

As of 2/1/2026	U4	U5/6	U7	U8	U9	U10	U11-12	U13-14	U15-16	U17-19	Adult (11v11 / 7v7)
Field Size – Yards	20x30	20x30	30x50	30x50	35x55	35x55	45x70	65x110	65x110	65x110	70x120 45x70
Goal Size (feet)	4x6	4x6	4.5x9	4.5x9	6.5x18	6.5x18	7x21	8x24	8x24	8x24	8x24 / 7x21
Players											
Maximum	4	4	5	5	7	7	9	11	11	11	11 / 7
Minimum	3	3	3	3	5	5	7	7	7	7	7 / 5
Game Time (minutes)											
Quarters	6	8	10	12	-	-	-	-	-	-	-
Halves	-	-	-	-	25	25	30	35	40	40	40 / 25
Breaks (minutes)											
Quarters	2	2	2	2	-	-	-	-	-	-	-
Halves	5	5	5	5	10	10	10	10	10	10	10
Ball Size	3	3	3	3	4	4	4	5	5	5	5
Goalkeeper	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Offside	No	No	No	No	Yes						
Restarts (Touchline)	Kick In	Kick In	Throw In*	Throw In*	Throw In						
Restarts (Kicks)	IFK	IFK	IFK*	IFK*	FIFA						
Punts	No	No	No*	No*	No	No	Yes	Yes	Yes	Yes	Yes / No
Separation (yards)	3	3	4	4	7	8	10	10	10	10	10
Two Touch Violation	No	No Redo	No Redo	No Redo	Yes						
Penalty Kicks	No	No	No	No	Yes						
Crease*	Yes	Yes	No	No	No	No	No	No	No	No	No
Build Out Line	No	No	No	No	Yes	Yes	No	No	No	No	No
Substitutions											
Quarters	Yes	Yes	Yes	Yes	-	-	-	-	-	-	-
Half	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Injuries	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Throw In*	-	-	-	-	Yes						
Goal Kicks	-	-	-	-	Yes						
Goals	-	-	-	-	Yes						
Cautioned Player	-	-	-	-	Yes						
Ref Decision	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Stoppage	-	-	-	-	-	-	-	-	-	-	-

