

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 + <b>LOTG</b>	Learning to Train + MED + RiS and <b>Laws of the Game</b>			
	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*	<b>1</b>	<b>2 (Fiscal Year)</b>	<b>4 (Fiscal Year)</b>		
	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		
	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	3 or 4 (or 4 super light*)	4 (or 5 light*)	4 (or 5 light*)		
Recommendations	Practice to playing ratio	2:1 or 3:1	2:1 or 3:1	2:1 or 3:1		
	Max competition days per outdoor season	20 Festivals	<b>25 (including other competitions)</b>			
	Number of competition days per week	1	1	1		
	Recommended Practice Duration	<b>60 – 75 minutes</b>	<b>75 – 90 minutes</b>	<b>75 – 90 minutes</b>		
	Recommended Playing time	<b>Fair playing time in all positions</b>	<b>Fair playing time in triangles</b>	<b>Fair playing time</b>		
	Playing time per player per festival	<b>Max 60 minutes playing time</b>	<b>Max 75 minutes playing time</b>	<b>Max 105 minutes playing time</b>		
	Minimum/maximum rest between matches	<b>20 min</b>	<b>25min</b>	<b>35 min</b>		
	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		
	<b>Player Movement Up or Down w/in Age Class.</b>	<b>Yes - Up or Down in Age Classification (1year only)</b>				