

EOSL RULES SUMMARY 2026

	U9	U10	U11	U12	U13	U14	U15	U16	U17
Ball Size	Four				Five				
Maximum Goal Size	Ideal: 5x8	6x16		Ideal:6.5x16.5		8x24			
Match Duration	2 25-minute matches	50 minutes		70 minutes	80 minutes	90 minutes			
Scores and Goal Scorers	No					Yes			
Minimum Players on Field	Three	Five		Six		Seven			
Maximum Players on Field	Five	Seven		Nine		Eleven			
Maximum Players on Game Sheet	Twelve	Fourteen		Eighteen		Twenty			
Sideline Restarts	Pass or Dribble In			Throw-In					
Yards from Ball on Restarts	na	Six			Ten				
Offside	No			Yes					
Retreat Line (see note 1)	Halfway	One-Third		No					
Substitutions	All Stoppages and On the Fly	All Stoppages including Corner Kicks				At goal kicks, after a goal, replacement of an injured player, half time, on a team's own throw-in, at which time the opposing team may substitute, water breaks if agreed prior to Kick off			
Cautions and Dismissals (see note 2)	No			Yes					
Substitute Dismissed Players	Yes			No					

For Small-Sided games, all free-kicks are indirect except penalty kicks

For U9-U12 the penalty spot will be 9 yds from the midpoint between the goalposts and equidistant to them.

Note 1: For U9-U11 the Opposing Team will retreat to 1/3 of the field on goal kicks and its players may not play the ball until a player from the Kicking Team has played it or the ball crosses the line of retreat. The line of retreat also applies after a save when the ball is in the Goalkeeper's hands. If a Goalkeeper chooses to drop the ball to his/her feet, the ball is live, whether or not the opposing team has fully retreated. Violations will result in a re-kick for the Kicking Team.

Note 2: U9 to U11 players are to be replaced if they are acting in such a manner that would normally warrant issuance of a yellow card. The referee will inform the team coach.