14U division – two (2) 35-minute halves
15U division – two (2) 40-minute halves
16U division – two (2) 40-minute halves
19U division – two (2) 45minute halves
- 7.2 There should be a 10-minute break between halves for all games.
- 7.3 Time may be added on by the referee in any period for all time lost through the transport from the field of injured players, or time-wasting, the amount of which shall be a matter of discretion of the referee.
- 7.4 If a game ends in a tie, there shall be no overtime.
- 7.5 If, at the scheduled start of a game, any team cannot field a minimum seven players and/or the team does not have a coach with a current risk management pass, a fifteen-minute grace period will be allowed to rectify the problem. If, after fifteen minutes the situation has not changed, a forfeit will be awarded to the opposing team.
- 7.6 This section may be modified for tournaments.

8. Number of players

- 8.1 10U division 7V7 (with minimum 5 to start or continue)
12U division 9V9 (with minimum 7 to start or continue)
14-19U division 11V11 (with minimum 7 to start or continue)
- 8.2 Teams may roster up to 26 players, but may dress only 22 – for 14U, 16U & 19U; 18 for 12U; 14 for 10U on game day.

Any player not playing should be on spectator side.

9. Spectators

- 9.1 Where site conditions permit, all team players, coaches and team officials shall be located on one sideline with all spectators located on the opposite sideline.
- 9.2 Teams may have no more than three coaches on the player sideline during game.
- 9.3 No spectators, players, team officials or coaches shall be located along either end line.
- 9.4 This section may be modified if site conditions make the above impractical.

10. Player Registration

- 10.1 A player may be assigned to more than one team in the Southern Tier District Travel Soccer League, but a primary team must be designated. (Only one team per age group). If there are concurrent games, a player must play for their primary team.

Clarifications: Any player from a younger division may move up to play for a team from an older division within the club they registered. Bringing a player up a division is not considered a lateral move. Lateral moves are otherwise not allowed by rule. Also, players who are brought up from a younger division to play a game will be written in on the roster and must have a valid player pass.

If a club has two teams in the same division a player cannot be assigned to both teams nor can that player be a substitute at any time for the second team.

11. Referees & Assistant Referees

- 11.1 Referees will be assigned by Southern Tier District Referee Unit Assignor.
11.2 Referees will receive the amount agreed upon between the Referee Unit and the Southern Tier District Travel Soccer League Board of Directors.
11.3 Assistant referees will be assigned to each game by the referee assignor.
11.4 All referees must comply with the league's Zero Tolerance Policy
11.5 Number of referees per:
10U division - 1
12U division - 1
14, 16, 19U division - 3

12. Timekeeping

- 12.1 The official game time is kept by the referee on the field.

13. Substitutions

- 13.1 During the course of a game, each team may substitute an unlimited number of times, under the following conditions: On any stoppage of play, at the discretion of the referee.
- 13.2 Either team may substitute, if the coach or assistant coach needs to enter the field to treat an injured player; the coach must first be beckoned onto the field by the center referee. The player being attended to must then leave the field of play, with the exception of the goalkeeper.
- 13.3 All substitutions must take place at the field center line and only after being directed on by the referee.

14. Weather Conditions

- 14.1 Games shall be played regardless of weather, except during thunder or electrical storms or other unplayable conditions. (See Thunder / Lightning policy at end of Rules)
- 14.2 Games may be re-scheduled, upon agreement of both coaches, due to weather conditions.
- 14.3 Should any game have to be postponed due to weather conditions, prior to the arrival of the teams and/or referee at the field, the home team shall be responsible for contacting the visiting team/coach and referee assignor for notification.
- 14.4 If the first half of a game is completed and the second half cannot be played due to weather conditions, then the game shall be deemed complete at half.
- 14.5 If the first half of a game cannot be played due to weather conditions, then the entire game shall be replayed.
- 14.6 If the second half of a game begins but cannot be concluded at any point due to weather conditions, the game shall be called complete.

15. Uniforms

- 15.1 All field players on any team must wear the same color jersey.
- 15.2 All shirts shall be numbered, except the goalkeeper, with each player assigned a different number.
- 15.3 It is recommended teams have two jerseys. Teams should wear dark jerseys at home and light jerseys away to avoid color clashes. If a team only has one color that team should wear pinnies in the event of a color clash.
- 15.4 All players must wear shin guards covered by socks.

16. FIFA Rule Summary

- 16.1 A link to the FIFA laws of the game is posted on the STTSL Website for your reference.

17. Coaches

- 17.1 Coaching from the sidelines shall be kept to a minimum.
- 17.2 If a coach, or assistant coach, is ejected for violating one or more Laws of the Game, then that coach shall leave the field of play immediately. There must be an adult with a NYSWYSA staff pass card present to continue the game for that club. Should such an ejection occur, the coach or assistant coach is suspended from his/her team's next game.
- 17.3 Upon ejection of a coach or assistant coach, the restart will be based on the original stoppage of play.
- 17.4 The referee shall notify the president of the referee unit of an ejection as soon as possible following the game in which the ejection took place.
- 17.5 All coaches and referees must abide by following league requirements on game day:
1. Copy of current STTSL playing rules
 2. Copy of current (match day) State Association player roster
 3. All State Association players & coaches passes

A hard copy of all the above is recommended but a digital copy is acceptable.

18. Game Points

- 18.1 Game points will be awarded on the following schedule: Win or win by forfeit 3 points, Tie 1 point, Loss 0 points, forfeit deduct 1 point and pay \$50.00 fine to league.

If a team is scheduled to play 10 games (to ensure others play 9 in divisions with odd numbers) the **first** game does not count (no points awarded to the team with ten games and no goals for or against).

19. Playoffs

- 19.1 Participation in the playoffs is based on league standing. The top four teams in 12U – 19U Division will qualify of the end of season tournament. 10U will have a season ending festival.

20. 10U Division

- 20.1 A build out line will be used in all 10U games. The home team is responsible for appropriate field markings for the build out line.
- When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play
 - Once the opposing team is behind the buildout line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed)
 - After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal
 - The opposing team must also move behind the build out line during a goal kick until the ball is put into play
 - Refer to the STTL website for an explanation of how to apply the build out line.
 - The build out line will be used to denote where offside offenses can be called. Players cannot be penalized for an offside offense between the halfway line and the build out line. Players can be penalized for an offside offense between the build out line and goal line.
- 20.2 Players in the U10 division shall not head the ball directly from the air in any match or competition. If a player aged 10 or younger deliberately heads the ball in a match, the referee shall award an indirect free kick to the opposing team at the spot of the infraction. If the heading occurs within the penalty area, the referee shall move the ball outside the penalty area and award an indirect free kick to the opposing team.

THUNDER & LIGHTNING POLICY

(NYSPHAA policy adopted as STTSL policy prior to 2009 season)

- 1) Thunder and lightning necessitate that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion-
thunder is thunder, lightning is lightning.
 - a) With your site administrator, set up a plan for shelter prior to the start of any contest.
- 2) When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:
 - b) Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, or car).
 - c) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.
 - d) After thunder and/or lightning have left the area, wait approximately 30 minutes after the last boom is heard or strike is seen before resuming play or competition.