



Small-Sided Rules:

1. Offside/Buildout Lines (Small-Sided U8/U10 Fields Only):
 - 1.1. Offside/Buildout Lines shall be marked across the full width of the field between each touchline and parallel to the Halfway Line on each half of the field.
 - 1.2. The Offside/Buildout Lines shall be located equidistant between the Halfway Line and the Penalty Area.

2. Roster size:
 - 2.1. Four/Five-year old (U6) – maximum of ten.
 - 2.2. Six/Seven-year old (U8) – maximum of twelve.
 - 2.3. Eight/Nine-year old (U10) – maximum of eighteen.

3. Number of players on the field from one team:
 - 3.1. U6
 - 3.1.1. Not more than five (5) players.
 - 3.1.2. Not fewer than three (3) players.
 - 3.1.3. Without a goalkeeper.
 - 3.2. U8
 - 3.2.1. Not more than five (5) players.
 - 3.2.2. Not fewer than three (3) players.
 - 3.2.3. With a goalkeeper.
 - 3.3. U10
 - 3.3.1. Not more than nine (9) players.
 - 3.3.2. Not fewer than six (6) players.
 - 3.3.3. One of whom shall be the goalkeeper.

4. Coaches on the field:

- 4.1. U8 – One referee will manage the game. One coach from each team may be on the field between the Penalty Areas. **Do not hinder play.** A second coach shall work from the team's Team Area (Halfway Line to top of the Penalty Area). No one is allowed behind the Goal Line. The referee will make all game calls.
- 4.2. U10 – Two referees will **manage** the game on the field. One coach is allowed on the field for the first two weeks of the season only. The coach on the field must stay between the Penalty Areas. The referees will make all game calls.
- 4.3. Coaches **must** behave responsibly. If a coach acts irresponsibly, he/she will be warned once. If irresponsible behavior continues or occurs a second time – BOTH coaches will be removed from the field for the remainder of that game, and the irresponsible coach(es) cautioned or ejected according to the severity of the offense.

5. Scoring:

- 5.1. Although there are no restrictions on how many goals **may** be scored, coaches should encourage teamwork in the scoring of goals. One dominant player continually going the length of the field or shooting from long range is not what the game is all about.
- 5.2. U8 – All free kicks are indirect. The ball must be touched or played by a PLAYER other than the kicker before a goal **may** be awarded.

6. Coaches' Role – Facilitation (U6):

- 6.1. Keep the game moving!
- 6.2. Coaches facilitate the game in a teaching mode. There are no referees for the U6s.
- 6.3. **Great Care should be given to the frequency in which coaches stop the game to teach. Instructional stoppages should be limited to 15 seconds. It is appropriate to stop and teach for crowding, handballs, fouls, or unsporting behavior.**
- 6.4. Players from both teams are encouraged to listen to all instructional points.

7. **Injury – U8/U10. The game is to be stopped immediately when an injury occurs. See injury guidelines in the Coaches Handbook. Players should be instructed to sit or lie down when injured as a signal to the referee.**

8. Duration of games and substitutions:

- 8.1. Games in the U6/U8 divisions will consist of four (4) ten-minute quarters.
 - 8.1.1. U6 – one minute between quarters, five minutes at halftime.
 - 8.1.2. U8 – two minutes between quarters, five minutes at halftime.
- 8.2. U10 divisions will play four (4) 15-minute quarters, two minutes between quarters, five minutes at halftime.
- 8.3. Substitutions are encouraged after the 5-minute mark of each quarter. Use a game planner to plan and keep track of substitutions.
- 8.4. Referees are responsible for proper **game** time (duration of play), coaches are responsible to ensure **playing** time.

9. Goalkeeping:

- 9.1. U6 – no goalkeeper.
- 9.2. U8/U10 play with a goalkeeper. The goalkeeper must wear a goalkeeper shirt/jersey. The goalkeeper may play and/or possess the ball with their hands within their own Penalty Area.
- 9.3. The goalkeeper may NOT punt or dropkick the ball into play after possessing it with their hands.
- 9.4. There are no restrictions on the number of times the goalkeeper may pick up or play the ball (U8).
- 9.5. Outside the Penalty Area the goalkeeper must play as a field player.

10. Start of Play – Kickoff.

- 10.1. Winner of the coin toss chooses the end to attack. Loser kicks-off to start the game.
- 10.2. Teams change ends after each quarter. Kickoffs to start quarters alternate (Team A kicks-off quarters one and three/same direction, Team B kicks-off quarters two and four/direction of opening kickoff).
- 10.3. For every kick-off:
 - 10.3.1. All the players of each team, **except the player taking the kick-off**, must be entirely in their team's half of the field, i.e. the kicker (and only the kicker) may be in the opponents' half of the field at the taking of the kick.

10.3.2. The opposing players must be outside the center circle.

10.4. Whistle needed for the kickoff.

10.5. Ball is in play when kicked and moves in any direction.

10.6. Another player must touch the ball before the kicker may play the ball a second time.

PUNISHMENT: Indirect Free Kick (IFK) to opponents at the spot of the infraction.

10.7. Goal may be scored directly from the kickoff.

11. Ball out of play/Restarts:

11.1. The ball is out of play once it wholly crosses a boundary line, or the referee stops play. It is in play at all other times, including rebounding off a goal post, rebounding off a cross bar, or rebounding off a referee or a U6/U8 coach).

11.2. U6 – for a ball over the touchline, IFK from one yard inside the touchline. For a ball over goal line, corner kick from the **nearest** corner of the field, **or** goal kick from an appropriate point, according to the field configuration used.

11.3. U8/U10 – restart the game after a stoppage in one of the following ways:

11.3.1. Throw-in – ball wholly crosses a touchline. Awarded to the opponents of the team that last touched it.

11.3.2. Goal Kick – ball wholly crosses a goal line not scoring a goal, last touched by the attacking team. **Taken from anywhere in the goal area. A goal may be scored directly in the opponents' goal from this kick.**

11.3.3. Corner Kick – ball wholly crosses a goal line not scoring a goal, last touched by the defending team. Taken from the corner arc nearest to where it went out. **A goal may be scored directly in the opponents' goal from this kick.**

11.3.4. Indirect Free Kick – awarded to the opponents at the spot of the infraction in accordance with the overriding conditions of Law VIII:

11.3.4.1. Player deliberately heading the ball.

11.3.4.2. **Goalkeeper punting or dropkicking the ball to put it back in play.**

11.3.5. Drop Ball – used to restart play after an injury (no clear possession) or a stoppage due to outside agent interference. No required number of players to take the drop ball. A team may not score directly from a drop ball. Taken from the spot where the ball was when play was stopped in accordance with the overriding conditions of Law VIII.

11.3.6. Free Kick – awarded due to a foul or infraction of the Laws of the Game.

11.3.6.1. U8 – all free kicks will be IFK. Opponents of the kicking team are required to be eight (8) yards from the ball in accordance with the overriding conditions of Law XV.

11.3.6.2. U10 – free kicks will be direct or indirect. Opponents of the kicking team are required to be eight (8) yards from the ball in accordance with the overriding conditions of Law XV.

12. Build-Out Area – U8/U10

12.1. The opposing team must move outside the Build-Out Area:

12.1.1. On all goal kicks;

12.1.2. On any defensive free kick taken anywhere within the Build-Out Area (and players must also move and remain at least eight (8) yards from the ball);

12.1.3. Whenever the goalkeeper gains possession of the ball with their hands during play.

12.2. The opposing team's players must remain outside the Build-Out Area until the ball is put back into play by the defending team:

12.2.1. On goal kicks the ball is in play when it leaves the penalty area.

12.2.2. On free kicks (DFK or IFK) taken from within the penalty area the ball is in play when it leaves the penalty area.

12.2.3. On free kicks (DFK or IFK) taken from outside the penalty area the ball is in play when it is kicked and clearly moves.

12.2.4. On goalkeeper possession the ball is in play when:

12.2.4.1. The ball is placed on the ground and kicked.

12.2.4.2. The goalkeeper releases the ball by rolling it into play.

12.2.4.3. The goalkeeper releases the ball by throwing it into play.

12.3. Goalkeepers have six (6) seconds to put the ball back into play once the ball is in their possession and all the opponents have moved outside the Build-Out Area.

12.4. After the ball is put back into play, the opposing team's players may then move into the Build-Out Area and play resumes as normal.

- 12.5. Opponents who enter the Build-Out Area before the ball is put back into play are guilty of encroachment. The referee should stop play and restart with an IFK at the spot of the encroachment.
- 12.6. Goalkeepers are not allowed to punt or drop-kick the ball. If the goalkeeper punts or drop-kicks the ball, an IFK is awarded to the opposing team at the spot of the offense.
- 12.7. At any time the defending team may put the ball back into play before their opponents have moved outside the Build-Out Area, but by doing so they accept the positioning of their opponents and the consequences of how play resumes.

OTHER RESTARTS

- 12.8. Offences that occur when the ball is not in play do not change how play is restarted.
- 12.9. Free kick (DFK and IFK), penalty kick, goal kick and corner kick restarts are covered in Laws XIII through XVII.

13. Hand Ball:

- 13.1. Only those instances where the player intentionally grabs, slaps or catches the ball should be called.
- 13.2. U8 – the infraction will be **explained by the coach** and the opposing team will restart with an IFK at the spot of the infraction in accordance with the overriding conditions of Law VIII. Please help parents with this often-misunderstood rule.

14. Fouls and Misconduct:

- 14.1. For U6s only – the coach from either team may call a foul: however, it is each team's responsibility to "police" the play of their own team.
- 14.2. Only serious or intentional fouls are to be called.
- 14.3. U8 – called infractions will result in an IFK.

15. Offside:

- 15.1. U8 - Offside is not applicable in this age division. However, it is against the Spirit and Intent of the Laws of the Game for teams to adopt a strategy of "hanging around" way behind the other team's defense.
- 15.2. U10 – Offside will be called by the referee.

15.2.1. A player is in an offside position at the moment the ball is played or touched by a teammate, if any part of their head, body or feet is:

15.2.1.1. nearer the opponent's goal line than the ball... **and...**

15.2.1.2. in the opponent's half of the field, excluding the halfway line, **(U10 – in the opponent's Build-Out Area) ... and ...**

15.2.1.3. closer to the opponent's goal line than the second-last opponent. (A player who is even with the second-last or with the last two opponents is not in an offside position).

15.3. The offside offense may only be called against a player who is in an offside position and subsequently becomes involved in active play.

15.4. A player shall not be declared offside:

15.4.1. merely because of being in an offside position, or

15.4.2. if the player receives the ball directly from:

15.4.2.1. a goal kick,

15.4.2.2. a corner kick, or

15.4.2.3. a throw-in, or

15.4.3. if the player receives the ball having been last played by an opponent.

15.4.4. U10 division – players are not in an offside position when they are completely within the area between the two Offside Lines and thus cannot be guilty of being offside. Attacking players are in an offside position only when they are in an opponent's half of the field between the Offside Line and the Goal Line, i.e. the Build-Out Area.

PUNISHMENT: If a player is declared offside, the referee shall award an IFK to the opposing team subject to the overriding conditions of Law XIII.

16. Rain/Severe Weather:

16.1. Games are to be played in the rain.

16.2. All age divisions: Games can be cancelled through Rained Out before 2:30 pm. If Rained Out notification is not received by 2:30 pm – decision to call off the game rests with the referee at the field.

16.3. Adhere to the Lightning Policy contained on page 2 of the SAY Soccer Playing Laws. All players and coaches shall seek shelter until the game is restarted or cancelled.

