



LONG ISLAND JUNIOR SOCCER LEAGUE

Sunrise & Sunset Spring 2025

Age	Year	Time To Allow	Halves	Field Size
U-9	2016	1 hr 10 min	2x25	Development
U-10	2015	1 hr 10 min	2x25	Development
U-11	2014	1 hr 20 min	2x30	Small
U-12	2013	1 hr 20 min	2x30	Small
U-13	2012	1 hr 30 min	2x35	Large
U-14	2011	1 hr 30 min	2x35	Large
U-15	2010	1 hr 40 min	2x40	Large
U-16	2009	1 hr 40 min	2x40	Large
U-17	2008	1 hr 50 min	2x45	Large
U-18-19	2007-2006	1 hr 50 min	2x45	Large

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

MARCH	
*DAYLIGHT SAVINGS TIME BEGINS MARCH 8	
15	16
Sunrise: 7:03 AM	Sunrise: 7:02 AM
Sunset: 6:59 PM	Sunset: 7:00 PM
22	23
Sunrise: 6:52 AM	Sunrise: 6:50 AM
Sunset: 7:07 PM	Sunset: 7:08 PM
29	30
Sunrise: 6:40 AM	Sunrise: 6:38 AM
Sunset: 7:14 PM	Sunset: 7:15 PM
APRIL	
5	6
Sunrise: 6:29 AM	Sunrise: 6:27 AM
Sunset: 7:21 PM	Sunset: 7:22 PM
26	27
Sunrise: 5:57 AM	Sunrise: 5:55 AM
Sunset: 7:44 PM	Sunset: 7:45 PM
MAY	
3	4
Sunrise: 5:48 AM	Sunrise: 5:46 AM
Sunset: 7:51 PM	Sunset: 7:52 PM
10	11
Sunrise: 5:40 AM	Sunrise: 5:48 AM
Sunset: 7:58 PM	Sunset: 7:59 PM
17	18
Sunrise: 5:33 AM	Sunrise: 5:32 AM
Sunset: 8:05 PM	Sunset: 8:06 PM
31	
Sunrise: 5:23 AM	
Sunset: 8:17 PM	
JUNE	
	1
	Sunrise: 5:23 AM
	Sunset: 8:18 PM
7	8
Sunrise: 5:21 AM	Sunrise: 5:21 AM
Sunset: 8:22 PM	Sunset: 8:2 PM
14	15
Sunrise: 5:20 AM	Sunrise: 5:20 AM
Sunset: 8:25 PM	Sunset: 8:25 PM
21	22
Sunrise: 5:21 AM	Sunrise: 5:21 AM
Sunset: 8:27 AM	Sunset: 8:27 AM
29 – ALL GAMES MUST BE PLAYED	
Sunrise: 5:24 AM	Sunset: 8:28 PM