

<b>Under 7s</b> DEVELOPMENT MATCHES 4 X 10 MINS/ 2 X 20 MINS	5 v 5		MIN TO START	5 YDS FREE KICK: DISTANCE FROM BALL	OFFSIDE	ALWAYS DIRECT FREE KICK	NO THROW	RETREAT LINE	SUBS MADE: UNLIMITED	NO HEADING
<b>Under 8s</b> DEVELOPMENT MATCHES 4 X 10 MINS/ 2 X 20 MINS	5 v 5	3	MIN TO START	5 YDS FREE KICK: DISTANCE FROM BALL	OFFSIDE	ALWAYS DIRECT FREE KICK	NO THROW	RETREAT LINE	SUBS MADE: UNLIMITED	NO HEADING
<b>Under 9s</b> DEVELOPMENT MATCHES 4 X 12 MINS/ 2 X 25 MINS	7 v 7	3	MIN TO START	5 YDS FREE KICK: DISTANCE FROM BALL	OFFSIDE	ALWAYS DIRECT FREE KICK	NO THROW	RETREAT LINE	SUBS MADE: UNLIMITED	NO HEADING
<b>Under 10s</b> DEVELOPMENT MATCHES 4 X 12 MINS/ 2 X 25 MINS	7 v 7	3	MIN TO START	5 YDS FREE KICK: DISTANCE FROM BALL	OFFSIDE	ALWAYS DIRECT FREE KICK	NO THROW	RETREAT LINE	SUBS MADE: UNLIMITED	NO HEADING
<b>Under 11s</b> DEVELOPMENT MATCHES 4 X 15 MINS/ 2 X 30 MINS	9 v 9	4	MIN TO START	7 YDS FREE KICK: DISTANCE FROM BALL	OFFSIDE	DIRECT & INDIRECT FREE KICK	NO SECOND CHANCES FOUL THROW	RETREAT LINE	SUBS MADE: UNLIMITED	HEADING
<b>Under 12s</b> COMPETITIVE MATCHES 2 X 30 MINS	9 v 9	4	MIN TO START	7 YDS FREE KICK: DISTANCE FROM BALL	OFFSIDE	DIRECT & INDIRECT FREE KICK	NO SECOND CHANCES FOUL THROW	RETREAT LINE	SUBS MADE: UNLIMITED	HEADING
<b>Under 13s</b> COMPETITIVE MATCHES 2 X 35 MINS	11 v 11	4	MIN TO START	10 YDS FREE KICK: DISTANCE FROM BALL	OFFSIDE	DIRECT & INDIRECT FREE KICK	NO SECOND CHANCES FOUL THROW	RETREAT LINE	SUBS MADE: UNLIMITED	HEADING
<b>Under 14s</b> COMPETITIVE MATCHES 2 X 35 MINS	11 v 11	4	MIN TO START	10 YDS FREE KICK: DISTANCE FROM BALL	OFFSIDE	DIRECT & INDIRECT FREE KICK	NO SECOND CHANCES FOUL THROW	RETREAT LINE	SUBS MADE: UNLIMITED	HEADING
<b>Under 15s</b> COMPETITIVE MATCHES 2 X 40 MINS	11 v 11	5	MIN TO START	10 YDS FREE KICK: DISTANCE FROM BALL	OFFSIDE	DIRECT & INDIRECT FREE KICK	NO SECOND CHANCES FOUL THROW	RETREAT LINE	SUBS MADE: UNLIMITED	HEADING
<b>Under 16s</b> COMPETITIVE MATCHES 2 X 40 MINS	11 v 11	5	MIN TO START	10 YDS FREE KICK: DISTANCE FROM BALL	OFFSIDE	DIRECT & INDIRECT FREE KICK	NO SECOND CHANCES FOUL THROW	RETREAT LINE	SUBS MADE: UNLIMITED	HEADING

## NOTES

- SUBS: Rolling Subs are used in ALL youth football.
- BACKPASS: Deliberately playing the ball to the Goal Keeper - a backpass - is NOT ALLOWED (note the word deliberately), at any age. If not intentional, then no offence is committed.
- THROW-INS: Not used in U7 - U10 football, the 'dribble-in' or 'pass-in' is used instead.
- RETREAT LINE: In U7 - 10, when there is a goal kick, the players from the opposing team must retreat to the half-way line until the kick is taken.
- GOAL KICK: At all ages, goal kicks must be kicked from the ground.
- HEADING: At U7 - U10 deliberately heading the ball is an offence punishable by an indirect free kick. The indirect free kick is taken at the point where the ball was deliberately headed, except where a player deliberately heads the ball within their own penalty area in this case the referee will stop the game and restart with an indirect free kick to the opposition from the nearest side line of the penalty area where the offence took place.