

HEADING, PUNTING, & BUILD-OUT LINE |

RULE MODIFICATIONS



2025-2026 North Puget Sound League

Age Group	Format	Heading	Punting	Build-Out Line	Offside Line
U8*	7v7	No	No	Yes	Midfield Line
U9	7v7	No	No	Yes	Midfield Line
U10	7v7	No	No	Yes	Midfield Line
U11	9v9	No	No	Yes	Midfield Line
U12	9v9	Yes	No	Yes	Midfield Line
U13+	11v11	Yes	Yes	No	Midfield Line

*For U8 game formats other than 7v7, e.g., 4v4, please consult league rules for build-out and offside lines.