

Age Group	Players on team	Players for game	Practice time	Practice Days	Game Duration
U4	5 Players	2 V 2	30-45 minutes	2X per week	8 minute quarters
U6	6 Players	3 V 3	45- 60 minutes	2X per week	8 minute quarters
U8	8 Players	4 V 4	60 minutes	2X per week	12 minute quarters
U10	12 Players	6 V 6 (w/ goal keeper)	1 hour and half	2X per week	12 minute quarters
U12	16 Players	8 V 8 (w/ goal keeper)	1 hour and half	2X per week	15 minute quarters
U14	22 Players	11 V 11 (w/ goal keeper)	2 hours	2X per week	70 Minutes

* U8 teams and below do not travel.