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This document highlights the formats of football which should be played across all age groups. We encourage all leagues to play in these formats.

Mixed football has now approved for all age groups up to Under 18s.

Player | Pitch Size | Ball Size | Goal Size | Number of trophy events

Under 7s Under 8s	 5 v 5	 40 x 30 YD 37 x 27 M	 3	 6 x 12 FT 1.83 x 3.66 M	 3 x trophy events lasting a maximum of two weeks each
Under 9s	 7 v 7	 60 x 40 YD 55 x 37 M	 3	 6 x 12 FT 1.83 x 3.66 M	 3 x trophy events lasting a maximum of four weeks each
Under 10s	 7 v 7	 60 x 40 YD 55 x 37 M	 4	 6 x 12 FT 1.83 x 3.66 M	 3 x trophy events lasting a maximum of four weeks each
Under 11s	 9 v 9	 80 x 50 YD 73 x 46 M	 4	 7 x 16 FT 2.13 x 4.88 M	 3 x trophy events lasting a maximum of six weeks each
Under 12s	 9 v 9	 80 x 50 YD 73 x 46 M	 4	 7 x 16 FT 2.13 x 4.88 M	 One season long league table
Under 13s Under 14s	 11 v 11	 90 x 55 YD 82 x 50 M	 4	 7 x 21 FT 2.13 x 6.40 M	 One season long league table
Under 15s Under 16s	 11 v 11	 100 x 60 YD 91 x 55 M	 5	 8 x 24 FT 2.44 x 7.32 M	 One season long league table
Under 17s Under 18s / 21s Senior (18+)	 11 v 11	 110 x 70 YD 100 x 64 M	 5	 8 x 24 FT 2.44 x 7.32 M	 One season long league table