



2026 Spring 3v3 League – Format and Rules

Purpose

The Spring 3v3 League emphasizes player development, ball touches, decision-making, and fun in a fast-paced small-sided environment.

Age Groups & Format

Age	Format	Matches / Day
U4	3v3	1
U6	3v3	1
U8	3v3	2
U10	3v3	2
U12	3v3	2
U15	3v3	2

- No goalkeepers
- Free substitutions at stoppages
- Equal playing time encouraged

Field Sizes

Age	Size (yds)
U4	15 × 10
U6	20 × 15
U8 / U10	28 × 20
U12 / U15	35 × 25



Match Lengths

Age	Halves	Halftime
U4	2 × 10 min	5 min
U6	2 × 12 min	5 min
U8	2 × 15 min	5 min
U10	2 × 15 min	5 min
U12	2 × 20 min	5 min
U15	2 × 20 min	5 min

- Games start and end on schedule
- No stoppage time

Core 3v3 Rules (All Ages)

Restarts

- Kick-ins only (no throw-ins)
- All kick-ins are indirect
- Ball must be stationary
- Opponents retreat 5 yards

Kickoffs

- Kickoffs may be taken in any direction
- Ball is in play once kicked and moves

Scoring

- No goals may be scored from beyond the halfway line
- Attacking team must touch the ball in the attacking half before scoring
- Ball must fully cross the goal line to count



Goal Box Rule (No Keepers)

- Once the ball enters the goal box, defenders may not touch the ball
- Any defensive contact inside the goal box results in a goal
- Defenders must defend outside the goal box

Ball Out of Play (End Line)

- No corner kick or goal kick awarded (defenders must give 5 yards)

Competitive Balance Rule

- When a team is ahead by 3 goals, the trailing team may add one player
- For each additional 3-goal difference, one more player may be added
- Maximum advantage is 6 players vs 3 players (6v3)
- If the goal differential decreases, added players must be removed
- Added players enter during a stoppage with referee approval

Coaching Guidelines

- U4–U6: Coaches may be on the field to assist and encourage
- U8+: Coaches remain on the sideline
- Instruction between plays only, let the players learn how to make their own decisions!

Referee Notes

- Instructional refereeing encouraged at younger ages
- Emphasize safety and game flow

League Focus: **Fun • Development • Respect • Game Flow**