

1. Field & Match Setup						
Grade Level	Field Size (Penalty Area)	Ball	Format	Match Duration	Min Players	Substitutions
● GRK - GR2	35 × 25 yds (10 yd arc)	Size 3	4v4	⌚ 40 min(4×10m quarters)	3 start	▢ Quarter breaks
● GR3 - GR4	60 × 40 yds (28 × 10 yd)	Size 4	7v7	⌚ 50 min(2×25m halves)	5 start / 5 continue	● Stoppages
● GR5 - GR6	80 × 50 yds (35 × 14 yd)	Size 4	9v9	⌚ 60 min(2×30m halves)	6 start / 6 continue	● Stoppages
● GR7, GR8, GR7/8-7v7 (Rec)	80 × 50 yds (35 × 14 yd)	Size 5	7v7	⌚ 60 min(2×30m halves)	6 start / 6 continue	● Stoppages
● MS-11v11 (Rec-CH)	110 × 70 yds (44 × 18 yd)	Size 5	11v11	⌚ 70 min(2×35m halves)	7 start / 7 continue	● Stoppages
● HS, u16, u19	110 × 70 yds (44 × 18 yd)	Size 5	11v11	⌚ 70 min(2×35m halves)	7 start / 7 continue	● Stoppages

2. Goalkeeper, Offside & Balance				
Grade Level	Goalkeeper Spec	Goal Size	⚽ Balance Rule	🚩 Offside
● GRK - GR2	🚫 No GK	4' × 6'	● +1 player if down 4	● N/A
● GR3 - GR4	👤 Yes (New GK each half; No punts/drop kicks)	6' × 18'	● +1 player if down 4	● Buildout line only
● GR5 - GR6	👤 Yes (New GK each half)	7' × 21'	● +1 player if down 4	● Full IFAB
● GR7, GR8, GR7/8-7v7 (Rec)	👤 Yes	7' × 21'	● None	● Full IFAB
● MS-11v11 (Rec-CH)	👤 Yes	8' × 24'	● None	● Full IFAB
● HS, u16, u19	👤 Yes	8' × 24'	● None	● Full IFAB

3. Safety, Restarts & Misconduct			
Grade Level	🛑 Safety & Misconduct Restrictions	🟡 Red Card Ejection	🔄 Restarts & Kicks
● GRK - GR2	🚫 No heading 🚫 No slide tackling	🔄 Replaced (Team keeps 4)	• All Free Kicks: Indirect (5 yd min) • Throw-ins: Replaced with Kick-ins • Goal Kicks: Defenders retire to midfield • Free Kicks: 6 yd min distance
● GR3 - GR4	🚫 No heading 🚫 No slide tackling	🔄 Replaced (Team stays full)	• Throw-ins: 2 attempts allowed • Goal Kicks: Defenders retire to buildout line • Free Kicks: 8 yd min distance
● GR5 - GR6	🚫 No heading (Grade 5 only)	🔄 Replaced (Team stays full)	• Goal Kicks & Throw-ins: Standard IFAB Law • Free Kicks: 8 yd min distance
● GR7, GR8, GR7/8-7v7 (Rec)	⚙ Standard IFAB Rules	● Plays Short (No sub)	• Goal Kicks & Throw-ins: Standard IFAB Law
● MS-11v11 (Rec-CH)	⚙ Standard IFAB Rules	● Plays Short (No sub)	• Full IFAB Law
● HS, u16, u19	⚙ Standard IFAB Rules	● Plays Short (No sub)	• Full IFAB Law