

## **AASC PLAYING FORMAT**

### **GAME STRUCTURE**

<b>AGE</b>	<b>FORMAT includes GK U8&amp;up</b>	<b>BALL SIZE</b>	<b>RETREAT LINE</b>	<b>Sideline Restarts</b>	<b>CORNERS</b>	<b>OFFSIDE</b>	<b>SUBS</b>	<b>FIELD SIZE</b>	<b>GAME LENGTH</b>	<b>REFERE ES</b>	<b>IDEAL # PLAYERS ON TEAM**</b>
<b>U5M</b>	3V3	3	n/a	n/a	NO	NO	on the fly	Turf	20X1*	NO	6
<b>U6M</b>	3V3	3	n/a	n/a	NO	NO	on the fly	Turf	20X1*	NO	6
<b>U7M</b>	3V3	3	n/a	n/a	NO	NO	on the fly	Turf	20X1*	NO	6
<b>U8M</b>	5V5	4	halfway	kick-in	YES	NO	any stoppage	25x36	25X2	YES	8
<b>U9B</b>	5V5	4	halfway	kick-in	YES	NO	any stoppage	25x36	25X2	YES	8
<b>U9/10/11G</b>	6V6	4	halfway	throw-in	YES	YES	any stoppage	30x40	30X2	YES	9
<b>U10/11B</b>	7v7	4	1-3	throw-in	YES	YES	any stoppage	36x55	30X2	YES	10
<b>U12/13G</b>	8v8	4	1-3	throw-in	YES	YES	any stoppage	42x60	35X2	YES	12
<b>U12/13B</b>	8v8	4	1-3	throw-in	YES	YES	any stoppage	42x60	35X2	YES	12
<b>U14+</b>	8V8+	5	none	throw-in	YES	YES	any stoppage	Turf	40X2	YES	12

**\*U5 & U6/7 Games are informal at the end of a collaborative practice session with multiple teams**

**All Recommendations are within Canada Soccer Guidelines**

**UISA Super 8 minimum field size is 42x60m**

**\*\*Ideal number of players does not account for Double Sided Games (DSG's). If DSG's are an option then teams can be larger**