



Age Progression

Format	Age	Ball Size	Game Duration	Competitive* ?	Day**	Pitch	Comments (change since previous Age)
Training	U6	3		No	Sat	N/A	Saturday morning training only. School Year 1
5v5	U7	3	4 x 10	No	Sat	Mini 3a/3b	12' x 6' Goals
	U8	3	4 x 10	No	Sat	Mini 3a/3b	
7v7	U9	3	2 x 25	No	Sat	Mini 1 Mini 2	Can also use Mini 4 or Mini 5 if available
	U10	4	2 x 25	No	Sat	Mini 4 Mini 5	Use larger mini-pitches at Butterfield
9v9	U11	4	2 x 30	No	Sat	1, 2, Folly	9-a-side pitch, 16'x7' goals, Offside Rule applies
	U12	4	2 x 30	No	Sun	1, Sandringham, Folly	Can also use Pitch 2 if not being used by U13/U14
11v11	U13	4	2 x 35	Yes	Sun	2	Smaller 11-a-side pitch, 21'x7' goals
	U14	4	2 x 35	Yes	Sun	3 2 can be used if available	24'x8' goals, full size 11-a-side pitch
	U15	5	2 x 40	Yes	Sun	3 (pref) Marford, Sandringham (if needed)	
	U16	5	2 x 40	Yes	Sun	Marford, Sandringham	
	U17	5	2 x 45	Yes	Sun	Marford, Sandringham	
	U18	5	2 x 45	Yes	Sun	Marford, Sandringham	
	Adult	5	2 x 45	Yes	Sat	Marford	

* - Non-Competitive Age Groups will have organised divisions and league matches, but will not publish results or tables. Players in non group, not the team (i.e., can swap teams if required). Divisional Cups and County Cup are competitive at all age groups.

** - County Cup is always Sunday

- **Know The Rules !**
- **Squad Sizes**
 - 5v5 teams have a maximum squad size of 8 players, and can take all 8 to a match
 - 7v7 teams have a maximum squad size of 12 players, and can only take 10 to a match
 - 9v9 teams have a maximum squad size of 14 players, and can take all 14 to a match
 - 11v11 teams have a maximum squad size of 18 players, and can take all 18 to a match.
- **Minimum players to fulfill a fixture**
 - 4 players to play a 5v5 match
 - 5 players are needed for 7v7
 - 7 players for 9v9
 - 9 players for 11v11
- Roll On/Roll Off Substitutions are allowed from U7 to U18 (at U17/U18 this is on a trial basis only)
- The Offside Rule does not come into force until 9v9 format at Under 11
- From U11 upwards, each team must supply an Assistant Referee (Linesman) for each game
- From 2012/2013 season all U11 and U12 teams in Mid Herts will play 9v9
- 'Respect Barriers' or cones are mandatory to keep spectators at least 3 feet from the touchline.
- No spectators are allowed behind the goals
- All Age Groups U12 & below are non-competitive. This means that players are registered to an age-group.
- There are no published results/tables for U12 and below.
- Priority must be given to School fixtures and events should a fixture clash arise
- At mini-soccer, all subs must be used, and all players must play for a minimum of half a match
- Mini Soccer goals are 12'x6'. 9v9 goals are 16'x7' or 21'x7'. 11v11 are 21'x7 or 24'x8' (full adult size)
- At mini-soccer, no player can play more than 60 minutes matchplay per day
- At mini-soccer, all free kicks are direct, and opposition players must be 5 yards away
- The backpass rule comes in at U9. At U9 & U10 a direct free kick is awarded if a backpass is picked up
- Girls and boys are allowed to play in the same teams up to & including U15 level
- Mid Herts League matches for U7-U11 are played on a Saturday, then U12 upwards play on a Sunday
- For the full version of the MHRML rules, see the 'League Documents' section of their website –
<http://www.midherts.com/>