

RCLFA Competitions Structure 2026 - Match Formats and Regulations											
								Referees			
	Age	Format	Balls	Week Day	Kick Off	Duration	Substitutes	Referee	Assistants	Field Size	Goal Size
Little League											
No GK	U6	4v4	3	SATURDAY	09h00	2x 10 minutes	4 Rolling	R80		40mx20m	2mx1m
No GK	U7	5v5	3	SATURDAY	09h00	2x 15 minutes	4 Rolling	R80		40mx20m	2mx1m
Non Comp	U8	7v7	3	SATURDAY	10h00	2x 20 minutes	5 Rolling	R150		60mx45m	4mx1.8m
Non Comp	U9	7v7	4	SATURDAY	10h00	2x 20 minutes	5 Rolling	R150		60mx45m	4mx1.8m
Non Comp	U10	7v7	4	SATURDAY	11h00	2x 20 minutes	5 Rolling	R150		60mx45m	4mx1.8m
Comp	U11	9v9	4	SATURDAY	12h30	2x 25 minutes	5 Rolling	R180	100 each	70mx50m	6mx2m
Comp	U12	9v9	4	SATURDAY	13h30	2x 25 minutes	5 Rolling	R180	100 each	70mx50m	6mx2m
Junior League											
Championship	U12	9v9	4	SUNDAY	09h00	2x 25 minutes	Rolling	R2000 between 4 referees for the day		IFAB Law 1	7.32mx2.44m
	U14	11V11	5	SUNDAY	10h15	2x 30 minutes	5			IFAB Law 1	7.32mx2.44m
	U16	11V11	5	SUNDAY	11h45	2x 35 minutes	5			IFAB Law 1	7.32mx2.44m
	U18	11V11	5	SUNDAY	13h30	2x 40 minutes	5			IFAB Law 1	7.32mx2.44m
Divisional	U13	11V11	5	SUNDAY	09h00	2x 30 minutes	5	R200	R100 each	IFAB Law 1	7.32mx2.44m
	U14	11V11	5	SUNDAY	10h15	2x 30 minutes	5	R200	R100 each	IFAB Law 1	7.32mx2.44m
	U15	11V11	5	SUNDAY	10h15	2x 35 minutes	5	R200	R100 each	IFAB Law 1	7.32mx2.44m
	U17	11V11	5	SUNDAY	11h45	2x 40 minutes	5	R250	R150 each	IFAB Law 1	7.32mx2.44m
Senior League											
Divisional		11v11	5	SATURDAY	15h30	2x 45 minutes	5	R300	R150 ea	IFAB Law 1	7.32mx2.44m
Premier (Summer)		11v11	5	SATURDAY	15h00	2x 45 minutes	5	R300	R150 ea	IFAB Law 1	7.32mx2.44m
Womens League											
Girls	U15	9v9	5	SUNDAY	09h00	2x 30 minutes	5 Rolling	R200	R100 each	70mx50m Max	6mx2m
Premier	Open	11V11	5	SUNDAY	15h00	2x 45 minutes	5	R300	R125 each	IFAB Law 1	7.32mx2.44m
Division 1 - U19	Open	9v9	5	SUNDAY	15h00	2x 35 minutes	5 Rolling	R250	R125 each	70mx50m Max	6mx2m