



LONG ISLAND JUNIOR SOCCER LEAGUE

Sunrise & Sunset Spring 2026

Age	Year	Time To Allow	Halves	Field Size
U-9	2017	1 hr 10 min	2x25	Development
U-10	2016	1 hr 10 min	2x25	Development
U-11	2015	1 hr 20 min	2x30	Small
U-12	2014	1 hr 20 min	2x30	Small
U-13	2013	1 hr 30 min	2x35	Large
U-14	2012	1 hr 30 min	2x35	Large
U-15	2011	1 hr 40 min	2x40	Large
U-16	2010	1 hr 40 min	2x40	Large
U-17	2009	1 hr 50 min	2x45	Large
U-18-19	2008-2007	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	
	8
	Sunrise: 7:51 AM Sunset: 6:51 PM
14	15
Sunrise: 7:05 AM Sunset: 6:57 PM	Sunrise: 7:03 AM Sunset: 6:59 PM
21	22
Sunrise: 6:53 AM Sunset: 7:05 PM	Sunrise: 6:52 AM Sunset: 7:06 PM
28	29
Sunrise: 6:42 AM Sunset: 7:12 PM	Sunrise: 6:40 AM Sunset: 7:13 PM
APRIL	
11	12
Sunrise: 6:19 AM Sunset: 7:27 PM	Sunrise: 6:17 AM Sunset: 7:28 PM
18	19
Sunrise: 6:08 AM Sunset: 7:35 PM	Sunrise: 6:07 AM Sunset: 7:36 PM
25	26
Sunrise: 5:58 AM Sunset: 7:42 PM	Sunrise: 5:57 AM Sunset: 7:43 PM
MAY	
2	3
Sunrise: 5:49 AM Sunset: 7:49 PM	Sunrise: 5:48 AM Sunset: 7:50 PM
9	10
Sunrise: 5:41 AM Sunset: 7:56 PM	Sunrise: 5:39 AM Sunset: 7:57 PM
16	17
Sunrise: 5:33 AM Sunset: 8:03 PM	Sunrise: 5:33 AM Sunset: 8:04 PM
30	31
Sunrise: 5:23 AM Sunset: 8:16 PM	Sunrise: 5:23 AM Sunset: 8:16 PM
JUNE	
6	7
Sunrise: 5:21 AM Sunset: 8:21 PM	Sunrise: 5:20 AM Sunset: 8:21 PM
13	14
Sunrise: 5:20 AM Sunset: 8:24 PM	Sunrise: 5:20 AM Sunset: 8:25 PM
21 – ALL GAMES MUST BE PLAYED	
Sunrise: 5:20 AM	Sunset: 8:27 PM