

Age Group Matrix for Rec Soccer Teams

Age Group	Max Team Size	Players on Field	Ball Size	Match Length (min.)	Substitutions	Slide Tackles	Offsides Called?	Direct Kicks?
U6	8	4	3	32	at quarter breaks & halftime	No	No	No
U8	12	7	3	50	at quarter breaks & halftime	No	No	No
U10	14	9	4	50	FIFA rules*	No	Yes	No
U12	16	11	4	60	FIFA rules*	FIFA rules	Yes	Yes
U14	16	11	5	70	FIFA rules*	FIFA rules	Yes	Yes
U16	18	11	5	80	FIFA rules*	FIFA rules	Yes	Yes
U19	18	11	5	90	FIFA rules*	FIFA rules	Yes	Yes

FIFA rules* -

Substitute on your own thrown-ins, any goal-kick, or kick-off after a goal. NO SUBBING on corner kicks.

Injured players may be substituted at anytime for all ages.

Slide Tackles must be done legally and safely, or they may be called as a foul.

U6-U10 – all kicks indirect – no goal may be scored directly from a kick – must touch a second person from either team.