

1. Field & Match Setup						
Grade Level	Field Size (Penalty Area)	Ball	Format	Match Duration	Min Players	Substitutions
 K-2	35 x 25 yds (10 yd arc)	Size 3	4v4	 40 min(4x10m quarters)	3 start	 Quarter breaks
 3-4	60 x 40 yds (28 x 10 yd)	Size 4	7v7	 50 min(2x25m halves)	5 start / 5 continue	 Stoppages
 5-6	80 x 50 yds (35 x 14 yd)	Size 4	9v9	 60 min(2x30m halves)	6 start / 6 continue	 Stoppages
 7-8 (Rec)	80 x 50 yds (35 x 14 yd)	Size 5	7v7	 60 min(2x30m halves)	6 start / 6 continue	 Stoppages
 7-8 (Challenge)	110 x 70 yds (44 x 18 yd)	Size 5	11v11	 70 min(2x35m halves)	7 start / 7 continue	 Stoppages
 9-12	110 x 70 yds (44 x 18 yd)	Size 5	11v11	 70 min(2x35m halves)	7 start / 7 continue	 Stoppages
2. Goalkeeper, Offside & Balance						
Grade Level	Goalkeeper Spec	Goal Size	 Balance Rule	 Offside		
 K-2	 No GK	4' x 6'	 +1 player if down 4	 N/A		
 3-4	 Yes (New GK each half; No punts/drop kicks)	6' x 18'	 +1 player if down 4	 Buildout line only		
 5-6	 Yes (New GK each half)	7' x 21'	 +1 player if down 4	 Full IFAB		
 7-8 (Rec)	 Yes	7' x 21'	 None			
 7-8 (Challenge)	 Yes	8' x 24'	 None	 Full IFAB		
 9-12	 Yes	8' x 24'	 None	 Full IFAB		
3. Safety, Restarts & Misconduct						
Grade Level	 Safety & Misconduct Restrictions	 Red Card Ejection	 Restarts & Kicks			
 K-2	 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			
 3-4	 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			
 5-6	 No slide tackling  No heading (Grade 5 only)	 Replaced (Team stays full)	• Free Kicks: 8 yd min distance • Goal Kicks & Throw-ins: Standard IFAB Law • Free Kicks: 8 yd min distance			
 7-8 (Rec)	 Standard IFAB Rules	 Plays Short (No sub)	• Goal Kicks & Throw-ins: Standard IFAB Law			
 7-8 (Challenge)	 Standard IFAB Rules	 Plays Short (No sub)	• Full IFAB Law			
 9-12	 Standard IFAB Rules	 Plays Short (No sub)	• Full IFAB Law			