

# 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	U5-U7	U8	U9	U10	U11	U12	U13/U14	U15/U16	U17-U19
FORMAT	Total 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	Yes	No	No	No
	Punting	No	No	No	No	No	No	Yes	Yes	Yes
	Headers	Never	Never	Never	Never	Never	Never	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