



STANDARDS CHART



	U4	U5	U6	U7	U8	U9	U10	U11	U12	U13-U19
Field:Length Range	25-35	25-35	25-35	25-35	25-35	55-65	55-65	70-80	70-80	100-120
Field:Width Range	15-25	15-25	15-25	15-25	15-25	35-45	35-45	45-55	45-55	55-80
Number of Players	Activity Based*	4V4**	4V4**	4V4**	4V4**	7v7	7v7	9v9	9v9	11v11
Roster Size	N/A	6	6	6	6	12	12	16	16	18-22
GK	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes
Playing Time (Minutes)	5x5	4x8	4x8	4x8	4x8	2x25	2x25	2x30	2x30	2x35
Break Time (Minutes)	2	5	5	5	5	10	10	10	10	15
Ball Size	3	3	3	3	3	4	4	4	4	5
Goal Size (Feet)	4x6	4x6	4x6	4x6	4x6	6.5x18.5	6.5x18.5	6.5x18.5	6.5x18.5	8x24
Offside	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes

*go to www.iowasoccer.org for specific details on U4 programming

**Roster size of no more than 6 is a mandate. 4v4 soccer being less structured and without formal teams/rosters is a philosophical recommendation from US Soccer.