# FA Grassroots Football Rules by Age 2026/27

Quick reference to the FA's maximum permitted youth match formats, pitch, goal and ball sizes for the 2026/27 season.

| Age | School year | Format | Pitch | Goal | Ball |
|---|---|---|---|---|---|
| U6 and under | Reception–Year 1 | FA Play Phase | No set pitch | No set goal | Size 3 |
| U7 | Year 2 | 3v3 | 15 x 10 m (max 20 x 15 m) | 4 x 2.5 ft | Size 3 |
| U8–U9 | Years 3–4 | 5v5 | 37 x 27 m (about 40 x 30 yd) | 12 x 6 ft | Size 3 |
| U10–U11 | Years 5–6 | 7v7 | 55 x 37 m (about 60 x 40 yd) | 12 x 6 ft | Size 3 |
| U12–U13 | Years 7–8 | 9v9 | 73 x 46 m (about 80 x 50 yd) | 16 x 7 ft | Size 4 |
| U14 | Year 9 | 11v11 | 82 x 50 m (about 90 x 55 yd) | 21 x 7 ft | Size 5 |
| U15–U16 | Years 10–11 | 11v11 | 91 x 55 m (about 100 x 60 yd) | 24 x 8 ft | Size 5 |

In short: U7 play 3v3, U8–U9 5v5, U10–U11 7v7, U12–U13 9v9, 11v11 from U14. Size 3 balls up to U11, size 4 at U12–U13, size 5 from U14.

Check your league handbook for local rules such as retreat lines, offside and substitutions.

Source: England Football FutureFit (futurefit.englandfootball.com). Updated for 2026/27.