

AGE	U4 & U5	U6 & U7	U8	U9-U10	U11 & U12	U13 & U14	U15 & U16	U17-19
Players on the Field	3 v 3	4 v 4	4 v 4	7 v 7	9 v 9	11 v 11	11 v 11	11 v 11
Minimum to Start Game	3	3	3	5	7	7	7	7
Length of Game	4 Quarters @ 8 minutes each	4 Quarters @ 10 minutes each	4 Quarters @ 10 minutes each	2 halves @ 25 min each	2 halves @ 30 min each	2 halves @ 35 min each	2 halves @ 40 min each	2 halves @ 45 min each
Breaks	2 min between quarters, 5 min half-time	2 min between quarters, 5 min half-time	2 min between quarters, 5 min half-time	10 min Half Time	10 min Half Time	10 min Half Time	10 min Half Time	10 min Half Time
Ball Size	3	3	3	4	4	5	5	5
Restarts	Kick-ins, Goal Kicks, Corner Kicks (2nd & 4th Qtr start how 1st & 3rd end)	Kick-ins, Goal Kicks, Corner Kicks (2nd & 4th Qtr start how 1st & 3rd end)	Throw-ins, Goal Kicks, Corner Kicks (2nd & 4th Qtr start how 1st & 3rd end)	Throw-ins, Goal Kicks, Corner Kicks, Kick off each half	Throw-ins, Goal Kicks, Corner Kicks, Kick off each half	Throw-ins, Goal Kicks, Corner Kicks, Kick off each half	Throw-ins, Goal Kicks, Corner Kicks, Kick off each half	Throw-ins, Goal Kicks, Corner Kicks, Kick off each half,
Build Out Line	No	No	No	Yes	No	No	No	No
Substitutions	End of Quarter, player injury	End of Quarter, player injury	End of Quarter, player injury	Goal Kick, After goal, player injury, Throw-ins	Goal Kick, After goal, player injury, own throw-in	Goal Kick, After goal, player injury, own throw-in	Goal Kick, After goal, player injury, own throw-in	Goal Kick, After goal, player injury, own throw-in
Off-Sides	No	No	No	Yes, ONLY between build outline and goal line	Yes, mid-field to goal line	Yes, mid-field to goal line	Yes, mid-field to goal line	Yes, mid-field to goal line
Goal Keeper	No	No	No	Yes	Yes	Yes	Yes	Yes
Coaches on Field	Yes, without obstructing or interfering w/play	First 3 games ONLY	No	No	No	No	No	No
Slide-Tackling	No	No	No	No	No	Yes	Yes	Yes
GK Punting	No	No	No	No	Yes	Yes	Yes	Yes
Rewards	Indirect	Indirect	Indirect	Indirect, Direct, PK	Indirect, Direct, PK	Indirect, Direct, PK	Indirect, Direct, PK	Indirect, Direct, PK
Heading	No	No	No	No	No	Yes	Yes	Yes