

	Stage	FUNdamentals	Learning to Train	
	Age Group	U7 & U8	U9 &U10	U11 & U12
Standards	Playing Format	4V4 (no GK) 5v5 (with GK)	7v7 (including GK)	9v9 (including GK)
	Coaching Requirement	Fundamentals + MED + RiS + LOTG	Learning to Train + MED + RiS and Laws of the Game	
	Game Day Roster (Game day only)	Max 10 (5v5)	Ideal 9/ Max12	Ideal 12 / Max 16
	Substitutions	Unlimited (on the fly)	Unlimited (any stoppage)	
	Memorable Events*	1	2 (Fiscal Year)	4 (Fiscal Year)
	Maximum Game Duration	40 minutes	50 minutes	70 minutes
	Throw ins	No (pass in/dribble in)	No (pass in/dribble in)	Yes
	Retreat Line	Yes - 1/2 way	Yes – 1/3rd	Yes – 1/3rd (2019)
	Offside	No	No	Yes
	Field width	25 to 30m	30 to 36m	42 to 55m
	Field length	30 to 36m	40 to 55m	60 to 75m
	Goal Size (no larger than)	5f / 1.52m x 8f / 2.44m	6f/1.83mx16f/4.88m	6f / 1.83m x 18f / 5.49m
	Ball size	4 super light*	4 (or 5 light*)	5 light*
	Recommendations	Practice to playing ratio	2:1 or 3:1	2:1 or 3:1
Max competition days per outdoor season		20 Festivals	25 (including other competitions)	
Number of competition days per week		1	1	1
Recommended Practice Duration		60 – 75 minutes	75 – 90 minutes	75 – 90 minutes
Recommended Playing time		Fair playing time in all positions	Fair playing time in triangles	Fair playing time
Playing time per player per festival		Max 60 minutes playing time	Max 75 minutes playing time	Max 105 minutes playing time
Minimum/maximum rest between matches		20 min	25min	35 min
Season Length		20 weeks	20 weeks	20 weeks
Team Travel Time		within district	60 minutes each way	60 minutes each way
Referee/Game Leader		Game Leader	Referee	Referee
	Player Movement Up or Down	Yes - Up or Down in Age Classification (1year only)		