

Pitch & Equipment Set Up

Age Group	Maximum Permitted Format	Ball Size	Recommended Pitch Size Metres (without run off)	Minimum Pitch Size Metres (without run off)	Maximum Pitch Size Metres (without run off)	Recommended Goal Sizes Feet
Under 7 (Year 2)	3v3	Size 3	15 x 10	15 x 10	20 x 15	4 x 2.5
Under 8 (Year 3)	5v5	Size 3	37 x 27	27 x 18	37 x 27	12 x 6
Under 9 (Year 4)	5v5	Size 3	37 x 27	27 x 18	37 x 27	12 x 6
Under 10 (Year 5)	7v7	Size 3	55 x 37	46 x 27	55 x 37	12 x 6
Under 11 (Year 6)	7v7	Size 3	55 x 37	46 x 27	55 x 37	12 x 6
Under 12 (Year 7)	9v9	Size 4	73 x 46	64 x 37	73 x 46	16 x 7
Under 13 (Year 8)	9v9	Size 4	73 x 46	64 x 37	73 x 46	16 x 7
Under 14 (Year 9)	11v11	Size 5	82 x 50	82 x 46	91 x 55	21 x 7*
Under 15 (Year 10)	11v11	Size 5	91 x 55	82 x 46	100 x 64	24 x 8**
Under 16 (Year 11)	11v11	Size 5	91 x 55	82 x 46	100 x 64	24 x 8
Under 17 (Year 12)	11v11	Size 5	100 x 64	91 x 46	118 x 91	24 x 8
Under 18 (Year 13)	11v11	Size 5	100 x 64	91 x 46	118 x 91	24 x 8
Open Age	11v11	Size 5	100 x 64	91 x 46	118 x 91	24 x 8

All pitches should have a minimum 3m run off

*24 x 8 permitted **21 x 7 permitted



Game Set Up

Age Group	Maximum Permitted Format	Maximum Minutes Per Game	Maximum Minutes Per Day	Referee	Goalkeeper	Substitutions	Competition
Under 7 (Year 2)	3v3	10 minutes	60 minutes	✗	✗	✗	No League Tables No Trophy Events
Under 8 (Year 3)	5v5	40 minutes	60 minutes	✓	✓	Rolling	No League Tables Maximum 3 Trophy Events per season over 2 week periods (6 weeks)
Under 9 (Year 4)	5v5	40 minutes	60 minutes	✓	✓	Rolling	No League Tables Maximum 3 Trophy Events per season over 2 week periods (6 weeks)
Under 10 (Year 5)	7v7	50 minutes	90 minutes	✓	✓	Rolling	No League Tables Maximum 3 Trophy Events per season over 4 week periods (12 weeks)
Under 11 (Year 6)	7v7	50 minutes	90 minutes	✓	✓	Rolling	No League Tables Maximum 3 Trophy Events per season over 4 week periods (12 weeks)
Under 12 (Year 7)	9v9	60 minutes	120 minutes	✓	✓	Rolling	League Tables
Under 13 (Year 8)	9v9	60 minutes	120 minutes	✓	✓	Rolling	League Tables
Under 14 (Year 9)	11v11	70 minutes	150 minutes	✓	✓	Rolling	League Tables
Under 15 (Year 10)	11v11	70 minutes	150 minutes	✓	✓	Rolling	League Tables
Under 16 (Year 11)	11v11	80 minutes	150 minutes	✓	✓	Rolling	League Tables
Under 17 (Year 12)	11v11	90 minutes	180 minutes	✓	✓	Rolling	League Tables
Under 18 (Year 13)	11v11	90 minutes	180 minutes	✓	✓	Rolling	League Tables
Open Age	11v11	90 minutes	180 minutes	✓	✓	Rolling	League Tables



Game Set Up

Age Group	Maximum Permitted Format	Heading	Sideline Restarts	Corners	Free Kicks	Back Pass Rule	Retreat Line	Power Play	Offside
Under 7 (Year 2)	3v3	✗	Pass in / Dribble in	Pass in / Dribble in	Pass in / Dribble in	✗	✓	✗	✗
Under 8 (Year 3)	5v5	✗	Pass in / Dribble in	✓	✓	✓	✓	✓	✗
Under 9 (Year 4)	5v5	✗	Pass in / Dribble in	✓	✓	✓	✓	✓	✗
Under 10 (Year 5)	7v7	✗	Pass in / Dribble in	✓	✓	✓	✓	✓	✗
Under 11 (Year 6)	7v7	✗	Pass in / Dribble in	✓	✓	✓	✓	✓	✗
Under 12 (Year 7)	9v9	✓	Throw-ins	✓	✓	✓	✗	✗	✓
Under 13 (Year 8)	9v9	✓	Throw-ins	✓	✓	✓	✗	✗	✓
Under 14 (Year 9)	11v11	✓	Throw-ins	✓	✓	✓	✗	✗	✓
Under 15 (Year 10)	11v11	✓	Throw-ins	✓	✓	✓	✗	✗	✓
Under 16 (Year 11)	11v11	✓	Throw-ins	✓	✓	✓	✗	✗	✓
Under 17 (Year 12)	11v11	✓	Throw-ins	✓	✓	✓	✗	✗	✓
Under 18 (Year 13)	11v11	✓	Throw-ins	✓	✓	✓	✗	✗	✓
Open Age	11v11	✓	Throw-ins	✓	✓	✓	✗	✗	✓

