



AGE FORMATS

The Oxfordshire Youth Football League runs age groups from Under 7 through to Under 21. From the 2026-27 season, FutureFit changes the maximum playing formats used across youth football, including the introduction of 3v3 at Under 7 and moving each subsequent format back by a year.

Development age groups - U7 to U11 Results and match statistics are recorded in Full-Time, but results and tables are not published. Clubs, teams and individuals should not publish development-age results or tables.

Competitive age groups - U12 and above Results and match statistics are recorded and published. County Cup competitions run by the relevant County FA are separate to League fixtures and take priority where fixtures clash.

Season structure

AGE GROUP	ALL SEASON	Autumn & Winter/Spring	CUP / EVENT
U7	No	Yes	None
U8-U11	No	Yes	Trophy Event
U12-U13	No	Yes	KO Cup
U14-U16	Yes	No	KO Cup
U17-U21	Yes	No	KO Cup

Official FutureFit information

[FutureFit digital content hub](#) | [England Football game formats overview](#)



QUICK GUIDE

At-a-glance guide to the maximum matchday format for each OYFL age group from 2026-27. Pitch sizes are shown length x width.

AGE	FORMAT	BALL	OYFL MATCH LENGTH	RECOMMENDED PITCH	GOAL	OYFL REG. SQUAD
U7	3v3	3	6-10 min games	15 x 10 M	4 x 2.5 ft	14
U8-U9	5v5	3	2 x 20 min	37 x 27 M	12 x 6 ft	14
U10-U11	7v7	3	2 x 25 min	55 x 37 M	12 x 6 ft	14
U12-U13	9v9	4	2 x 30 min	73 x 46 M	16 x 7 ft	18
U14	11v11	5	2 x 35 min	82 x 50 M	21 x 7 ft*	21
U15	11v11	5	2 x 35 min	91 x 55 M	24 x 8 ft**	21
U16	11v11	5	2 x 40 min	91 x 55 M	24 x 8 ft	21
U17-U21	11v11	5	2 x 45 min	100 x 64 M	24 x 8 ft	25

* 24 x 8 ft permitted at U14. ** 21 x 7 ft permitted at U15.

Playing-format progression

U7 3v3	U8-U9 5v5	U10-U11 7v7	U12-U13 9v9	U14+ 11v11
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NOTE: FutureFit defines the maximum format for each age group. Smaller formats can still be used where appropriate, particularly in training.

UNDER 7 - 3v3 - SATURDAY

FutureFit introduces 3v3 for U7 from 2026-27. Permanent pitch lines are not required; cones or flat markers can be used.

Official England Football guide: [How to play and manage 3v3 games](#)

FORMAT	BALL	OYFL MATCH LENGTH	MAX PLAYING TIME / DAY
3v3	Size 3	Games 6-10 min	60 min max/day

Players

OYFL registered squad	14 max
Matchday squad	No fixed squad; no substitutes
Minimum number	2 players (2v2 permitted)

Pitch & equipment

RECOMMENDED PITCH	15 X 10 M
Minimum pitch	15 x 10 M
Maximum pitch	20 x 15 M
Recommended goal	4 x 2.5 ft
Corner posts and flags	Not required - cones or flat markers can be used to create the pitch

Pitch dimensions are shown length x width.

Game setup

MATCH SETUP	POSITION	MATCH SETUP	POSITION
Referee	No	Goalkeeper	No
Substitutions	No substitutes	Offside	No
Heading	No	Sideline restarts	Pass / dribble in
Corners	Pass / dribble in	Free kicks	Pass / dribble in
Back-pass rule	No / not applicable	Retreat line	Yes - to own goal line after a goal
Power Play	No	Competition	FutureFit: no league tables / no Trophy Events



Pitch

10 M

15 M

15 x 10 M

Recommended pitch



Format

3v3



Squad

No fixed squad

Goal 4 x 2.5 ft • Min 2 players (2v2 permitted) • Reg. squad 14 max

UNDER 8 - UNDER 9 - 5V5 - SATURDAY

From 2026-27, U8 and U9 play 5v5 as the maximum matchday format.

Official England Football guide: [How to play and manage 5v5 games](#)

FORMAT	BALL	OYFL MATCH LENGTH	MAX PLAYING TIME / DAY
5v5	Size 3	2 x 20 min	60 min max/day

Players

OYFL registered squad	14 max
Matchday squad	10 max
Minimum number	4 players

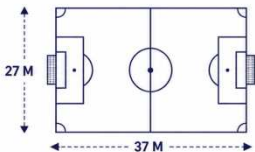
Pitch & equipment

RECOMMENDED PITCH	37 X 27 M
Minimum pitch	27 x 18 M
Maximum pitch	37 x 27 M
Recommended goal	12 x 6 ft
Corner posts and flags	4 corner posts and flags required
Respect barrier	Required on one side of pitch (can be official barrier, cones, or painted line)
Two technical areas	Required on other side of the pitch

Pitch dimensions are shown length x width.

Game setup

MATCH SETUP	POSITION	MATCH SETUP	POSITION
Referee	Yes	Goalkeeper	Yes
Substitutions	Rolling	Offside	No
Heading	No	Sideline restarts	Pass / dribble in
Corners	Yes	Free kicks	Yes
Back-pass rule	Yes	Retreat line	Yes
Power Play	Yes	Competition	Trophy Events

Pitch


37 x 27 M
Recommended pitch

Format


5v5

Squad


Matchday 10
Goal 12 x 6 ft • Min 4 • Reg. squad 14 max

UNDER 10 - UNDER 11 - 7v7 - SATURDAY

From 2026-27, U10 and U11 remain in 7v7 for longer before moving to 9v9.

Official England Football guide: [How to play and manage 7v7 games](#)

FORMAT	BALL	OYFL MATCH LENGTH	MAX PLAYING TIME / DAY
7v7	Size 3	2 x 25 min	90 min max/day

Players

OYFL registered squad	14 max
Matchday squad	14 max
Minimum number	5 players

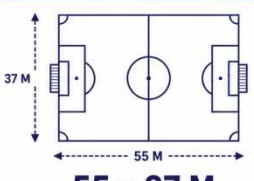
Pitch & equipment

RECOMMENDED PITCH	55 X 37 M
Minimum pitch	46 x 27 M
Maximum pitch	55 x 37 M
Recommended goal	12 x 6 ft
Corner posts and flags	4 corner posts and flags required
Respect barrier	Required on one side of pitch (can be official barrier, cones, or painted line)
Two technical areas	Required on other side of the pitch

Pitch dimensions are shown length x width.

Game setup

MATCH SETUP	POSITION	MATCH SETUP	POSITION
Referee	Yes	Goalkeeper	Yes
Substitutions	Rolling	Offside	No
Heading	No	Sideline restarts	Pass / dribble in
Corners	Yes	Free kicks	Yes
Back-pass rule	Yes	Retreat line	Yes
Power Play	Yes	Competition	Trophy Events

Pitch


55 x 37 M
Recommended pitch

Format


7v7

Squad


Matchday 14
Goal 12 x 6 ft • Min 5 • Reg. squad 14 max

UNDER 12 - UNDER 13 - 9v9 - SUNDAY

From 2026-27, U12 and U13 play 9v9 as the maximum matchday format.

Official England Football guide: [How to play and manage 9v9 games](#)

FORMAT	BALL	OYFL MATCH LENGTH	MAX PLAYING TIME / DAY
9v9	Size 4	2 x 30 min	120 min max/day

Players

OYFL registered squad	18 max
Matchday squad	14 max
Minimum number	6 players

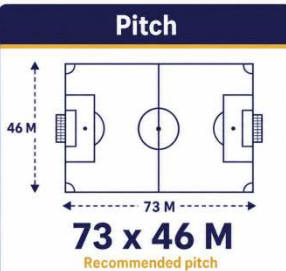
Pitch & equipment

RECOMMENDED PITCH	73 X 46 M
Minimum pitch	64 x 37 M
Maximum pitch	73 x 46 M
Recommended goal	16 x 7 ft
Corner posts and flags	4 corner posts and flags required (halfway posts/flags optional)
Respect barrier	Required on one side of pitch (can be official barrier, cones, or painted line)
Two technical areas	Required on other side of the pitch

Pitch dimensions are shown length x width.

Game setup

MATCH SETUP	POSITION	MATCH SETUP	POSITION
Referee	Yes	Goalkeeper	Yes
Substitutions	Rolling	Offside	Yes - introduced
Heading	Yes	Sideline restarts	Throw-ins
Corners	Yes	Free kicks	Yes
Back-pass rule	Yes	Retreat line	No
Power Play	No	Competition	League tables and cups



73 x 46 M
Recommended pitch



9v9



Matchday 14
Goal 16 x 7 ft • Min 6 • Reg. squad 18 max

UNDER 14 - 11v11 - SUNDAY

U14 is the first FutureFit age group at 11v11. The recommended pitch and goal dimensions are smaller than the older OYFL guide.

Official England Football guide: [How to play and manage 11v11 games](#)

FORMAT	BALL	OYFL MATCH LENGTH	MAX PLAYING TIME / DAY
11v11	Size 5	2 x 35 min	150 min max/day

Players

OYFL registered squad	21 max
Matchday squad	16 max
Minimum number	7 players

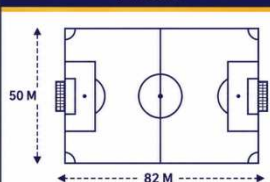
Pitch & equipment

RECOMMENDED PITCH	82 X 50 M
Minimum pitch	82 x 46 M
Maximum pitch	91 x 55 M
Recommended goal	21 x 7 ft recommended (24 x 8 ft permitted)
Corner posts and flags	4 corner posts and flags required (halfway posts/flags optional)
Respect barrier	Required on one side of pitch (can be official barrier, cones, or painted line)
Two technical areas	Required on other side of the pitch

Pitch dimensions are shown length x width.

Game setup

MATCH SETUP	POSITION	MATCH SETUP	POSITION
Referee	Yes	Goalkeeper	Yes
Substitutions	Rolling	Offside	Yes
Heading	Yes	Sideline restarts	Throw-ins
Corners	Yes	Free kicks	Yes
Back-pass rule	Yes	Retreat line	No
Power Play	No	Competition	League tables and cups

Pitch


82 x 50 M
Recommended pitch

Format


11v11

Squad


Matchday 16
Goal 21 x 7 ft • Min 7 • Reg. squad 21 max

UNDER 15 - 11v11 - SUNDAY

U15 remains 11v11, with the larger recommended pitch and full-size goal as the default.

Official England Football guide: [How to play and manage 11v11 games](#)

FORMAT	BALL	OYFL MATCH LENGTH	MAX PLAYING TIME / DAY
11v11	Size 5	2 x 35 min	150 min max/day

Players

OYFL registered squad	21 max
Matchday squad	16 max
Minimum number	7 players

Pitch & equipment

RECOMMENDED PITCH	91 X 55 M
Minimum pitch	82 x 46 M
Maximum pitch	100 x 64 M
Recommended goal	24 x 8 ft recommended (21 x 7 ft permitted)
Corner posts and flags	4 corner posts and flags required (halfway posts/flags optional)
Respect barrier	Required on one side of pitch (can be official barrier, cones, or painted line)
Two technical areas	Required on other side of the pitch

Pitch dimensions are shown length x width.

Game setup

MATCH SETUP	POSITION	MATCH SETUP	POSITION
Referee	Yes	Goalkeeper	Yes
Substitutions	Rolling	Offside	Yes
Heading	Yes	Sideline restarts	Throw-ins
Corners	Yes	Free kicks	Yes
Back-pass rule	Yes	Retreat line	No
Power Play	No	Competition	League tables and cups

Pitch


91 x 55 M
Recommended pitch

Format


11v 11

Squad


Matchday 16
Goal 24 x 8 ft • Min 7 • Reg. squad 21 max

UNDER 16 - 11v11 - SUNDAY

U16 uses the same FutureFit pitch range as U15 but with a longer maximum match duration.

Official England Football guide: [How to play and manage 11v11 games](#)

FORMAT	BALL	OYFL MATCH LENGTH	MAX PLAYING TIME / DAY
11v11	Size 5	2 x 40 min	150 min max/day

Players

OYFL registered squad	21 max
Matchday squad	16 max
Minimum number	7 players

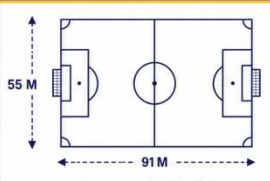
Pitch & equipment

RECOMMENDED PITCH	91 X 55 M
Minimum pitch	82 x 46 M
Maximum pitch	100 x 64 M
Recommended goal	24 x 8 ft
Corner posts and flags	4 corner posts and flags required (halfway posts/flags optional)
Respect barrier	Required on one side of pitch (can be official barrier, cones, or painted line)
Two technical areas	Required on other side of the pitch

Pitch dimensions are shown length x width.

Game setup

MATCH SETUP	POSITION	MATCH SETUP	POSITION
Referee	Yes	Goalkeeper	Yes
Substitutions	Rolling	Offside	Yes
Heading	Yes	Sideline restarts	Throw-ins
Corners	Yes	Free kicks	Yes
Back-pass rule	Yes	Retreat line	No
Power Play	No	Competition	League tables and cups

Pitch


91 x 55 M
Recommended pitch

Format


11v11

Squad


Matchday 16
Goal 24 x 8 ft • Min 7 • Reg. squad 21 max

UNDER 17 - UNDER 21 - 11v11 - SUNDAY

The England Football 11v11 guide gives these dimensions and 90-minute maximum for U17 and above.

Official England Football guide: [How to play and manage 11v11 games](#)

FORMAT	BALL	OYFL MATCH LENGTH	MAX PLAYING TIME / DAY
11v11	Size 5	2 x 45 min	180 min max/day

Players

OYFL registered squad	25 max
Matchday squad	16 max
Minimum number	7 players

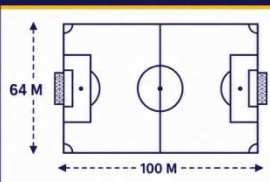
Pitch & equipment

RECOMMENDED PITCH	100 X 64 M
Minimum pitch	91 x 46 M
Maximum pitch	118 x 91 M
Recommended goal	24 x 8 ft
Corner posts and flags	4 corner posts and flags required (halfway posts/flags optional)
Respect barrier	Required on one side of pitch (can be official barrier, cones, or painted line)
Two technical areas	Required on other side of the pitch

Pitch dimensions are shown length x width.

Game setup

MATCH SETUP	POSITION	MATCH SETUP	POSITION
Referee	Yes	Goalkeeper	Yes
Substitutions	Rolling U17-U18; U19-U21 to confirm	Offside	Yes
Heading	Yes	Sideline restarts	Throw-ins
Corners	Yes	Free kicks	Yes
Back-pass rule	Yes	Retreat line	No
Power Play	No	Competition	League tables and cups

Pitch


100 x 64 M
Recommended pitch

Format


11v11

Squad


Matchday 16
Goal 24 x 8 ft • Min 7 • Reg. squad 25 max

VERSION HISTORY & SOURCES

Version history

VERSION	CHANGE	DATE
1.0	Original document	14 Aug 2020
2.0	FutureFit rebuild for 2026-27: new age bands, playing formats, pitch/goal sizes and match setup	Aug 2026

Sources used for v2.0

SOURCE	USE
FutureFit Format Overview	Current format, pitch, goal, minutes-per-day and game-setup matrix supplied by OYFL.
England Football - 3v3	Official 3v3 equipment and basic rules.
England Football - 5v5	Official 5v5 age band, equipment and basic rules.
England Football - 7v7	Official 7v7 age band, equipment and basic rules.
England Football - 9v9	Official 9v9 age band, equipment and basic rules.
England Football - 11v11	Official 11v11 age bands, pitch/goal sizes and match durations.
OYFL 2026-27 Player Registration guidance	Registered squad maximums used in this draft.
OYFL Age Formats v1.2 (June 2022)	Legacy OYFL matchday-squad, minimum-player, corner-post, Respect-barrier and technical-area requirements carried forward by equivalent playing format for U8 and above.

Official guide links

3v3: <https://learn.englishfootball.com/articles-and-resources/coaching/resources/2025/How-to-play-and-manage-3v3-games>

5v5: <https://learn.englishfootball.com/articles-and-resources/coaching/resources/2025/How-to-play-and-manage-5v5-games>

7v7: <https://learn.englishfootball.com/articles-and-resources/coaching/resources/2025/How-to-play-and-manage-7v7-games>

9v9: <https://learn.englishfootball.com/articles-and-resources/coaching/resources/2025/How-to-play-and-manage-9v9-games>

11v11: <https://learn.englishfootball.com/articles-and-resources/coaching/resources/2025/How-to-play-and-manage-11v11-games>