

Players	U10	U12	U14	U16	U19
	Grades 3/4	Grades 5/6	Grades 7/8	Grades 9/10	Grades 11/12/PG
Maximum # on Field	7	9	11	11	11
Minimum # on Field	5	6	7	7	7
Maximum # on Roster	14	18	22	22	22
Minimum # on Roster	9	11	13	13	13

Playing Field (All Dimensions in yards, unless stated otherwise)

Maximum Size	45 X 60	55 X 80	80 X 130	80 X 130	80 X 130
Minimum Size	35X45	45 X 70	50 X 100	50 X 100	50 X 100
Recommended Size	40 X 55	50 x 75	60 x 110	60 x 110	60 x 110
Center Circle Radius	8	8	10	10	10
Penalty Area	14 YD LINE	14 X 34	18 X 44	18 X 44	18 X 44
Penalty Kick Spot from Goal Line	8	10	12	12	12
Penalty Arc Radius from PK Spot	6	8	10	10	10
Goal Area Size	6 X 18	6 X 18	6 X 20	6 X 20	6 X 20
Coaches Technical Area Size	3 X 10	3 X 10	3 X 10	3 X 10	3 X 10
Technical Area Distance from Midfield	5	5	5	5	5
Technical Area Distance from Touchline	1	1	1	1	1
Maximum Goal Size (in feet)	6 X 18	6 X 18	8 X 24	8 X 24	8 X 24
Minimum Goal Size (in feet)	6 X 12	6 X 18	8 X 24	8 X 24	8 X 24

Games

	U10	U12	U14	U16	U19
	Grades 3/4	Grades 5/6	Grades 7/8	Grades 9/10	Grades 11/12/PG
Ball Size	4	4	5	5	5
Duration in Half (minutes)	25	30	35	40	45
Half Time duration	5	5	5	5	5
Heading/Attempting to Head the Ball	No	No	Yes	Yes	Yes
Slide Tackling	No	No	Yes	Yes	Yes
Build Out Line (Half line)	Yes	No	No	No	No
Offsides	Yes	Yes	Yes	Yes	Yes
Second Chance Throw In	No	No	No	No	No

Substitution Time

	U10	U12	U14	U16	U19
	Grades 3/4	Grades 5/6	Grades 7/8	Grades 9/10	Grades 11/12/PG
Goal Scored	Yes	Yes	Yes	Yes	Yes
Goal Kick	Yes	Yes	Yes	Yes	Yes
Corner Kick	No	No	No	No	No
Direct/Indirect Foul	No	No	No	No	No
Throw-in in your favor	Yes	Yes	Yes	Yes	Yes
Throw-in for the opposing team	No	No	No	No	No
Throw-in for the opposing team with the opposing team subbing	Yes	Yes	Yes	Yes	Yes
Player Injury (Opposing team may make 1:1 sub)	Yes	Yes	Yes	Yes	Yes
Yellow/Red card issued	*Yes*	*Yes*	*Yes*	*Yes*	*Yes*
Water Break	Yes	Yes	Yes	Yes	Yes

Yes = no replacement player for player issued a red card

Safety items

	U10	U12	U14	U16	U19
	Grades 3/4	Grades 5/6	Grades 7/8	Grades 9/10	Grades 11/12/PG
Jewelry (Earrings, Necklaces, Rope wristband, etc.)	No	No	No	No	No
Cast	No	No	No	No	No
Bubble Wrapped Cast	No	No	No	No	No
Hand/Wrist/Arm splints with metal in them	No	No	No	No	No
Hard hair items: Barrettes, beads, or plastic clips, etc.	No	No	No	No	No
Medical device (Must be secured properly)	Yes	Yes	Yes	Yes	Yes
Knee brace with metal in it (Outer Sleeve Recommended)	Yes	Yes	Yes	Yes	Yes
Soft hair items: pre-wrap or elastic hair bands	Yes	Yes	Yes	Yes	Yes
Sweat Shirt worn UNDER uniform jersey (Hood tucked)	Yes	Yes	Yes	Yes	Yes
Sweat Pants worn over Uniform shorts and socks	Yes	Yes	Yes	Yes	Yes
Shin Guards - (Required)	Yes	Yes	Yes	Yes	Yes
Socks are Required over Shin Guards	Yes	Yes	Yes	Yes	Yes