



# STANDARDS CHART



	4 and under	5 and under	6 and under	7 and under	8 and under	9 and under	10 and under	11 and under	12 and under	13U thru 19U
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
Maximum Roster Size	N/A	6	6	6	6	12	12	16	16	22 max 18 "game active"
GK	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes
Playing Time (Minutes)	5x5	4x8	4x8	4x8	4x8	2x25	2x25	2x30	2x30	2x35 (13U-14U) 2x40 (15U-16U) 2x45 (17U-19U)
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

*\*Visit [www.iowasoccer.org](http://www.iowasoccer.org) for specific details on 4 and under programming (or click here)*

**\*\*As per US Soccer, roster size of no more than 6 is a mandate. 4v4 soccer is meant to be played in a less structured environment in order to maximize fun and participation; thus, players eight-years-old and younger should play without formal teams and rosters. Conducting play through in-house programs with flexible and fluid teams is the best approach.**