



PHYL CHANGES FOR SEASON 2026-2027

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Due to changes being introduced by the FA's "Future Fit" initiative, this pack explains how the changes will be applied in PHYL from next season. Please raise any questions to your primary contact (League Sec/Chair or Div Sec)

The FA's "Future Fit" initiative can be found here:

[FutureFit](#)

	2024/25	2025/26	2026/27	2027/28	2028/29	2029/30
U7	5v5	5v5	3v3	3v3	3v3	3v3
U8	5v5	5v5	5v5	5v5	5v5	5v5
U9	7v7	7v7	5v5	5v5	5v5	5v5
U10	7v7	7v7	7v7	7v7	7v7	7v7
U11	9v9	9v9	7v7	7v7	7v7	7v7
U12	9v9	9v9	9v9	9v9	9v9	9v9
U13	11v11	11v11	9v9	9v9	9v9	9v9
U14	11v11	11v11	11v11	11v11	11v11	11v11
U15	11v11	11v11	11v11	11v11	11v11	11v11
U16	11v11	11v11	11v11	11v11	11v11	11v11

The primary changes are:

- Under 7s: Changes from 5v5 to 3v3 (this is a mandatory change and we encourage clubs to support this initiative)
- All other age groups, format moves up one year across all age groups, i.e. 7v7 which has previously started at U9 will now start at U10 etc.



FAQS (From a league perspective, FAQs on 3v3 etc. please go to the FA sites)

Is the U7 3v3 change mandatory?

Yes, by running an U7 age group we must comply with the FA. As a league we encourage all clubs/teams to engage with the initiative. If you apply as an U7 team, we expect teams to commit to the format for a sustained period.

We don't want our teams to play 3v3, can we do 5v5?

Yes, you could, but genuine U7 teams would need to be entered as U8 teams and may face U8 teams. We can move teams between the age groups if required, as per normal rules.

Additional comment from Pedro Viveiros, FA Football Development Manager:

“When a player turns 6 years old (would be U6 for that season), they can play for the under 7s only in that season. If a club does not offer Under 7s these players cannot play until the following season. A player turning 6 cannot play in the Under 8s. These players are simply not playing in the league”

We were due to move up to 7v7/9v9/11v11 but now we won't, can we play up a year?

Yes, you can do this as per existing rules. i.e. an U12 team this season was expecting to play 11v11 next season in U13s (which will remain 9v9), they could play up in the U14s. Any team doing so will be integrated into their appropriate level.

As going from U8 to U9 will remain 5v5, will the fixture setup for U9s be the same as the U8s?

No, when teams go into U9, despite being 5v5 we will change this to a single 40 minute game (2 x 20 mins, or quarters) between two teams rather than teams being paired up.



FAQS (From a league perspective, FAQs on 3v3 etc. please go to the FA sites)

Is U12 still competitive league games?

Yes, although this is the first time that the teams will play 9v9, and have offsides, we are still intending to make the U12 age group competitive from a league perspective.

Is every age group affected?

Not everyone, from U7 up to U13 there are changes, U14 and above remains unaffected as they will remain 11v11.

Will the PHYL fees change?

U7 teams in principle should get the same amount of scheduled matches, therefore fees will remain the same. For U13, this will reduce from £12 to £10 **entry fee** in line with the 9v9 charge.

Will referee fees change?

These will be re-aligned to reflect the appropriate pitch/team size/age group. These can be found here:

phyl.co.uk/info_ref_main.php

Will there be a PHYL Cup / Trophy Event for U7?

There are no plans for this due to the format, all other age groups will retain the Trophy/Plate competition.



UNDER 7

Green – no change
Orange - change

Category	Current Setup	Season 2026-2027
Format	<ul style="list-style-type: none"> 5v5 Non-Competitive 	<ul style="list-style-type: none"> 3v3
Pitch	<ul style="list-style-type: none"> Uses 2 x 5v5 pitches (based on PHYL setup) 	<ul style="list-style-type: none"> Subject to numbers, QUARTER of a 5v5 pitch per 3v3 game (assuming 4 games being played simultaneously) Uses 2 x 5v5 pitches (based on PHYL setup)
Max Squad Size	<ul style="list-style-type: none"> 10 (allowance for dual registration) 	<ul style="list-style-type: none"> Recommended 6
PHYL Fixture Setup	<ul style="list-style-type: none"> Teams are paired (usually club level) For matches, a pair of teams is matched against another pair 	<ul style="list-style-type: none"> No change
Game Setup	<ul style="list-style-type: none"> Playing 2 games of 20 minutes (total 40 minutes play) Teams involved: <ul style="list-style-type: none"> Club 1 - Team 1 Club 1 - Team 2 Club 2 - Team 1 Club 2 - Team 2 Opposing Club Teams rotate so play 2 games of 20 minutes 	<ul style="list-style-type: none"> Playing a series of 3v3 games (can be adjusted subject to numbers), of 6-10 minutes Each team of (recommended) 6 would be split into 2 "sub-teams", meaning between the 4 overall teams there would be 8 "sub-teams" Teams involved: <ul style="list-style-type: none"> Club 1 - Team 1 – Sub-Team 1 & Sub-Team 2 Club 1 - Team 2 – Sub-Team 1 & Sub-Team 2 Club 2 - Team 1 – Sub-Team 1 & Sub-Team 2 Club 2 - Team 2 – Sub-Team 1 & Sub-Team 2 Opposing Club "Sub-Teams" would rotate so in principle each team plays 4 games of max 10 minutes
Kick Off	<ul style="list-style-type: none"> 9am-12 noon 	<ul style="list-style-type: none"> No change
Ball Size	<ul style="list-style-type: none"> 3 	<ul style="list-style-type: none"> No change
Powerplay	<ul style="list-style-type: none"> Yes 	<ul style="list-style-type: none"> No
Offsides	<ul style="list-style-type: none"> No 	<ul style="list-style-type: none"> No change
Max Subs on bench	<ul style="list-style-type: none"> Unlimited 	<ul style="list-style-type: none"> None
Throw In / Kick In	<ul style="list-style-type: none"> Kick In 	<ul style="list-style-type: none"> No change – although no referee means no one will be able to signal indirect free kick
Headers	<ul style="list-style-type: none"> Not allowed 	<ul style="list-style-type: none"> No change – although no referee means no one will be able to signal indirect free kick



CLUB A

ELIGIBLE PLAYERS

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17

ALLOCATED TO TEAM

SETUP ON FA PORTALS

TEAM 1

Sub Team 1: 1, 3, 5

Sub Team 2: 2, 4, 6

Sub Team 3: 13, 14, 15

TEAM 2

Sub Team 1: 7, 9, 11

Sub Team 2: 8, 10, 12

Sub Team 3: 16, 17

TEAMS PAIRED BY PHYL

FULL-TIME MATCHES ADDED BY PHYL SAME DATE/TIME

MATCH 1

CLUB A TEAM 1 VS CLUB B TEAM 1

MATCH 2

CLUB A TEAM 2 VS CLUB B TEAM 2

CLUB B

ELIGIBLE PLAYERS

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

ALLOCATED TO TEAM

SETUP ON FA PORTALS

TEAM 1

Sub Team 1: 1, 3, 5

Sub Team 2: 2, 4, 6

TEAM 2

Sub Team 1: 7, 9, 11

Sub Team 2: 8, 10, 12

TEAMS PAIRED BY PHYL

Full Time/Registration is setup as per normal U7 setup, only difference is the actual matches where team splits into "Sub Teams" to play 3v3 (or variation of)

ACTUAL MATCHES

1ST MATCH

PITCH 1

Sub Team 1 VS Sub Team 1

Sub Team 2 VS Sub Team 2

Sub Team 3 VS Sub Team 3

PITCH 2

Sub Team 1 VS Sub Team 1

Sub Team 2 VS Sub Team 2

2ND MATCH ONWARDS - AWAY TEAM ROTATES OR SUB TEAMS CHANGE PLAYERS, PLAYING 3/4/5 GAMES 6-10 MINS UP TO MAX. 40 MINS

IF ONLY 8 "SUB-TEAMS", COULD USE 1 5V5 OR 7V7 PITCH AND SPLIT INTO 4



UNDER 8

Green – no change
Orange - change

Category	Current Setup	Season 2026-2027
Format	<ul style="list-style-type: none"> 5v5 Non-Competitive 	<ul style="list-style-type: none"> No change
Pitch	<ul style="list-style-type: none"> Uses 2 x 5v5 pitches (based on PHYL setup) 	<ul style="list-style-type: none"> No change
Max Squad Size	<ul style="list-style-type: none"> 10 (allowance for dual registration) 	<ul style="list-style-type: none"> No change
PHYL Fixture Setup	<ul style="list-style-type: none"> Teams are paired (usually club level) For matches, a pair of teams is matched against another pair 	<ul style="list-style-type: none"> No change
Game Setup	<ul style="list-style-type: none"> Playing 2 games of 20 minutes (total 40 minutes play) Teams involved: <ul style="list-style-type: none"> Club 1 - Team 1 Club 1 - Team 2 Club 2 - Team 1 Club 2 - Team 2 Opposing Club Teams rotate so play 2 games of 20 minutes 	<ul style="list-style-type: none"> No change
Kick Off	<ul style="list-style-type: none"> 9am-12 noon 	<ul style="list-style-type: none"> No change
Ball Size	<ul style="list-style-type: none"> 3 	<ul style="list-style-type: none"> No change
Powerplay	<ul style="list-style-type: none"> Yes 	<ul style="list-style-type: none"> No change
Offsides	<ul style="list-style-type: none"> No 	<ul style="list-style-type: none"> No change
Max Subs on bench	<ul style="list-style-type: none"> Unlimited 	<ul style="list-style-type: none"> No change
Throw In / Kick In	<ul style="list-style-type: none"> Kick In 	<ul style="list-style-type: none"> No change
Headers	<ul style="list-style-type: none"> Not allowed 	<ul style="list-style-type: none"> No change



UNDER 9

Green – no change
Orange - change

Category	Current Setup	Season 2026-2027
Format	<ul style="list-style-type: none"> 7v7 Non-Competitive 	<ul style="list-style-type: none"> 5v5 Non-Competitive
Pitch	<ul style="list-style-type: none"> Uses 1 x 7v7 pitch (based on PHYL setup) 	<ul style="list-style-type: none"> Uses 1 x 5v5 pitch (based on PHYL setup)
Max Squad Size	<ul style="list-style-type: none"> 14 (allowance for dual registration) 	<ul style="list-style-type: none"> 10 (allowance for dual registration)
PHYL Fixture Setup	<ul style="list-style-type: none"> Single Match 	<ul style="list-style-type: none"> No change
Game Setup	<ul style="list-style-type: none"> Playing 1 game of 50 minutes Teams involved: <ul style="list-style-type: none"> Club 1 - Team 1 Club 2 - Team 1 	<ul style="list-style-type: none"> Playing 1 game of 40 minutes Teams involved: <ul style="list-style-type: none"> Club 1 - Team 1 Club 2 - Team 1
Kick Off	<ul style="list-style-type: none"> 9am-12 noon 	<ul style="list-style-type: none"> No change
Ball Size	<ul style="list-style-type: none"> 3 	<ul style="list-style-type: none"> No change
Powerplay	<ul style="list-style-type: none"> Yes 	<ul style="list-style-type: none"> No change
Offsides	<ul style="list-style-type: none"> No 	<ul style="list-style-type: none"> No change
Max Subs on bench	<ul style="list-style-type: none"> 5 	<ul style="list-style-type: none"> Unlimited
Throw In / Kick In	<ul style="list-style-type: none"> Kick In 	<ul style="list-style-type: none"> No change
Headers	<ul style="list-style-type: none"> Not allowed 	<ul style="list-style-type: none"> No change



UNDER 10

Green – no change
Orange - change

Category	Current Setup	Season 2026-2027
Format	<ul style="list-style-type: none">7v7Non-Competitive	<ul style="list-style-type: none">No change
Pitch	<ul style="list-style-type: none">Uses 1 x 7v7 pitch (based on PHYL setup)	<ul style="list-style-type: none">No change
Max Squad Size	<ul style="list-style-type: none">14 (allowance for dual registration)	<ul style="list-style-type: none">No change
PHYL Fixture Setup	<ul style="list-style-type: none">Single Match	<ul style="list-style-type: none">No change
Game Setup	<ul style="list-style-type: none">Playing 1 game of 50 minutesTeams involved:<ul style="list-style-type: none">Club 1 - Team 1Club 2 - Team 1	<ul style="list-style-type: none">No change
Kick Off	<ul style="list-style-type: none">9am-12 noon	<ul style="list-style-type: none">No change
Ball Size	<ul style="list-style-type: none">3	<ul style="list-style-type: none">No change
Powerplay	<ul style="list-style-type: none">Yes	<ul style="list-style-type: none">No change
Offsides	<ul style="list-style-type: none">No	<ul style="list-style-type: none">No change
Max Subs on bench	<ul style="list-style-type: none">5	<ul style="list-style-type: none">No change
Throw In / Kick In	<ul style="list-style-type: none">Kick In	<ul style="list-style-type: none">No change
Headers	<ul style="list-style-type: none">Not allowed	<ul style="list-style-type: none">No change



UNDER 11

Green – no change
Orange - change

Category	Current Setup	Season 2026-2027
Format	<ul style="list-style-type: none"> 9v9 Non-Competitive 	<ul style="list-style-type: none"> 7v7 Non-Competitive
Pitch	<ul style="list-style-type: none"> Uses 1 x 9v9 pitch (based on PHYL setup) 	<ul style="list-style-type: none"> Uses 1 x 7v7 pitch (based on PHYL setup)
Max Squad Size	<ul style="list-style-type: none"> 18 (allowance for dual registration) 	<ul style="list-style-type: none"> 14
PHYL Fixture Setup	<ul style="list-style-type: none"> Single Match 	<ul style="list-style-type: none"> Single Match
Game Setup	<ul style="list-style-type: none"> Playing 1 game of 60 minutes Teams involved: <ul style="list-style-type: none"> Club 1 - Team 1 Club 2 - Team 1 	<ul style="list-style-type: none"> Playing 1 game of 50 minutes Teams involved: <ul style="list-style-type: none"> Club 1 - Team 1 Club 2 - Team 1
Kick Off	<ul style="list-style-type: none"> 12noon-3pm (9am+ KO allowed if agreed by both managers) 	<ul style="list-style-type: none"> 9am-12 noon
Ball Size	<ul style="list-style-type: none"> 4 	<ul style="list-style-type: none"> 3
Powerplay	<ul style="list-style-type: none"> No 	<ul style="list-style-type: none"> Yes
Offsides	<ul style="list-style-type: none"> Yes 	<ul style="list-style-type: none"> No
Max Subs on bench	<ul style="list-style-type: none"> 5 	<ul style="list-style-type: none"> 5
Throw In / Kick In	<ul style="list-style-type: none"> Throw In 	<ul style="list-style-type: none"> Kick In
Headers	<ul style="list-style-type: none"> Allowed 	<ul style="list-style-type: none"> Not allowed – indirect free kick awarded



UNDER 12

Green – no change
Orange - change

Category	Current Setup	Season 2026-2027
Format	<ul style="list-style-type: none"> 9v9 Competitive 	<ul style="list-style-type: none"> No change
Pitch	<ul style="list-style-type: none"> Uses 1 x 9v9 pitch (based on PHYL setup) 	<ul style="list-style-type: none"> No change
Max Squad Size	<ul style="list-style-type: none"> 18 	<ul style="list-style-type: none"> No change
PHYL Fixture Setup	<ul style="list-style-type: none"> Single Match 	<ul style="list-style-type: none"> No change
Game Setup	<ul style="list-style-type: none"> Playing 1 game of 60 minutes Teams involved: <ul style="list-style-type: none"> Club 1 - Team 1 Club 2 - Team 1 	<ul style="list-style-type: none"> No change
Kick Off	<ul style="list-style-type: none"> 12noon-3pm (9am+ KO allowed if agreed by both managers) 	<ul style="list-style-type: none"> No change
Ball Size	<ul style="list-style-type: none"> 4 	<ul style="list-style-type: none"> No change
Powerplay	<ul style="list-style-type: none"> No 	<ul style="list-style-type: none"> No change
Offsides	<ul style="list-style-type: none"> Yes 	<ul style="list-style-type: none"> No change
Max Subs on bench	<ul style="list-style-type: none"> 5 	<ul style="list-style-type: none"> No change
Throw In / Kick In	<ul style="list-style-type: none"> Throw In 	<ul style="list-style-type: none"> No change
Headers	<ul style="list-style-type: none"> Allowed 	<ul style="list-style-type: none"> No change

Key U12 updates:

- Goes from 7v7 at U11 to 9v9 for first time
- Offsides start to apply
- Competitive Leagues will still apply
- Dual registration no longer valid



UNDER 13

Green – no change
Orange - change

Category	Current Setup	Season 2026-2027
Format	<ul style="list-style-type: none"> 11v11 Competitive 	<ul style="list-style-type: none"> 9v9 Competitive
Pitch	<ul style="list-style-type: none"> Uses 1 x 11v11 pitch (based on PHYL setup) 	<ul style="list-style-type: none"> Uses 1 x 9v9 pitch (based on PHYL setup)
Max Squad Size	<ul style="list-style-type: none"> 22 	<ul style="list-style-type: none"> 18
PHYL Fixture Setup	<ul style="list-style-type: none"> Single Match 	<ul style="list-style-type: none"> No change
Game Setup	<ul style="list-style-type: none"> Playing 1 game of 70 minutes Teams involved: <ul style="list-style-type: none"> Club 1 - Team 1 Club 2 - Team 1 	<ul style="list-style-type: none"> Playing 1 game of 60 minutes Teams involved: <ul style="list-style-type: none"> Club 1 - Team 1 Club 2 - Team 1
Kick Off	<ul style="list-style-type: none"> 12noon-3pm 	<ul style="list-style-type: none"> 12noon-3pm (9am+ KO allowed if agreed by both managers)
Ball Size	<ul style="list-style-type: none"> 4 	<ul style="list-style-type: none"> No change
Powerplay	<ul style="list-style-type: none"> No 	<ul style="list-style-type: none"> No change
Offsides	<ul style="list-style-type: none"> Yes 	<ul style="list-style-type: none"> No change
Max Subs on bench	<ul style="list-style-type: none"> 5 	<ul style="list-style-type: none"> No change
Throw In / Kick In	<ul style="list-style-type: none"> Throw In 	<ul style="list-style-type: none"> No change
Headers	<ul style="list-style-type: none"> Allowed 	<ul style="list-style-type: none"> No change



UNDER 14 / 15 / 16 / 17 / 18

Green – no change
Orange - change

Category	Current Setup	Season 2026-2027
Format	<ul style="list-style-type: none"> 11v11 Competitive 	<ul style="list-style-type: none"> No change
Pitch	<ul style="list-style-type: none"> Uses 1 x 11v11 pitch (based on PHYL setup) 	<ul style="list-style-type: none"> No change
Max Squad Size	<ul style="list-style-type: none"> 22 	<ul style="list-style-type: none"> No change
PHYL Fixture Setup	<ul style="list-style-type: none"> Single Match 	<ul style="list-style-type: none"> No change
Game Setup	<ul style="list-style-type: none"> UNDER 14s: Playing 1 game of 70 minutes UNDER 15/16s: Playing 1 game of 80 minutes UNDER 17/18s: Playing 1 game of 90 minutes Teams involved: <ul style="list-style-type: none"> Club 1 - Team 1 Club 2 - Team 1 	<ul style="list-style-type: none"> No change
Kick Off	<ul style="list-style-type: none"> 12noon-3pm 	<ul style="list-style-type: none"> No change
Ball Size	<ul style="list-style-type: none"> UNDER 14/15/16/17/18s: <ul style="list-style-type: none"> 5 (source: Junior grassroots hub updated 12/04/2026) 	<ul style="list-style-type: none"> No change
Powerplay	<ul style="list-style-type: none"> No 	<ul style="list-style-type: none"> No change
Offsides	<ul style="list-style-type: none"> Yes 	<ul style="list-style-type: none"> No change
Max Subs on bench	<ul style="list-style-type: none"> 5 	<ul style="list-style-type: none"> No change
Throw In / Kick In	<ul style="list-style-type: none"> Throw In 	<ul style="list-style-type: none"> No change
Headers	<ul style="list-style-type: none"> Allowed 	<ul style="list-style-type: none"> No change



SUMMARY TABLE

Green – no change
Orange - change

Category	Season	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Format	2025-2026	5V5	5V5	7V7	7V7	9V9	9V9	11V11	11V11	11V11	11V11	11V11	11V11
	Non-Comp / Competitive	N-C	N-C	N-C	N-C	N-C	C	C	C	C	C	C	C
	2026-2027	3V3	5V5	5V5	7V7	7V7	9V9	9V9	11V11	11V11	11V11	11V11	11V11
	Non-Comp / Competitive	N-C	N-C	N-C	N-C	N-C	C	C	C	C	C	C	C
Pitch	2025-2026	2 X 5V5	2 X 5V5	1 X 7V7	1 X 7V7	1 X 9V9	1 X 9V9	1 X 11V11	1 X 11V11	1 X 11V11	1 X 11V11	1 X 11V11	1 X 11V11
	2026-2027	2 X 5V5	2 X 5V5	1 X 5V5	1 X 7V7	1 X 7V7	1 X 9V9	1 X 9V9	1 X 11V11	1 X 11V11	1 X 11V11	1 X 11V11	1 X 11V11
Max Squad Size	2025-2026	Unlimited	10	14	14	18	18	22	22	22	22	22	22
	2026-2027	Unlimited	10	10	14	14	18	18	22	22	22	22	22
PHYL Fixture Setup	2025-2026	Paired	Paired	Single	Single	Single	Single	Single	Single	Single	Single	Single	Single
	2026-2027	Paired	Paired	Single	Single	Single	Single	Single	Single	Single	Single	Single	Single
Game Setup	Please refer to specific pages												



SUMMARY TABLE

Green – no change
Orange - change

Category	Season	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Kick Off	2025-2026	9-12	9-12	9-12	9-12	12-3	12-3	12-3	12-3	12-3	12-3	12-3	12-3
	2026-2027	9-12	9-12	9-12	9-12	9-12	12-3	12-3	12-3	12-3	12-3	12-3	12-3
Ball Size	2025-2026	3	3	3	3	4	4	4	4	5	5	5	5
	2026-2027	3	3	3	3	3	4	4	5	5	5	5	5
Powerplay	2025-2026	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No
	2026-2027	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No
Offsides	2025-2026	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	2026-2027	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Max Subs on bench	2025-2026	Unlimited	Unlimited	5	5	5	5	5	5	5	5	5	5
	2026-2027	N/A	Unlimited	Unlimited	5	5	5	5	5	5	5	5	5
Throw In / Kick In	2025-2026	Kick	Kick	Kick	Kick	Throw	Throw	Throw	Throw	Throw	Throw	Throw	Throw
	2026-2027	Kick	Kick	Kick	Kick	Kick	Throw	Throw	Throw	Throw	Throw	Throw	Throw
Headers	2025-2026	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	2026-2027	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes

