



SOC CER OLE'

| | U5/U6 Coed | U7/U8 | U10 | U12 | U14 | U14 | U19 Coed |
|--------------------------|----------------------------|---|---|---|---|---|---|
| | 3v3 | 4v4 | 7v7 | 9v9 | 7v7 or 9v9 | 11v11 | 11v11 |
| PLAYERS - Max. | 3 No Keeper | 4 No Keeper | 6 | 8 | 7 | 11 | 11 4 must be female |
| PLAYERS - Min. | 3 No Keeper | 3 No Keeper | 4 | 5 | 5 | 7 | 7 4 must be female |
| BALL SIZE | 3 | 3 | 4 | 4 | 5 | 5 | 5 |
| HALVES or QUARTER | Quarters | Quarters | Halves | Halves | Halves | Halves | Halves |
| DURATION | 8 min. | 12 min. | 25 min. | 30 min. | 35 min. | 35 min. | 40 min. |
| REST | 2 min. Qtr. 5 min. Half | 2 min. Qtr. 5 min. Half | 5 min. | 5 min. | 5 min. | 5 min. | 5 min. |
| SUBSTITUTIONS | Any stoppage | Throw-ins Goal Kicks After Goals Injury Half Time | Own throw-in^ Goal Kicks After Goals Injury Half Time | Own throw-in^ Goal Kicks After Goals Injury Half Time | Own throw-in^ Goal Kicks After Goals Injury Half Time | Own throw-in^ Goal Kicks After Goals Injury Half Time | Own throw-in^ Goal Kicks After Goals Injury Half Time |
| HEADING | NO | NO | NO | NO | Yes | Yes | Yes |
| OFFSIDE | NO | NO | Yes | Yes | Yes | Yes | Yes |
| BUILD OUT LINE | NO | Top of Penalty box 'extended' | Yes | Yes | NO | NO | NO |
| PENALTY KICKS | NO | NO | Yes | Yes | Yes | Yes | Yes |
| DIRECT FREE KICKS | NO | NO | Yes | Yes | Yes | Yes | Yes |
| SLIDING | NO | NO | Yes | Yes | Yes | Yes | Yes |

^ On your opponents throw-in only, if they are substituting

For Field Conditions, Inclement Weather, Program updates, Camp information, etc., please visit the following:

WWW.SOCCEROLE.ORG