



WESTERN SUSSEX SOCCER YOUTH ASSOCIATION

16U Rules

Fall 2019

- 2 - 30-minutes halves with 5-minutes half time break
- Size 5 Ball
- 9 v 9 with goalkeeper or adjust play down. Minimum 5 v 5. Must have at least 1 sub
- Teams may borrow players without automatic forfeit penalty. If the borrowing team wins the game-the end result will be a tie as to not to penalize either team. If the borrowing team loses, it will still count as a loss. This ensures no penalty to the team that had the required # of players while still giving the short team the chance to compete.
- Ball must be passed out of circle at kickoff
- Offsides rule is enforced
- Throw ins. First 2 weeks will be allowed redos. 3rd week on, a bad throw in will result in change of possession.
- HEADERS ARE ALLOWED
- NO SLIDE TACKLES
- Ball cannot be played on the ground
- All other FIFA rules apply

Goalies must wear shirt color other than blue or white

Long hair must be restrained with soft hair ties.

Mouth guards are required for any player wearing braces.

Shin guards under tall socks are required

Soccer style cleats are required.

No jewelry can be worn.