

Age group	U7	U9	U11
Players on field	7	8	9
Minimum players	4	5	6
Ball size	3	4	4
Offsides	Not enforced	Enforced	Enforced
Goal kicks	Anywhere in penalty box	From 6 yard box	From 6 yard box
Mistake on throw in	Retake once	Turn over	Turn over
Length of quarters	10 mins	12 mins	15 mins
Substitutions	Only between quarters	Only between quarters	Only between quarters
Goalie switch	With referee's permission. Only with players on field	With referee's permission. Only with players on field	With referee's permission. Only with players on field
Coaches	One coach on the field	Sidelines between penalty boxes	Sidelines between penalty boxes
Limitation on time goalie has ball	None	None	6 seconds
Distance of defensive players from corners and free kicks	6 yards	8 yards	10 yards
Slide tackles	Not allowed	Not allowed	Not allowed
Playing ball while player is on ground	Not allowed	Not allowed	Not allowed
Heading the ball	Not allowed	Not allowed	Allowed

Age group	U13	U15	U19
Players on field	11	11	11
Minimum players	7	7	7
Ball size	5	5	5
Length of Halfs	30 mins	40 mins	40 mins
Substitutions	Anytime with referee's permission	Anytime with referee's permission	Anytime with referee's permission
Goalie switch	Anytime with referee's permission	Anytime with referee's permission	Anytime with referee's permission
Coaches	Sidelines between penalty boxes	Sidelines between penalty boxes	Sidelines between penalty boxes
Limitation on time goalie has ball	6 seconds	6 seconds	6 seconds
Distance of defensive players from corners and free kicks	10 yards	10 yards	10 yards
Slide tackles	Not allowed	Not allowed	Not allowed
Field size	Blue lines	Blue lines	Blue lines