



GUIDELINES	U8	U10	U12
Game Length	2 x 22 mins halves	2 x 25 mins halves	2 x 30 mins halves
Scoring	No game to finish by more than 5 goals. No overtime if tied.	No game to finish by more than 5 goals. No overtime if tied.	No game to finish by more than 5 goals. No overtime if tied.
Ball size	4	4	4
Offside / Free-kicks	Offside - no All free-kicks are direct	Offside - yes, use retreat line for offside. Free-kicks are both direct and indirect	Offside - yes, regular offside at half-way line. Free-kicks are both direct and indirect
Players	Must be born in 2017 or 2018	Must be born in 2015 or 2016	Must be born is 2013 or 2014
Uniforms	White (home), Black (Away). Can have any number	White (home), Black (Away). Can have any number	White (home), Black (Away). Can have any number
Playing time	Each player must play at least 22 minutes per game	Each player must play at least 25 minutes per game	Each player must play at least 30 minutes per game
Substitutions	Unlimited subs on all throw-ins, goal-kicks, goal or injury	Unlimited subs on all throw-ins, goal-kicks, goal or injury	Unlimited subs on all throw-ins, goal-kicks, goal or injury
Goal-kicks & Retreat/ Build-out lines	Defensive players must be behind the retreat line to allow the opposition the first pass.	Defensive players must be behind the retreat line to allow the opposition the first pass.	No retreat lines