

LW&GFL

Season 2023/24

Playing Format

Age group	Size of Ball	Team numbers	Match Duration (min)	Retreat Rule
U7	3	5v5	30	Yes
U8	3	5v5	40	Yes
U9	3	5v5	40	Yes
U10	3	7v7	50	Yes
U11	4	7v7	50	No
U12	4	9v9	60	No
U13	4	9v9	60	No
U14	4	11v11	70	No
U15	5	11v11	80	No
U16	5	11v11	80	No
U18	5	11v11	90	No
Women	5	11v11	90	No