

Birth Year Age Group	2018		2017		2016		2015		2014		2013		2012		2011		2010		2009		2008		2007		2006		2005		2004	
	SU	6U	7U	8U	9U	10U	11U	12U	13U	14U	15U	16U	17U	18U	19U	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	
Field Size	Length 25-35 Width 15-25		Length 25-35 Width 15-25		Length 25-35 Width 15-25		Length 25-35 Width 15-25		Length 55-65 Width 35-45		Length 55-65 Width 35-45		Length 70-80 Width 45-55		Length 70-80 Width 45-55		FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	FIFA Standard	
Number of Players on the Field	4v4		4v4		4v4		4v4		7v7		7v7		9v9		9v9		11v11	11v11	11v11	11v11	11v11	11v11	11v11	11v11	11v11	11v11	11v11	11v11	11v11	11v11
Goalkeeper	NO		NO		NO		NO		YES		YES		YES		YES		YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Heading	NO		NO		NO		NO		NO		NO		YES		YES		YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Build out Line	NO		NO		NO		NO		YES		YES		NO		NO		NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Match Time	4x10 Mins		4x10 Mins		4x10 Mins		4x10 Min		2x25 Mins		2x25 Mins		2x30 Mins		2x30 Mins		2x35Mins	2x35Mins	2x40 Mins	2x40 Mins	2x40 Mins	2x45 Mins	2x45 Mins	2x45 Mins	2x45 Mins	2x45 Mins	2x45 Mins	2x45 Mins	2x45 Mins	2x45 Mins
Break Period	5 Min		5 Min		5 Min		5 Min		5 Min		10 Min		10 Min		10 Min		15 Min	15 Min	15 Min	15 Min	15 Min	15 Min	15 Min	15 Min	15 Min	15 Min	15 Min	15 Min	15 Min	15 Min
Ball Size	3		3		3		3		4		4		4		4		5	5	5	5	5	5	5	5	5	5	5	5	5	5
Goal Size	Height 4 6	Width 6	Height 4 6	Width 6	Height 4 6	Width 6	Height 4 6	Width 6	6.5x12 to 6.5x18.5	6.5x12 to 6.5x18.5	6.5x12 to 6.5x18.5	6.5x12 to 6.5x18.5	6.5x18.5 to 7x21	6.5x18.5 to 7x21	6.5x18.5 to 7x21	6.5x18.5 to 7x21	8 x 24	8 x 24	8 x 24	8 x 24	8 x 24	8 x 24	8 x 24	8 x 24	8 x 24	8 x 24	8 x 24	8 x 24	8 x 24	8 x 24
Offside	NO		NO		NO		NO		YES		YES		YES		YES		YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Minimum Registration Roster Size	4		4		4		4		4		4		7		7		7	7	7	7	7	7	7	7	7	7	7	7	7	7
Maximum Registration Roster Size	12		12		12		12		12		12		16		16		18	22	22	22	22	22	22	22	22	22	22	22	22	22
Maximum State & National Cup Roster Size	N/A		N/A		N/A		N/A		12		12		16		16		18	22	22	22	22	22	22	22	22	22	22	22	22	22
Maximum Game Time Roster Size	12		12		12		12		12		12		16		16		18	18	18	18	18	18	18	18	18	18	18	18	18	18
US Youth Regional and National Roster Size	N/A		N/A		N/A		N/A		N/A		N/A		N/A		N/A															
US Soccer PDIs	6		6		6		6		12		12		16		16		16	18	18	18	18	18	18	18	18	18	18	18	18	18