

	Field	Development	Small-Sided	Field	Development	Full-Sided	
Age Group	U6	U8	U10	U12	13 -14	15 - 16	17 - 19
Teams & Players Maximum Roster	8	8	12	16	18	22	22
Players on Field	3	4	7	9	11	11	11
Maximum Suited Up to Play	8	8	12	16	18	18	18
Minimum Playing Time (Season)	50%	50%	50%	50%	50%	50%	50%
Rules							
Game Duration (Minutes & Periods)	20/5/20	20/5/20	25/5/25	30/5/30	35/5/35	40/5/40	45/5/45
Breaks Between Periods	5	5	5	5	5	5	5
Overtime (if required) Minutes x Periods	NO	NO	NO	NO	NO	NO	NO
Ball Size	3	3	4	4	5	5	5
Goalkeeper	NO	YES	YES	YES	YES	YES	YES
Goalkeeper Punts & Drop Kicks	NO	NO	NO	YES	YES	YES	YES
Direct Free Kicks	NO	NO	YES	YES	YES	YES	YES
Indirect Free Kicks	YES	YES	YES	YES	YES	YES	YES
Penalty Kicks	NO	NO	YES	YES	YES	YES	YES
Defender Distance from Free Kick (Yards)	3	3	10	10	10	10	10
Defender Distance from Throw-in (Yards)	2	2	2	2	2	2	2
Re-take on Throw-in	YES	YES	NO	NO	NO	NO	NO
Score from Goal Kick	NO	NO	YES	YES	YES	YES	YES
Offside	NO *2	NO *2	YES	YES	YES	YES	YES
Slide Tackling	NO	NO	NO	YES	YES	YES	YES
Referee May Show Yellow/Red Cards	NO *3	NO *3	NO *3	YES	YES	YES	YES
Heading Ball	NO	NO	NO	NO/Limited	YES	YES	YES
Field and Equipment							
Field Size Length x Width (Yards)	30-40 x 20-30	30-40 x 20-30	60-70 x 40-50	70-80 x 40-50	100-115x50-75	100-115x50-75	100-115x50-75
Center Circle Radius (Yards)	3	3	5	7	10	10	10
Penalty Area: Width x Depth (Yards)	NO	NO	20x10	30x12	44x18	44x18	44x18
Goal Keeper Area: Width x Depth (Yards)	8x3	8x3	8x3	8x4	20x6	20x6	20x6
Penalty Mark (Yards)	NO	NO	7	8	12	12	12
Goal Post: Width x Height (Feet)	6x4	6x4	12-18x6	18x6	24x8	24x8	24x8
Build Out Line (Yards from Goal Line)	Half-Way Line	Half-way Line	14	NONE	NONE	NONE	NONE
*1: These are recommendations. Overtime determined by rules of individual league / tournament.							
*2: Spirit of the Offside Rule enforced.							
*3: Referees may suggest a player be substituted and provide a coolinf off period.							
Referee or referee parent wil contact assignor for coach or parent problems.							