GBFC REC GUIDELINES

	U6	U7	U8	U9*	U10*	U11	U12	U13-19
Max Field Size (yds)	25/35 L 15/25 W	25/35 L 15/25 W	25/35 L 15/25 W	55/65 L 35/45 W	55/65 L 35/65 W	70/80 L 45/55 W	70/80 L 45/55 W	112x75
Number of Players	4v4	4v4	4v4	7V7	7v7	9v9	9v9	11v11
Goal Keeper	No	No	No	Yes	Yes	Yes	Yes	Yes
Playing Time	4x10	4x10	4x10	2x25	2x25	2x30	2x30	2x35/40/45
Ball Size	3	3	3	4	4	4	4	5
Goal Mouth Size (feet)	4x6	4x6	4x6	6.5x18.5	6.5x18.5	7x21	7x21	8x24
Offside	No	No	No	Yes	Yes	Yes	Yes	Yes
Substitutes	Injuries & Quarters	Injuries & Quarters	Injuries & Quarters	Injuries Unlimited Halves	Injuries Unlimited Halves	Injuries Unlimited Halves	Injuries Unlimited Halves	Injuries Unlimited Halves
Fouls (type of kick)	Indirect Free Kicks Only	Indirect Free Kicks Only	Indirect Free Kicks Only	Indirect & Direct Free Kicks	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks
Free Kick clearance	10 ft	10 ft	10 ft	8 yd	8 yd	8 yd	8 yd	10 yd
Throw-in	Kick-ins	kick-ins	kick-ins	Normal	Normal	Normal	Normal	Normal
Penalty Kicks	None	None	None	Yes (mark at 10 yds)	Yes (mark at 10 yds)	Yes (mark at 10 yds)	Yes (mark at 10 yds)	Yes (mark at 12 yds)
Penalty Area (yds)	None	None	None	12x24	12x24	14x36	14x36	18 x 44
Goal Area (yards)	Optional 3x8	3x8	3x8	4x8	4x8	5x16	5x16	6 x 20
Heading	None	None	None	None	None	None	None	per Laws/Rules