

FALL 2022 - SPRING 2023

Age Div.	avg. # players	Format	Field Size	Keeper	Ball	Playing Time	Substitutions	ReThrow-ins	Slide tackle.	Offsides
U7	10	5 v 5	35 x 25	No	3	8 min. Quart.	At quarter/on injury	Once	No	No
U8	10	5 v 5	35 x 25	No	3	8 min. Quart.	At quarter/on injury	Once	No	No
U9	12	7 v 7	60 x 40	Yes	4	12 min. Quart.	Legal substitution/on injury	No	No	in pen. area
U10	12	7 v 7	60 x 40	Yes	4	12 min. Quart.	Legal substitution/on injury	No	No	Yes
U12	14	9 v 9	80 x 50	Yes	4	25 min. Halves	Legal substitution/on injury	No	Yes	Yes
U14	14	9 v 9	80 x 50	Yes	5	30 min. Halves	Legal substitution/on injury	No	Yes	Yes
HS	12	7 v 7	80 x 50	Yes	5	30 min. Halves	Legal substitution/on injury	No	Yes	Yes