

GAC Game Day Cheat Sheet

Field Dimensions / Rules / Regulations

Season: Fall/Winter 2025–26 | **League/References:** BC Coastal Soccer League/Guildford Athletic Club In-House

Division Game Format Overview (GAC In-House)

Age Group	Format	Field Size	Duration
U6	3v3 (no goalie)	1/8 field	2 × 20 min halves
U7	4v4 (with goalie)	1/8 field	2 × 20 min halves
U8	5v5	Modified 1/4 field	2 × 25 min halves
U9	6v6	1/4 field	2 × 25 min halves
U10	7v7	1/4 field	2 × 25 min halves

Division Game Format Overview (BCCSL)

Age Group	Game Format (Including GK)	Game Length	Ball Size	Retreat Line
U11–U12	8 v 8	2 × 30 minutes	4	Yes
U13	9 v 9	2 × 35 minutes	4	Yes
U14–U16	11 v 11	2 × 40 minutes	5	No
U17–U18	11 v 11	2 × 45 minutes	5	No

Field Dimensions & Goal Sizes (BCCSL)

Age Group	Min Field Width	Max Field Width	Min Field Length	Max Field Length	Goal Size (L × H)
U11–U12	46 yds / 42 m / 138 ft	50 yds / 150 ft	66 yds / 60 m / 197 ft	82 yds / 75 m / 246 ft	18 ft × 6 ft (5.49 m × 1.83 m)
U13*	50 yds / 46 m / 151 ft	60 yds / 55 m / 180 ft	70 yds/64 m / 210 ft	86 yds / 78 m / 256 ft	18 ft × 6 ft (5.49 m × 1.83 m)
U14–U18	65 yds / 59 m / 194 ft	109 yds / 100 m / 328 ft	<i>FIFA Standard Full Field</i>	<i>FIFA Standard Full Field</i>	24 ft × 8 ft (7 m × 2 m)

Quick Notes

- **Retreat Line (U6–U13):** Implemented to promote build-out play. Defending players retreat to half once the goalkeeper gains possession. **(for U10 Development Boys NFYSA rules and not SFDA)** **SFDA** = the retreat line is 1/3 and not half and the attacking team only retreats to that line when there is a set piece restart for the defensive team ie goal kick or offsides
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- **Ball Size:** #3 for U6-7; #4 for U8–U13; #5 for U14 and above.
- **Match Duration:** Equal halves; allowance for injury time and referee discretion.
- **Substitutions:** Unlimited at stoppages with referee's approval (per league rules).