

XF REC Quick Chart of Rules of Competition

	COED U7	U8	U9	U10	U11-12	U13-14	U15-U16	U17-U19
# of Players on Field	3	4	5	7	9	11	11	11
Max # of Players on Roster	8	8	10	12	14	18	22	22
Goalkeeper	No	yes	yes	yes	yes	yes	yes	yes
Max # of Players for a Game	6	8	10	10	14	18	18	18
Game Time Period (Minutes)	2x20	2x20	2 x 25	2 x 25	2 x 30	2 x 35	2 x 40	2 x 45
Time Between Periods (Minutes)	5	5	5	5	5	5	5	5
Ball Size	3	3	4	4	4	5	5	5
Field Width (yards) - (a)	20	20	40	40	50	75	75	75
Field Length (yards) - (a)	30	30	60	60	75	112	112	112
Build out Line	Halfway between p.a. and midfield	Halfway between p.a. and midfield	Halfway between p.a. and midfield	Halfway between p.a. and midfield	Halfway between p.a. and midfield	No	No	No
Center Circle Radius (Yards)-(a)	n/a	n/a	8	8	8	10	10	10
Goal Area (Yards)- (a)	n/a	n/a	4 x 8	4 x 8	5x16	6 X 20	6 X 20	6 X 20
Penalty Area (Yards) (a)	n/a	n/a	12 x 24	12 x 24	14x36	18 X 44	18 X 44	18 X 44
Corner Arc Radius (Feet)	n/a	n/a	3	3	3	3	3	3
Goal Size (feet) (b)	4X6	4X6	6x12	6x12	6.5x18	8 X 24	8 X 24	8 X 24
Slide Tackling	no	no	No	No	Yes	Yes	Yes	Yes
Heading-©	no	no	No	No	No	Yes	Yes	Yes
Goalkeeper Punts & Dropkicks	no	no	No	No	No	Yes	Yes	Yes
Offside Rule (from midfield line)	no	no	no	Yes	Yes	Yes	Yes	Yes
Penalty Kick Distance (Yards)	no	no	8	8	8	12	12	12
Direct Free Kicks	no	no	yes	yes	Yes	Yes	Yes	Yes
Free Kick Defender Distance (yds)	N/A	8	8	8	8	10	10	10
Retake on Throw-In or Kick-Off	yes	yes	No	No	No	No	No	No
Throw-In Defender Distance (yds)	2	2	2	2	2	2	2	2
Goal Scored From Goal Kick	No	No	No	No	Yes	Yes	Yes	Yes

a) Sizes are USSF recommended dimensions. Adjustments to fit physical constraints or permanent markings is acceptable.

b) No player U12 or younger should be heading the ball - USSF and US Youth restriction.

For build out line of a Goal-kick, the opposition can enter the build area once the ball is played.

For build out line- GK in possession with their hands, opposition can enter the build out area as soon as the GK puts the ball into play.