

Grassroots Recreational Soccer Rule Summary

Age Group	U8	U9 and U10	U11 and U12
Playing Format	5v5 (including GK)	7v7 (including GK)	9v9 (including GK)
Squad Size	Max 10	Max 12	Max 16
Substitutions	Unlimited (any stoppage)	Unlimited (any stoppage)	Unlimited (any stoppage)
Maximum Game Duration	40 min	50 min	70 min
Recommended Playing Time	Fair time in all positions	Fair time in all positions	Fair time in all positions
Minimum rest between matches	20 min	30 min	35 min
Referee/Game Leader	Game Leader	Referee	Referee
Throw ins	No (kick ins)	No (kick ins)	Yes
Offside	No	No	Yes
Retreat Line	Yes – 1/2 way	Yes – 1/3rd	Yes – 1/3rd
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 / 1.83m x 16f / 4.88m	6f / 1.83m x 18f / 5.49m
Ball size	3 or 4	4	4