



# U13

## Outdoor 2026 - 9 vs 9 Rules

### **Field Size**

– Width: Min. 45 m- Max. 55 m

- Length: Min.65 m- Max. 75 m

### **Goal Size**

– Height: Min 1.83 m (6 ft) - Max. 2.13 m (7 ft)

- Length: Min 5.49 m (18 ft) - Max: 6.55 m (21.5 ft)

**Roster Size** –Max 20 - Recommended 14-18 players

**Ball Size** – Size 5

**Game duration** – 2 x 40 min halves.

**Offside** – Yes (at half)

**Throw-ins** – Yes

**Retreat Line** – No

**Substitutions** – As stated in IFAB Laws of The Game, at stoppages and whole line changes allowed

**Minimum number of players to start the game** – 7 players

**Referees** – 1 Centre Official and 2 Assistant Referees - Recommended

All other match rules in alignment with the current IFAB Laws of The Game

**Note- *We understand that many of the fields will be different dimensions.***

These standards are in alignment with Canada Soccer Grassroot Standards for U13

