



## Guidelines for Play Beginning Fall 2016

	6 & Under	8 & Under	9 & Under	10 & Under	11 & Under	12 & Under	13 - 14 & Under	15 - 16 & Under	17 - 20 & Under	15 & Over
<b>Format</b>	4v4	4v4	7v7	7v7	9v9	9v9	11v11	11v11	11v11	7v7
<b>Team Size</b>	Min. 3-Max 8	Min. 3-Max 8	Min. 5-Max 12	Min. 5-Max 12	Min. 6-Max.14	Min. 6-Max.14	Min. 7-Max. 18	Min. 7-Max. 18	Min. 7-Max. 18	Min. 5-Max. 14
<b>Recommended Field Size (yds)</b>	30 x 20	30 x 20	60 x 40	60 x 40	75 x 50	75 x 50	112 x 75	112 x 75	112 x 75	75 x 47
<b>Field Size Range (yds)</b>	Length: 25-35 Width: 15-25	Length: 25-35 Width: 15-25	Length: 50-60 Width: 30-40	Length: 50-60 Width: 30-40	Length: 65-80 Width: 45-55	Length: 65-80 Width: 45 55	Length: 100-120 Width: 55-80	Length: 100-120 Width: 55-80	Length: 100-120 Width: 55-80	Length: 100-120 Width: 55-80
<b>Goal Size (ft)</b>	4 x 6	4 x 6	6.5 x 12 / 6.5 x 18.5 *	6.5 x 12 / 6.5 x 18.5 *	6.5 x 18.5 / 7 x 21*	6.5 x 18.5 / 7 x 21*	8 x 24	8 x 24	8 x 24	8 x 24
<b>Ball Size</b>	3	3	4	4	4	4	5	5	5	5
<b>Game Length (minutes)</b>	4 x 10	4 x 10	2 x 25	2 x 25	2 x 30	2 x 30	2 x 35	2 x 40	2 x 45	2 x 30
<b>Break Times (minutes)</b>	5	5	10	10	10	10	10	10	10	10
<b>Officials</b>	1 Referee	1 Referee	1 Referee	1 Referee	3 Officials	3 Officials	3 Officials	3 Officials	3 Officials	1 Referee
<b>Officials Fees</b>	\$20	\$20	\$30	\$30	\$92 (40/26/26)	\$92 (40/26/26)	\$122 (50/36/36)	\$131 (56/38/38)	\$140 (60/40/40)	\$40
<b>Offside</b>	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Heading</b>	No Intentional Heading - IFK	No Intentional Heading - IFK	No Intentional Heading - IFK	No Intentional Heading - IFK	30 min max/wk 15-20 reps/wk	30 min max/wk 15-20 reps/wk	Yes	Yes	Yes	Yes
<b>Goalkeepers</b>	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Training to Game Ratio</b>	1 to 1	1 to 1	2 to 1	2 to 1	2 to 1	2 or 3 to 1	2 or 3 to 1	3 to 1	3 to 1	3 to 1
<b>Training Duration (minutes)</b>	45-60	45 - 60	60 - 75	60 - 75	60 - 75	60 - 75	75 - 90	75 - 90	75 - 90	75 - 90

\* These are the ranges for the goal sizes. US Soccer modified again. We recommend communicating size when hosting, especially tournaments.

9/15/2016