



A Guide to U13/14s Club Football

Format

11v11

Match Length

35 mins each way.

Children should not exceed the maximum playing time for their age in any one day. It is the responsibility of the junior club and/or the child's parent or carer to ensure this.

Each league is allowed to determine its own playing time up to the maximum allowed. Half-time should not be more than five minutes.

Player Game Time

100 mins/day, 150 mins/comp

Pitch Size

100 yd x 60 yd

Ball Size

4. The ball should be safe for children to play with and made of leather or another suitable material.

Goal Size

21 ft x 6 ft

Substitutions

Roll-off roll-on substitutions can be made at any time during the game with permission from the referee, including players who have already been substituted.

Competitions

Any varieties including one season-long league table.

Playing Equipment

Children cannot play Development Football without shin pads. These should be covered entirely by knee-length socks.

Goalkeepers should wear a different coloured shirt to the rest of the team.

Footwear should be appropriate for the playing surface – no metal studs on 3 and artificial grass pitches.

Players should wear appropriate clothing if the weather is poor, but hoodies are not allowed.