

	U10 – U11	U12	U13	U14-18
Match format	7v7	9v9	9v9	11v11
Goal Size (in feet)	16X6	18X6	18X6	24x8
Field size	Width: 30-36m Length: 40-55m	Width: 45-55m Length: 65-75m	Width: 45-55m Length: 65-75m	Width: 64-75m Length: 100-110m
Ball Size	4	4	5	5
Length of Games	2X25min	2X35min	2X40min	2X45min
Minimum Players on Field	5	6	6	9
Maximum Players on Field	7	9	9	11
Maximum Players on Game Sheet	14	18	18	20
Restarts from sidelines	Dribble/Pass-in	Throw-in	Throw-in	Throw-in
Distance from ball on Restarts	6 yds	6 yds	6 yds	10 yds
Offsides	No	Yes	Yes	Yes
Substitutions - on Stoppage of Play - on Throw-in at Request of Attacking Team - on Corner Kick at Request of Attacking Team	Unlimited (Any Stoppage)	Unlimited (Any Stoppage)	Unlimited (Any Stoppage)	-Goals -Goal Kicks -2 nd Half Restart -Own Throw in or “piggyback” on opponent’s -Replace injured player
Retreat Line (1/3 of field)	Yes	Yes	No	No
Substitution for Sent Off Players (Note 1)	N/A	N/A	Yes	No
Yellow / Red Cards	No	No	Yes	Yes
Free Kick (with exception of penalty kick)	Indirect	Indirect	FIFA Law	FIFA Law

Note 1: For U10-U12 in cases of extreme misconduct, the Coach is expected to keep the player off the field for the remainder of the game.

Penalty Areas: U10 and U11 - 12mX15m; U12 and U13 - 13mX32m

Penalty Spot: The penalty spot will be 9 metres from the midpoint between the goals.

Updated to reflect changes in [Canada Soccer Grassroots Standards](#) Nov. 2025

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