

Cup RULES	2016:U9	2015:U10	2014:U11	2013:U12	2012:U13
Master Roster Size***	30	30	30	30	30
Game Day Roster Size	14	14	18	18	18
# of players on the field	7	7	9	9	11
Min # of players on the field	5	5	6	6	7
Periods	2 x 30 min	2 x 30 min	2 x 30 min	2 x 35 min	2 x 35 min
Heading	*IFK	*IFK	*IFK	Yes	Yes
Rests	5 min	5 min	5 min	5 min	5 min
Ball Size	4	4	4	4	5
Offsides	Yes	Yes	Yes	Yes	Yes
Throw Ins	Yes	Yes	Yes	Yes	Yes
Penalty Kicks	Yes	Yes	Yes	Yes	Yes
Corner Kicks	Yes	Yes	Yes	Yes	Yes
Approx Field Size	35/45 x 55/65	35/45 x 55/65	45/55 x 70/80	45/55 x 70/80	60 x 110
Goal Size (Both goals must be same size)	Min: 6.5×12 Max: 7×21	Min: 6.5×12 Max: 7×21	Min: 6.5×12 Max: 7×21	Min: 6.5×12 Max: 7×21	8 x 24
Build Out Lines**	Equidistant between penalty area line & the half way line	Equidistant between penalty area line & the half way line	No	No	No
Goal Keeper Punting	No	No	Yes	Yes	Yes
Referee	Level 9 Minimum	Level 9 Minimum	Level 9 Minimum	Level 8 Minimum	Level 8 Minimum
Substitution	Unlimited at discretion of the Referee				
Back Pass to Goal Keepers	FIFA rules shall apply to back pass to the keepers.				

Cup RULES	2016:U9	2015:U10	2014:U11	2013:U12	2012:U13
Extra Time	Extra time and penalty shootouts will be used to produce winners at ELIMINATION STAGES (R16, QF, SF, EXCEPT the Finals). If a match is tied after regulation, two 5-minute overtime periods for U9-U12 and two 10-minute overtime periods will be played for U13 and older in their entirety. Teams will have a 5-minute break before the first overtime. After the first overtime period, teams will change sides, with no break, and play the remaining overtime period. If the match is still tied after the two overtime periods, then penalty kicks (FIFA rules) will determine the winning team. If a FINAL match is tied after regulation, it will go straight to penalty kicks (FIFA rules).				

Cup RULES	2011:U14	2010:U15	2009:U16	2008:U17	2007-2006:U18-19
Master Roster Size***	30	30	30	30	30
Game Day Roster Size	18	18	18	18	18
# of players on the field	11	11	11	11	11
Min # of players on the field	7	7	7	7	7
Periods	2 x 35 min	2 x 40 min	2 x 40 min	2 x 45 min	2 x 45 min
Heading	Yes	Yes	Yes	Yes	Yes
Rests	5 min	5 min	5 min	5 min	5 min
Ball Size	5	5	5	5	5
Offsides	Yes	Yes	Yes	Yes	Yes
Throw Ins	Yes	Yes	Yes	Yes	Yes
Penalty Kicks	Yes	Yes	Yes	Yes	Yes
Corner Kicks	Yes	Yes	Yes	Yes	Yes
Approx Field Size	60 x 110	60 x 110	60 x 110	60 x 110	60 x 110
Goal Size	8 x 24	8 x 24	8 x 24	8 x 24	8 x 24
Build Out Line**	No	No	No	No	8 x 24
Goal Keeper Punting	Yes	Yes	Yes	Yes	Yes
Referee	Level 8 Minimum	Level 8 Minimum	Level 8 Minimum	Level 8 Minimum	Level 8 Minimum
Substitution	Unlimited at discretion of the Referee				

Cup RULES	2011:U14	2010:U15	2009:U16	2008:U17	2007-2006:U18-19
Back Pass to Goal Keepers	FIFA rules shall apply to back pass to the keepers.				
Extra Time	Extra time and penalty shootouts will be used to produce winners at ELIMINATION STAGES (R16, QF, SF, EXCEPT the Finals). If a match is tied after regulation, two 5-minute overtime periods for U9-U12 and two 10-minute overtime periods will be played for U13 and older in their entirety. Teams will have a 5-minute break before the first overtime. After the first overtime period, teams will change sides, with no break, and play the remaining overtime period. If the match is still tied after the two overtime periods, then penalty kicks (FIFA rules) will determine the winning team. If a FINAL match is tied after regulation, it will go straight to penalty kicks (FIFA rules).				

*IFK: When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick (IFK) should be taken on the goal area line parallel to the goal lines at the point nearest to the where the infringement occurred. This applies to all U11 and younger age groups in a competition. ** Buildout Lines-Should be marked in a different color than the field markings, alternatively, FLAT line markers or FLAT cones may be used. ***Rosters are NOT frozen, the only restrictions are:

- A player on a GOLD team may ONLY play on ONE team (GOLD) within the same age group
- A player on a SILVER team may ONLY play on ONE SILVER team within the same age group
- A player on a SILVER team may play on any GOLD team within the same age group
- A player is permitted to play up an age group(s) without any restrictions