



LONG ISLAND JUNIOR SOCCER LEAGUE

Sunrise & Sunset – Fall 2023

Age	Year	Time To Allow	Halves	Field Size
U-9	2015	1 hr 10 min	2x25	Development
U-10	2014	1 hr 10 min	2x25	Development
U-11	2013	1 hr 20 min	2x30	Small
U-12	2012	1 hr 20 min	2x30	Small
U-13	2011	1 hr 30 min	2x35	Large
U-14	2010	1 hr 30 min	2x35	Large
U-15	2009	1 hr 40 min	2x40	Large
U-16	2008	1 hr 40 min	2x40	Large
U-17	2007	1 hr 50 min	2x45	Large
U-18-19	2006-2005	1 hr 50 min	2x45	Large

SEPTEMBER	
9	10
Sunrise: 6:15 AM	Sunrise: 6:16 AM
Sunset: 7:04 PM	Sunset: 7:02 PM
16	17
Sunrise: 6:23 AM	Sunrise: 6:24 AM
Sunset: 6:51 PM	Sunset: 6:49 PM
23	24
Sunrise: 6:31 AM	Sunrise: 6:32 AM
Sunset: 6:38 PM	Sunset: 6:37 PM
30	
Sunrise: 6:38 AM	
Sunset: 6:26 PM	
OCTOBER	
	1
	Sunrise: 6:40 AM
	Sunset: 6:24 PM
14	15
Sunrise: 6:55 AM	Sunrise: 6:56 AM
Sunset: 6:02 PM	Sunset: 6:00 PM
21	22
Sunrise: 7:03 AM	Sunrise: 7:04 AM
Sunset: 5:51 PM	Sunset: 5:49 PM
28	29
Sunrise: 7:12 AM	Sunrise: 7:13 AM
Sunset: 5:40 PM	Sunset: 5:39 PM
NOVEMBER	
4	5
Sunrise: 7:21 AM	Sunrise: 6:22 AM*
*DAYLIGHT SAVINGS TIME ENDS	
Sunset: 5:31 PM	Sunset: 4:30 PM
11	12
Sunrise: 6:30 AM	Sunrise: 6:31 AM
Sunset: 4:23 PM	Sunset: 4:22 PM
18	19
Sunrise: 6:39 AM	Sunrise: 6:40 AM
Sunset: 4:16 PM	Sunset: 4:15 PM
DECEMBER	
3 – ALL GAMES MUST BE PLAYED	
Sunrise: 6:56 AM	Sunset: 4:08 PM

If scheduling games back to back only use the times above for the length of the game.

DO NOT LEAVE EXTRA TIME BETWEEN GAMES.

i.e. If the first game is a BU10 9:00 AM then the next game GU11 you schedule to start at 10:10, not 10:15 or 10:20