

Rec Coaches' Cheat Sheet

About to kick off another year and don't know all the details?
Here's a quick guide to get you back on track before your first game.



| | Age Group | U6/U7 | U8 | U9 | U10 | U11 | U12 | U13/U14 | U15/U16 | U17-U19 |
|-----------|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| FORMAT | Field players | 3 | 4 | 5 | 7 | 9 | 9 | 11 | 11 | 11 |
| | Keeper | No | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| | Format (minutes) | 2 x 15 | 4 x 12 | 4 x 12 | 2 x 25 | 2 x 30 | 2 x 30 | 2 x 35 | 2 x 40 | 2 x 45 |
| SIZES | Ball size | 3 | 3 | 4 | 4 | 4 | 4 | 5 | 5 | 5 |
| | Field Width (yds) | 20 | 20 | 25 | 35-45 | 45-55 | 45-55 | 50-80 | 50-80 | 50-80 |
| | Field Length (yds) | 30 | 30 | 40 | 55-65 | 70-80 | 70-80 | 100+ | 100+ | 100+ |
| | Goal Height (ft) | Pug goal | 4-6 | 4-6 | 6 | 6-7 | 6-7 | 8 | 8 | 8 |
| | Goal Width (ft) | Pug goal | 6-8 | 6-8 | 12-18 | 18-21 | 18-21 | 24 | 24 | 24 |
| | Roster | 6 | 8 | 9 | 12 | 14 | 14 | 18 | 18 | 18 |
| GAME PLAY | Out of bounds | Throw in | Throw in | Throw in | Throw in | Throw in | Throw in | Throw in | Throw in | Throw in |
| | Throw in re-take | Yes | Yes (3) | Yes (3) | Yes (1) | No | No | No | No | No |
| | Substitutions | Freely | Freely | Freely | Freely | Freely | Freely | Freely | Freely | Freely |
| | Offsides | No | No* | No* | Yes | Yes | Yes | Yes | Yes | Yes |
| | Build Out Line | Yes | Yes | Yes | Yes | Yes | No | No | No | No |
| | Punting | No | No | No | No | No | Yes | Yes | Yes | Yes |
| | Headers | Never | Never | Never | Never | Never | Yes | Yes | Yes | Yes |
| | Slide tackle | Never | Never | Never | Never | Yes | Yes | Yes | Yes | Yes |
| | Mercy rule | Yes | Yes | Yes | Yes | Yes | Yes | No | No | No |
| | Direct free kick | No | No | No | No | Yes | Yes | Yes | Yes | Yes |
| | Indirect free kick | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| | Penalty kick | No | No | No | No | Yes | Yes | Yes | Yes | Yes |

*No Cherry Picking