

AGE GROUP	GAME SHEET	GAME TIME	# OF PLAYERS	MIN # OF PLAYERS	RETREAT LINE	SUBSTITUTIONS	CORNERS	DROP KICKS	PENALTY
U8/9	No	40 min 20 min half x2	5 v 5	3	<sup>1</sup> / <sub>2</sub> field	Anytime	No	No	No
U10/11	No	50 min 25 min half x2	7 v 7	5	¹/₃ field	Not on corner Kicks	Yes	Yes	Yes (9m from goal line)
U12	No	60 min 30 min half x2	9 v 9	5	¹/₃ field	Not on corner kicks	Yes	Yes	Yes
U13+	Yes	U13- 70 min (35 min half x2) BU14- 80 min (40 min half x2) GU14/15- 80 min (40 min x2) BU15+- 90 min (45 min half x2) GU16/17/18- 90 min (45 min x2)	11 v 11	7	n/a	Not on corner kicks	Yes	Yes	Yes

AGE GROUP	THROW/KICK IN	FREE KICKS	OFFSIDE	CARDS	NOTES
U8/9	Pass or dribble in	Indirect	No	No	Teams have a 10 minute warm up prior to the game. No whistle is required for the game. During a goal kick, the ball must touch a player before the
					other team advances. A goal cannot be scored from a pass/dribble in. The focus is on fun!
U10/11	Pass or dribble in	Indirect	No	No	Teams have a 10 minute warm up prior to the game. During a goal kick, the ball must touch a player before the other team advances. A goal cannot be scored from a pass/dribble in.
U12	Throw in	Direct & indirect	Yes	Yes	Full FIFA laws apply at this age group. The laws can be found here: https://www.theifab.com/
U13+	Throw in	Direct & indirect	Yes	Yes	Full FIFA laws apply at this age group. The laws can be found here: ( <u>https://www.theifab.com/</u> ) U13, BU14, GU14/15 teams all have a 10-minute warm up prior to the beginning of the game.

## REMINDERS

- Make sure all players are wearing the appropriate jersey, shorts, and socks; players **MUST** have shin guards (tucked inside of the socks).

- No jewelry is permitted (medical alert bracelets are an exception); no hats or sunglasses are permitted unless required for a medical reason.

- Headscarves and Hijabs are permitted.