

Norfolk Women's & Girls Football League - 2026/27 Season



	Under 8s	Under 9s	Under 10s	Under 11s	Under 12s	Under 13s	Under 14s	Under 15s	Under 16s	Adult 7v7	Adult 11v11
Format	5v5	5v5	7v7	7v7	9v9	9v9	11v11	11v11	11v11	7v7	11v11
Respect Handshake	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Half length	20 mins	20 mins	25mins	25mins	30mins	30mins	35mins	35mins	40mins	35mins	45mins
Quarters permitted	Yes 4x10 mins	Yes 4x10 mins	Yes 4x12.5 mins	Yes 4x12.5 mins	No	No	No	No	No	No	No
Extra Time (League Cup/Plate Knockout Ties Only)	2 x 5 mins	2 x 5 mins	2 x 5 mins	2 x 5 mins	2 x 5 mins	2 x 5 mins	2 x 5 mins	2 x 5 mins	2 x 5 mins	2 x 10 mins	2 x 15 mins
Penalty Shootout	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Football Size	3	3	3	3	4	4	5	5	5	5	5
Recommended Goal Size	3.66m x 1.83m 12' x 6'	3.66m x 1.83m 12' x 6'	3.66m x 1.83m 12' x 6'	3.66m x 1.83m 12' x 6'	4.88m x 2.13m 16' x 7'	4.88m x 2.13m 16' x 7'	6.4m x 2.13m† 21' x 7'	7.32m x 2.44m† 24' x 8'	7.32m x 2.44m 24' x 8'	3.66m x 1.83m 12' x 6'	7.32m x 2.44m 24' x 8'
Recommended Pitch Size	37m x 27.5m 40 yards x 30 yards	37m x 27.5m 40 yards x 30 yards	55m x 37m 60 yards x 40 yards	55m x 37m 60 yards x 40 yards	73m x 46m 80 yards x 50 yards	73m x 46m 80 yards x 50 yards	82m x 50m 90 yards x 55 yards	91m x 55m 100 yards x 50 yards	91m x 55m 100 yards x 50 yards	55m x 37m 60 yards x 40 yards	100m x 64m 110 yards x 70 yards
Pass in/Dribble in	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No
Throw ins	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Retreat Rule	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No
Offsides	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes
Back Pass Rule	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Score From Kickoff	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Deliberate Heading Allowed	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Power Play*	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No
Free Kicks	Direct**	Direct**	Direct**	Direct**	Direct & Indirect	Direct & Indirect	Direct & Indirect	Direct & Indirect	Direct & Indirect	Direct & Indirect	Direct & Indirect
Wall Distance	5 Yards	5 Yards	5 Yards	5 Yards	7 Yards	7 Yards	10 Yards	10 Yards	10 Yards	2 Metres	10 Yards
Sin Bin Duration	8 Mins	8 Mins	8 Mins	8 Mins	8 Mins	8 Mins	8 Mins	8 Mins	8 Mins	8 Mins	10 Mins
Officials	Referee	Referee	Referee	Referee	Referee 2 x Assistants	Referee 2 x Assistants	Referee 2 x Assistants	Referee 2 x Assistants	Referee 2 x Assistants	Referee	Referee 2 x Assistants
Minimum Number of Players required to fulfill fixture	4	4	5	5	6	6	7	7	7	4	7
Substitutes	5 from 5 Roll-on, roll-off	5 from 5 Roll-on, roll-off	7 from 7 Roll-on, roll-off	7 from 7 Roll-on, roll-off	5 from 5 Roll-on, roll-off	5 from 5 Roll-on, roll-off	5 from 5 Roll-on, roll-off	5 from 5 Roll-on, roll-off	5 from 5 Roll-on, roll-off	3 from 3 Roll-on, roll-off	5 from 5 Roll-on, roll-off
Maximum Number of Registered Players	10	10	14	14	18	18	20	20	20	n/a	n/a

* Power Play is not applicable in cup or plate fixtures

** The only exception is for free-kicks awarded for deliberate headers. Deliberate headers by defending teams in the area are punished by an INDIRECT free kick on the side edge of the penalty area

† At Under 14 age group, 21x7 is recommended goal size but 24x8 is also permitted. At Under 15 age group, 24x8 is recommended goal size but 21x7 is also permitted