



DIVISION REFERENCE GUIDE

	6U	8U	10U	12U	JH/HS
Roster Size	6-7 players	7-8 players	9-11 players	12-14 players	18-20 players
Game Format	4v4	4v4	7v7	9v9	11v11
Min Players (Field)	3	3	5	6	7
Game Periods	4	4	4	2	2
Period Length	5 min	10 min	12 min	25 min	40 min
Halftime	5 min	5 min	5 min	5 min	5 min
Substitution	Quarter	Quarter	Quarter	Free Sub	Free Sub
Heading Allowed	No	No	No	No	Yes
Goalkeeper	No	No	Yes	Yes	Yes
Goalkeeper Drop Kick	N/A	N/A	No	Yes	Yes
Ball Size	3	3	4	4	5
Sideline Restart	Pass-In	Pass-In	Throw-In	Throw-In	Throw-In
Offside	No	No	Yes, From Build-Out Line	Yes	Yes
Referee Assignment	Coach	1 to 2	1 to 3	1 to 3	1 to 3
Practice Schedule	20 Min Before Game	1 Per Week, 45-60 Min	1 Per Week, 60-75 Min	1-2 Per Week, 60-90 Min	1-2 Per Week, 60-90 Min
Referee Score Tracking	No	Yes	Yes	Yes	Yes
Championship	No	No	No	Yes	Yes