



# Youth Soccer League Cheat Sheet



**Leagues**                      **Field Size**                      **Goal Size**                      **Time**                      **Size Ball**                      **Players on Field**

Atom 1  
Atom 2

Fields 10 & 11

9'10" x 6" 7"

Four 10 minute periods

Size 3

7v7

Boys 3 – 4  
Girls 3 – 5

Fields 1, 2, & 3

18' x 8'

Four 12 minute periods

Size 4

9v9

Boys 5 – 6  
Girls 6 – 8  
Boys 7 – 8

Fields 4, 5, 6, & 7

24' x 8'

Two 30 minute periods

Size 5

11v11