

Under 8s Year 3	 5 V 5	 3	 MIN TO START	 FREE KICK: DISTANCE FROM BALL	 OFFSIDE	 ALWAYS DIRECT FREE KICK	 NO THROW	 RETREAT LINE	 POWERPLAY	 NO HEADING
Under 9s Year 4	 5 V 5	 3	 MIN TO START	 FREE KICK: DISTANCE FROM BALL	 OFFSIDE	 ALWAYS DIRECT FREE KICK	 NO THROW	 RETREAT LINE	 POWERPLAY	 NO HEADING
Under 10s Year 5	 7 V 7	 3	 MIN TO START	 FREE KICK: DISTANCE FROM BALL	 OFFSIDE	 ALWAYS DIRECT FREE KICK	 NO THROW	 RETREAT LINE	 POWERPLAY	 NO HEADING
Under 11s Year 6	 7 V 7	 3	 MIN TO START	 FREE KICK: DISTANCE FROM BALL	 OFFSIDE	 ALWAYS DIRECT FREE KICK	 NO THROW	 RETREAT LINE	 POWERPLAY	 NO HEADING
Under 12s Year 7	 9 V 9	 4	 MIN TO START	 FREE KICK: DISTANCE FROM BALL	 OFFSIDE	 DIRECT & INDIRECT FREE KICK	 NO SECOND CHANCES FOUL THROW	 RETREAT LINE	 SUBS MADE: UNLIMITED	 HEADING
Under 13s Year 8	 9 V 9	 4	 MIN TO START	 FREE KICK: DISTANCE FROM BALL	 OFFSIDE	 DIRECT & INDIRECT FREE KICK	 NO SECOND CHANCES FOUL THROW	 RETREAT LINE	 SUBS MADE: UNLIMITED	 HEADING
Under 14s Year 9	 11 V 11	 5	 MIN TO START	 FREE KICK: DISTANCE FROM BALL	 OFFSIDE	 DIRECT & INDIRECT FREE KICK	 NO SECOND CHANCES FOUL THROW	 RETREAT LINE	 SUBS MADE: UNLIMITED	 HEADING
Under 15s Year 10	 11 V 11	 5	 MIN TO START	 FREE KICK: DISTANCE FROM BALL	 OFFSIDE	 DIRECT & INDIRECT FREE KICK	 NO SECOND CHANCES FOUL THROW	 RETREAT LINE	 SUBS MADE: UNLIMITED	 HEADING
Under 16s Year 11	 11 V 11	 5	 MIN TO START	 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, with the foot - 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.
- POWERPLAY : At U8 - U10 if a team goes 4 goals behind, they may bring on an additional player. If they go a further two goals down they may bring on a second additional player.