

Age	# of players	Length of game	Substitutions	Offsides	Notes
U4 – U7	4 v 4	8-minute quarters  Size 3 ball	Possession on throw-in. Unlimited on goal kicks, corner kicks, at the end of halves/quarters and after goals.  Throw-ins – Unlimited attempts to encourage development	None.  Coaches are encouraged not to have a player 'guard' the box outside the goal.	Field size approximately 40 x 30. No goalkeepers. A coach from each team can be on the field to assist. The emphasis is on having fun, and learning the basic techniques of dribbling, striking the ball and introducing the concept of spacing.
U8	7 v 7	8-minute quarters  Size 3 ball	Possession on throw-in. Unlimited on goal kicks, corner kicks, at the end of halves/quarters and after goals.  Penalty kicks and direct free kicks will be awarded when appropriate.	Offsides will only be called in a case where players are obviously taking advantage of the rule.	Field size approximately 50 x 30. Coaches are now on the sidelines. Spacing and passing becomes more important to the game, however the small sided concept also allows for individual development as recommended by US Soccer.
U9- U10	7 v 7	25-minute halves  Size 4 ball	Possession on throw-in. Unlimited on goal kicks, corner kicks, at the end of halves/quarters and after goals.	Yes	Field size approximately 50 x 30. Coaches are now on the sidelines. Spacing and passing becomes more important to the game, however the small sided concept also allows for individual development as recommended by US Soccer. . At this level specific positions emerge (coaches are encouraged to allow players to play multiple positions).

U11- U12	9 v 9	30-minute halves  Size 4 ball	Possession on throw-in. Unlimited on goal kicks, corner kicks, at the end of halves/quarters and after goals.	Yes	Field size approximately 80 x 50. At this level, specific positions continue to emerge (coaches are encouraged to allow players to play multiple positions). You will also see the three lines of players – defense, midfield and forwards with more specific roles. Small group tactics and combination play will be taught.
U 13 and up	11 v 11	35-minute halves  Size 5 ball	Possession on throw-in. Unlimited on goal kicks, corner kicks, at the end of halves/quarters and after goals.	Yes	Regular size field.