



GAME DAY QUICK REFERENCE GUIDE



Ball Size - 3

- 3v3
- Coaches on the field
- 32 minutes: (4) 8-minute quarters

U4-U6



Ball Size - 3

- 4v4
- Coaches on the field (games 1-4 only)
- 40 min - (4) 10-minute quarters

U8



Ball Size - 4

- 7v7
- Goalie
- Build-out line (offsides)
- No PKs - All Indirect
- No Punts or Drop Kicks
- (2) 25-minute halves

U10



Ball Size - 4

- 9v9
- Offsides - Center + 2ARs
- Punts and Drop Kicks
- PKs and Direct Kicks
- (2) 30-minute halves

U12

Ball Size - 5

- 11v11
- Offsides - Center + 2ARs
- (2) 35-minute halves

U14