



U13

Outdoor 2026 - 9 vs 9 Rules

Field Size

– Width: Min. 30 m- Max. 36 m

- Length: Min.40 m- Max. 55 m

Goal Size

– Height: Min 1.83 m (6 ft) - Max. 1.98 m (6.5 ft)

- Length: Min 3.66 m (12 ft) - Max: 5.03 m (16.5 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