

CFBSA BASIC RULES

Age	Ball	Periods	Minium/Maximum Players On	Maximum Roster Size	GK/PK	Throw-In	DFK	IFK	Cards	Distance	Offside
U4	3	4 X 8	3/4	8	No/No	Free Kick Only	No	Yes	No	4	No
U5	3	4 X 10	3/5	10	Yes/No	2x	No	Yes	No	5	No
U6	3	4 x 10	3/5	10	Yes/No	2x	No	Yes	No	5	No
U7	3	4 x 12	4/7	12	Yes/No	2x	No	Yes	No	6	No
U8	3	4 x 12	4/7	12	Yes/No	2x	No	Yes	No	6	No
U9	4	2 x 25	5/8	14	Yes/Yes	1x	Yes	Yes	Yes	8	Yes
U10	4	2 x 25	5/8	14	Yes/Yes	1x	Yes	Yes	Yes	8	Yes
U11	4	2 x 30	7/11	18	Yes/Yes	1x	Yes	Yes	Yes	10	Yes
U12	4	2 x 30	7/11	18	Yes/Yes	1x	Yes	Yes	Yes	10	Yes
U13	5	2 x 35	7/11	18	Yes/Yes	1x	Yes	Yes	Yes	10	Yes
U14	5	2 x 35	7/11	18	Yes/Yes	1x	Yes	Yes	Yes	10	Yes
U15	5	2 x 40	7/11	18	Yes/Yes	1x	Yes	Yes	Yes	10	Yes
U16	5	2 x 40	7/11	22	Yes/Yes	1x	Yes	Yes	Yes	10	Yes
U17-U19	5	2 x 45	7/11	22	Yes/Yes	1x	Yes	Yes	Yes	10	Yes

Periods: Number of Periods x Period Length:

ex: 4 x 10 = four (4) ten (10) minute quarters

ex: 2 x 40 = two (2) 40 minute halves

Breaks: U8 and below: two (2) minutes between quarters and five (5) minutes at halftime

U9 and above: five (5) minutes at halftime

Throw-in: U5-U6: ball is thrown in from the spot where it crosses touch line. Two chances in case of errant throw, referee explains procedure

U7-U8: ball is thrown in from the spot where it crosses touch line. Two chances in case of errant throw, referee explains procedure

U9 and above: one chance to execute a proper throw-in

DFK: Direct Free Kick restarts

IFK: Indirect Free Kick restarts. Referee signal is raising one arm above the head

GK/PK: Goal Kick/Penalty Kick

Cards: Issuance of Yellow and Red cards To Players Only

Distance: Distance (yards) between the ball and the opponent on free kick restarts (Example Kick Off, Corner Kick, etc)