

	U4	U5-U6	U7-U8	U9-U10	U11-U12	U13-U14	U15-U16	U19	
<b>Ball Size</b>	3	3	3	4	4	5	5	5	
<b>Length of Play</b>	4 8 minute quarters	4 10 minute quarters	4 10 minute quarters	2 25 minute halves	2 30 minute halves	2 35 minute halves	2 40 minute halves	45 minute halves	
<b>Rest Periods</b>	2 min btwn quarters and 5 min halftime.	2 min btwn quarters and 5 min halftime.	2 min btwn quarters and 5 min halftime.	5 min halftime	5 min halftime	5 min halftime	5 min halftime	5 min halftime	
<b>Substitutions</b>	At change of quarter (or injury)	At change of quarter (or injury)	At change of quarter (or injury)	On own throw in, at halftime, any goal kicks, injury	On own throw in, at halftime, any goal kicks, injury	On own throw in, at halftime, any goal kicks, injury	On own throw in, at halftime, any goal kicks, injury	On own throw in, at halftime, any goal kicks, injury	
<b>Total Players</b>	3	4	4	7	9	11	11	11	
<b>Goalkeeper</b>	No	No	No	Yes (No punting)	Yes	Yes	Yes	Yes	
<b>Build Out Lines</b>	No	No	No	Yes	No	No	No	No	
<b>Heading</b>	No	No	No	No	U11 No/U12 Yes	Yes	Yes	Yes	
<b>Throw Ins</b>	Kick Ins	Kick Ins	Yes	Yes	Yes	Yes	Yes	Yes	
<b>Throw In Attempts</b>	0	0	2	1	1	1	1	1	
<b>Direct Free Kicks</b>	No (goal not allowed directly from a free kick)	No (goal not allowed directly from a free kick)	No (goal not allowed directly from a free kick)	Yes (goal allowed directly from a free kick)	Yes (goal allowed directly from a free kick)	Yes (goal allowed directly from a free kick)	Yes (goal allowed directly from a free kick)	Yes (goal allowed directly from a free kick)	
<b>Indirect Free Kicks</b>	Yes (goal not allowed directly from free kick)	Yes (goal not allowed directly from free kick)	Yes (goal not allowed directly from free kick)	Yes (goal not allowed directly from free kick)	Yes (goal not allowed directly from free kick)	Yes (goal not allowed directly from free kick)	Yes (goal not allowed directly from free kick)	Yes (goal not allowed directly from free kick)	
<b>Free Kick Distance</b>	3	3	4	8	10	10	10	10	
<b>Offsides</b>	No	No	No	Yes (at build out line)	Yes	Yes	Yes	Yes	
<b>Misconduct</b>	No	No	No	Yes (yellow and red cards)	Yes (yellow and red cards)	Yes (yellow and red cards)	Yes (yellow and red cards)	Yes (yellow and red cards)	
<b>Coaches Allowed on Field</b>	No	U5 Yes, U6 No	No	No	No	No	No	No	
<b>Notes</b>	All kicks (goal, corner, kick-off, kick-ins) are indirect	All kicks (goal, corner, kick-off, kick-ins) are indirect	All kicks (goal, corner, kick-off, kick-ins) are indirect	Goalie may not punt					
<b>Goal Box Rules</b>	No goalies; can play a defender, but we encourage coaches to have defenders move up to the center line while their teams are on the attack to stay involved with play.	No goalies; can play a defender, but we encourage coaches to have defenders move up to the center line while their teams are on the attack to stay involved with play.	No goalies; can play a defender, but we encourage coaches to have defenders move up to the center line while their teams are on the attack to stay involved with play.						