



LONG ISLAND JUNIOR SOCCER LEAGUE

Sunrise & Sunset Fall 2026

Age	Time To Allow	Halves	Field Size
U-9	1 hr 10 min	2x25	Development
U-10	1 hr 10 min	2x25	Development
U-11	1 hr 20 min	2x30	Small
U-12	1 hr 20 min	2x30	Small
U-13	1 hr 30 min	2x35	Large
U-14	1 hr 30 min	2x35	Large
U-15	1 hr 40 min	2x40	Large
U-16	1 hr 40 min	2x40	Large
U-17	1 hr 50 min	2x45	Large
U-18-19	1 hr 50 min	2x45	Large

SEPTEMBER	
12	13
Sunrise: 6:30 AM	Sunrise: 6:31 AM
Sunset: 7:06 PM	Sunset: 7:04 PM
19	20
Sunrise: 6:37 AM	Sunrise: 6:38 AM
Sunset: 6:54 PM	Sunset: 6:52 PM
26	27
Sunrise: 6:44 AM	Sunrise: 6:45 AM
Sunset: 6:42 PM	Sunset: 6:41 PM
OCTOBER	
3	4
Sunrise: 6:51 AM	Sunrise: 6:52 AM
Sunset: 6:31 PM	Sunset: 6:29 PM
17	18
Sunrise: 7:06 AM	Sunrise: 7:07 AM
Sunset: 6:09 PM	Sunset: 6:07 PM
24	25
Sunrise: 7:13 AM	Sunrise: 7:15 AM
Sunset: 5:58 PM	Sunset: 5:57 PM
31	
Sunrise: 7:22 AM	
Sunset: 5:49 PM	
NOVEMBER	
*DAYLIGHT SAVINGS TIME ENDS NOVEMBER 1	
	1
	Sunrise: 6:23 AM
	Sunset: 4:48 PM
7	8
Sunrise: 6:30 AM	Sunrise: 6:31 AM
Sunset: 4:41 PM	Sunset: 4:40 PM
14	15
Sunrise: 6:38 AM	Sunrise: 6:39 AM
Sunset: 4:35 PM	Sunset: 4:34 PM
21	22
Sunrise: 6:46 AM	Sunrise: 6:47 AM
Sunset: 4:29 PM	Sunset: 4:29 PM
29 – ALL GAMES MUST BE PLAYED	
Sunrise: 6:55 AM	Sunset: 4:26 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