

## Age Divisions Overview (2024)

Spring 2024	U5	U7	U9	U11	U13	U15	U19
Format	Academy	4 v 4	7 v 7	7 v 7	9 v 9	11 v 11	11 v 11
Team Size to start game	n/a	n/a	Min. 5	Min. 5	Min. 6	Min. 7	Min. 7
Roster Size	n/a	n/a	Max. 12	Max. 12	Max. 16	Max. 18	Max 22 (18 max on bench)
Birth Years	2019-2020	2017-2018	2015-2016	2013-2015	2011-2013	2009-2011	2005-2009
Goal Size (ft)	PUG	4 x 6	6 x 12 OR 6.5 x 18.5	6 x 12 OR 6.5 x 18.5	6.5 x 18.5	8 x 24	8 x 24
Ball Size	3	3	4	4	4	5	5
Game Length (minutes)	~4x8'	4 x 10'	2 x 25'	2 x 25'	2 x 30'	2 x 35'	2 x 40'
Break Time (minutes)	n/a	5	5	5	10	10	10
Officials	n/a	1 (Rec)	1 (Rec)	1 or 3 USSF	3 USSF	3 USSF	3 USSF
Official Fees	n/a	\$10	\$10	\$30 for 1; \$20/15/15 for 3	\$92 (40/26/26)	\$132 (56/38/38)	\$140 (60/40/40)
Offside	n/a	n/a	Introduce Idea, Yes, if obvious	Yes	Yes	Yes	Yes
Headers	No	No	No	No intentional Heading - IFK	No intentional Heading - IFK	Yes	Yes
Punt/Drop Kicks	n/a	n/a	No	No	Yes	Yes	Yes