

US Soccer Standards Chart
Updated for Maryland SoccerPlex

| | 7 v 7 | | 9 v 9 | | Full-Sided | Full-Sided |
|------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | 9U | 10U | 11U | 12U | 13/14U | 15U+ |
| | Birth Year | Birth Year | Birth Year | Birth Year | Birth Year | Birth Year |
| Max Field Size | 47x30 | 47x30 | 75x47 | 75x47 | 112x75 | 112x75 |
| Roster Size | 12 | 12 | 14 | 14 | 18 | 22 |
| Number of Players | 7v7 | 7v7 | 9v9 | 9v9 | 11v11 | 11v11 |
| GK | Yes | Yes | Yes | Yes | Yes | Yes |
| Playing Time (Minutes) | 2x25 (60min) | 2x25 (60min) | 2x30 (70min) | 2x30 (70Min) | 2x35 (85Min) | 2x40 (95Min) |
| Break Time (Minutes) | 10 | 10 | 10 | 10 | 15 | 15 |
| Ball Size | 4 | 4 | 4 | 4 | 5 | 5 |
| Goal Size (Feet) | 6.5x18.5 | 6.5x18.5 | 6.5x18.5 | 6.5x18.5 | 8x24 | 8x24 |
| Offsides | Yes | Yes | Yes | Yes | Yes | Yes |
| Referee | Yes | Yes | Yes | Yes | Yes | Yes |