



Match Format & Playing Time - One-Pager



Who This Is For: Coaches, Club Technical Staff, Districts

Why It Matters: These standards are designed to provide a consistent, development-focused experience that ensures all players receive age-appropriate competition, rest, and opportunities to grow.

Key Standards:

1. Standardized Game Formats

	AGE GROUP	FORMAT	GOAL SIZE (MAX)	FIELD SIZE (APPROX.)	BALL SIZE	MATCH DURATION (MAX)
ACTIVE START	U4-U6	Informal Games	N/A	N/A	3	N/A
FUNDAMENTALS	U6-U7	3v3 (no GK)	3ft x 5ft	18-22m x 25-30m	3	30m
	U8-U9	4v4 (no GK) or 5v5	5ft x 8ft	25-30m x 30-36m	3 or 4	40m
LEARN TO TRAIN	U10-U11	7v7	6ft x 16ft	30-36m x 40-55m	4	50m
	U12-U13	9v9	6ft x 18ft	45-55m x 65-75m	U12: 4 U13: 5	U12: 70m U13: 80m

2. Maximum Playing Time

- Schedule games with **adequate rest** between matches. This ensures that they have the time needed to recover, refuel, and rehydrate.
- Players should not exceed the following maximum match times per player per day for the corresponding format in the table below:

	AGE GROUP	FORMAT	MAX MATCH TIME PER PLAYER PER DAY
ACTIVE START	U4-U6	Informal Games	N/A
FUNDAMENTALS	U6-U7	3v3 (no GK)	60 minutes
	U8-U9	4v4 (no GK) or 5v5	80 minutes
LEARN TO TRAIN	U10-U11	7v7	100 minutes
	U12-U13	9v9	120 minutes

Retreat Line

- Implemented in U6-U11 formats:
 - U6-U9 retreat line at half.
 - U10-U11 retreat line at one third.
- Designed to support build-up play.
- See full "Retreat Line" one-pager for usage details.

Fair Playing Time

- Every child should play **at least 50% of each game.**
- Consistent implementation improves engagement and enjoyment.
- See "Fair Playing Time" one-pager for coaching tips.

Implementation Tips:

- Use age-specific field markings and goals.
- Rotate players through positions, including goalkeeper roles.
- Avoid stacking teams or focusing on game results.



Play. Inspire. Unite.

