**Matchday Guide**

2023-2024

| **Age Eligibility** | **2015:U9 BOYS & GIRLS** | **2014:U10 BOYS & GIRLS** | **2013:U11 BOYS & GIRLS** | **2012:U12 BOYS & GIRLS** |
| --- | --- | --- | --- | --- |
| Games Per Season | 7-8 | 7-8 | 7-8 | 7-8 |
| Master Roster Size | 30 | 30 | 30 | 30 |
| Game Day Roster Size | 14 | 14 | 18 | 18 |
| # of players on the field | 7 | 7 | 9 | 9 |
| Min # of players on the field | 5 | 5 | 6 | 6 |
| Periods | 2 x 30 min | 2 x 30 min | 2 x 30 min | 2 x 35 min |
| Heading | \*IFK | \*IFK | \*IFK | Yes |
| Rests | 5 min | 5 min | 5 min | 5 min |
| Ball Size | 4 | 4 | 4 | 4 |
| Offsides | 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 |
| Goal 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^ |
| Build Out Lines \*\* | Equidistant between penalty area line and the half way line | | No | No |
| Goal Keeper Punting | No | No | Yes | Yes |
| Substitution | Unlimited at discretion of the Referee | | | |

|  |  |
| --- | --- |
| Back Pass to Goal Keepers | FIFA rules shall apply to back pass to the keepers. |

| **Age Eligibility** | **2011:U13** | **2010:U14** | **2009:U15** | **2008:U16** | **2007:U17** | **2006-2005:U18-19** |
| --- | --- | --- | --- | --- | --- | --- |
| Games Per Season | 7-8 | 7-8 | 7-8 | 5 (fall)  7-8 (spring) | 5 (fall)  7-8 (spring) | 5 (fall)  7-8 (spring) |
| Master Roster Size | 30 | 30 | 30 | 30 | 30 | 30 |
| Game Day Roster Size | 18 | 18 | 18 | 18 | 18 | 18 |
| # of players on the field | 11 | 11 | 11 | 11 | 11 | 11 |
| Min # of players field | 7 | 7 | 7 | 7 | 7 | 7 |
| Periods | 2 x 35 min | 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 | Yes |
| Rests | 5 min | 5 min | 5 min | 5 min | 5 min | 5 min |
| Ball Size | 5 | 5 | 5 | 5 | 5 | 5 |
| Offsides | Yes | Yes | Yes | Yes | Yes | Yes |
| Approx Field Size | 60 x 110 | 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 | 8 x 24 |
| Build Out Lines \*\* | No | No | No | No | No | No |
| Goal Keeper Punting | Yes | Yes | Yes | Yes | Yes | Yes |
| Substitution | Unlimited at discretion of the Referee | | | | | |

\*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.

*^*Both goals MUST be the same size; pop up goals may be used. All movable goals must be secured to the ground

\*\*Buildout Lines-Should be marked in a different color than the field markings, alternatively, FLAT line markers or FLAT cones may be used.

\*\*\*Flat line markers permitted for field markings for U9-U11 age groups