



BC SOCCER

SMALL-SIDED RULES

Revision: September 2020

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INTRODUCTION

Philosophy and Spirit of the Rules

Soccer is one of the most popular sports in BC. It is played throughout the province, all year round and at various age groups and levels. While IFAB's Laws of the Game regulate 11 a side games, BC Soccer's Small Sided Rules regulate and cover the basic rules of play for Small-Sided Games.

These Rules are intended to support player, team and referee development; therefore, have been produced in conjunction with [BC Soccer's Small Sided Game Development Manual](#). These Rules are inspired by IFAB's Laws of the Game; however, have been adapted specifically for Small Sided Game age groups of U12 and below.

The integrity of the Rules, and the referees who apply them, must always be protected and respected. In the absence of an assigned BC Soccer Referee (who has completed the Small Sided or Entry Level Clinic and registered), a nominated person may officiate the game if both teams agree before the kickoff. All those in authority, especially coaches and team captains, have a clear responsibility to the game to respect the officials and their decisions.

RULE 1: THE FIELD OF PLAY

Field Surface

The field of play must be a wholly natural, artificial, or combination of artificial and natural (hybrid system) playing surface. Some examples of these playing surfaces include grass, turf, and gravel etc.

Field Markings

The field of play must be rectangular and marked with distinctive lines, and/or cones. These lines or markers belong to the areas of which are boundaries. Cones must not be rigid or represent a danger to players.

The two longer lines are called touch lines. The two shorter lines are called goal lines.

The field of play is divided into two halves by a halfway line, which joins the midpoints of the two touchlines.

The center mark is at the midpoint of the halfway line. A circle with a radius of 5 meters for U6-U8 Games and 9 meters for U9-U12 Games is marked around it.

Retreat Line

The retreat line is marked by a line across the field and/or cones placed 1 metre outside the touch line as shown in the Appendix A.

The table below shows where the retreat line should be marked based on the age group of the teams:

Age Group	Retreat Line
U6 and under	Half-way line (1/2 of Field)
U7 through U12	2/3 line (1/3 of Field)

Dimensions

Minimum and Maximum field and goal dimensions are dependent on age of players, and game formats (i.e. number of players per side). These dimensions are provided in the Appendix A.

The Corner Area

The corner area is defined by a quarter circle with a radius of 1 m (1 yd) from each corner flag post drawn inside the field of play. As shown below in Figure 1.

Corner flags may be used but are not mandatory, if used, they must be a minimum of 1.5 m (5ft) high.

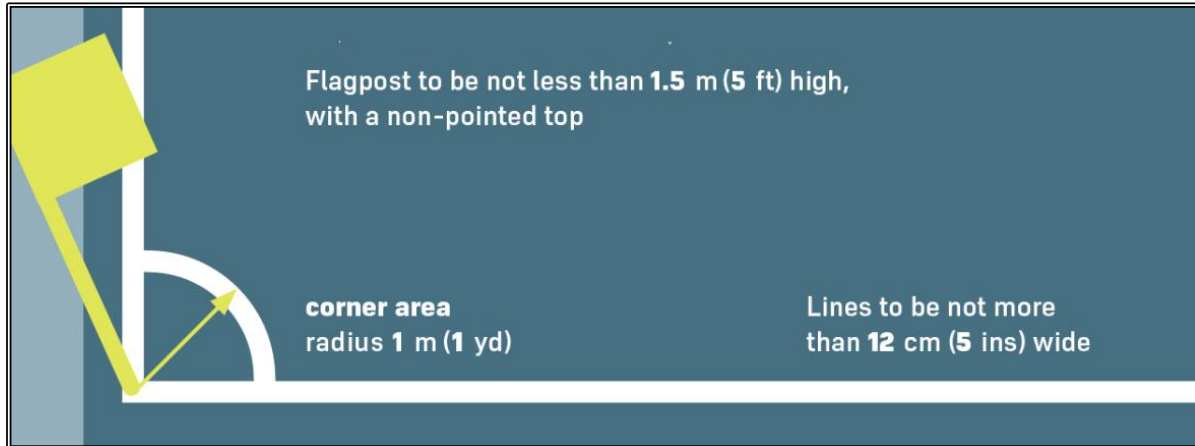


Figure 1. Example of corner area – (modified) from IFAB Laws of the Game

Goal Area

The goal area is the same as the penalty area.

Penalty Area

Two lines are drawn at right angle to the goal line, five (5) meters (or six (6) yards) from the inside of each goal post.

These lines extend into the field of play and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. The dimensions for the goal area or penalty area are provided in the Appendix A.

The penalty mark is only needed for U11 and U12 age groups and is 9 m from the goal line. Cones must not be used to indicate the penalty mark.



Figure 2. Diagram of Penalty Area

Goals

A goal must be placed on the centre of the goal line.

A goal consists of two upright posts joined at the top by a horizontal crossbar, each post is the same distance on each side.

Nets may be attached to the goals and the ground behind the goal; they must be properly supported and must not interfere with the goalkeeper.

Safety: Goals including portable goals must be firmly secured to the ground.

RULE 2: THE BALL

Ball sizes for specific age group are provided in the Appendix B. The ball must not be torn, water-logged, or in a condition which could endanger players.

If the ball becomes defective while in play during the game (deflated, torn, water-logged or bursts)

- Play is stopped; and
- Restarted with a dropped ball

If the ball becomes defective at a kick-off, goal kick, corner kick, free kick, penalty kick or throw-in, the restart is retaken.

RULE 3: THE PLAYERS

The number of players for each age group is listed in the Appendix A and B. Variations in the number of players are also listed. An asterisk denotes game formats that do not require goalkeepers.

Substitutions

Unlimited substitutions may be made throughout the game. All substitutions are only allowed at the discretion of the Referee and the Referee shall be advised of all substitutions.

Substitutions can be made on any stoppage, but only after the referee has given permission. After the referee has given permission, the player being replaced shall leave the field. Once the player has left the field, the substitute may enter the field.

RULE 4: THE PLAYER'S EQUIPMENT

Players shall not wear anything which endangers themselves or other players.

Basic compulsory equipment shall consist of:

- A jersey or shirt with sleeves – pinnies may also be used to distinguish colors
- Shorts
- Socks
- Appropriate footwear (the footwear shall be suitable to the field conditions and player safety) No metal studs are permitted
- Shin Guards

Shin Guards:

- Must be completely covered by the socks
- Are to be made of rubber, plastic or a similar suitable material
- Must provide a reasonable degree of protection

Colours:

- The two teams must wear colours that distinguish them from each other and also the referee.
- Each goalkeeper must wear colours which are distinguishable from all outfield players and the referee.

Non-uniform clothing, which do not pose a danger (pants, gloves, toques), are allowed based on weather conditions, but jerseys/pinnies must still distinguish teams.

A player who is asked to leave the field of play because of defective or dangerous equipment may not enter the field of play until the referee has checked and is satisfied that the equipment is safe.

Jewelry is not permitted. Using tape to cover jewelry is not permitted. Religious items such as headscarves or turbans are permitted. Medic alert bracelets may be worn if they are tight fitting and taped to prevent insertion of a finger. Non-dangerous protective equipment, for example headgear, facemasks and knee and arm protectors made of soft, lightweight padded material is permitted as are goalkeepers' caps and sports spectacles. Referees have the final say on the safety of equipment.

RULE 5: THE REFEREE

The Authority of the Referee

The referee's role is to enforce the Small Sided Rules, and to help keep players safe. Team officials shall conduct themselves in a responsible manner and are subject to discipline by the referee. The decisions of the referee regarding facts connected with play, including whether or not a goal is scored and the result of the game, are final. The decisions of the referee, and all other game officials, must be respected at all times!

Powers and Duties

The Referee:

- Enforces the Rules of the Small Sided Game.
- Acts as timekeeper, keeps a record of the game and reports in writing, if required, to the Club or appropriate authority, any misconduct by players, team officials, parents, spectators or other persons which takes place on the field of play or its vicinity at any time during the game or when the referee is present at the field.
- Stops the game immediately if a player appears to be injured and ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving signal from the referee, who must be satisfied that the bleeding has stopped.
- Shall refrain from penalizing when the offending team gains an advantage.
- Controls who may enter or leave the field of play.
- Signals to start the game and to restart it after a stoppage, suspends or abandons the game for any offences i.e. Outside interference.
- Decides if the field of play and applicable equipment is safe for play.

Referees Equipment

Basic compulsory equipment shall consist of:

- Shirt
- Shorts
- Socks
- Whistle
- Watch
- Red and Yellow Cards
- Notebook and Pencil (or other means of keeping a record of the game).
- Coin

A Small sided referee badge is to be worn on the left side of the chest.

Referee Signals

Refer to graphics below for approved IFAB Laws of the Game referee signals.



Penalty kick



Indirect free kick



Direct free kick



Advantage (1)



Corner kick



Goal kick



Red and yellow card

RULE 6: OTHER MATCH OFFICIALS

Assistant Referee

Assistant Referees are not required in small sided soccer; but if used, Assistant Referees indicate when:

- The whole of the ball leaves the field of play and which team is entitled to a corner kick, goal kick or throw-in.
- A player in an offside position may be penalized.
- A substitution is requested.
 - The Assistant Referee's assistance also includes monitoring the substitution procedure
- At penalty kicks, if the goalkeeper moves off the goal line before the ball is kicked and if the ball crosses the line.

Volunteer Linesperson

Volunteer linesperson (parents or spectators) can be used to determine when the ball leaves the field of play. A head coach may not act as a Volunteer Linesperson.

The referee may ask a volunteer linesperson which player the ball last touched before it left the play. The referee has the authority to change the "Volunteer Linesperson" at their discretion. The referee's decision is final.

RULE 7: DURATION OF GAME

A game consists of two equal halves, and half time break. The duration of the game must conform to the times in the Appendix B.

RULE 8: START AND RESTART OF PLAY

Definition of Kick-Off

A kick-off is a way of starting or restarting play:

- At the start of a game
- After a goal has been scored
- At the start of the second half

A goal may be scored directly against the opponents from a kick-off for U11/U12 games only

Procedure

Before the kickoff to the start of the game:

- The kick-off shall be decided by the toss of a coin.
- The team that wins the toss decides to take the kick-off or decides which goal to attack. The other team selects the kick-off or goal, whichever was not selected by the team that won the toss.
- At a kick-off, all players must be in their own half of the field of play except the kicker who may stand in the other half to take the kick-off. The ball can go in any direction, and play.

Kick-Off

- All players opposing the team taking the kick-off shall be at least the following distances from the ball until it is kicked and clearly moves:
 - U6 - U8 - 5 meters
 - U9 - U12 - 9 meters

- The referee signals the kick-off by blowing their whistle.
- After a goal, has been scored, the game shall be restarted by a kick-off taken by the team against which the goal was scored.
- After the first half of play, the teams shall change halves and the kick-off shall be taken by the team that did not take the kick-off to start the game.

U10 and under

Should the player taking the kick-off touch the ball a second time before it has been played or touched by another player, the team will retake the kick-off.

U11 and U12

Should the player taking the kick-off touch the ball a second time before it has been played or touched by another player, an indirect free kick shall be awarded to the opposing team. If the player's second touch is with their hands, a direct free kick shall be awarded.

Definition of Dropped Ball

A dropped ball is a method of restarting play when, while in play, the referee is required to stop play temporarily for any reason not mentioned elsewhere in the Rules of the Small Sided Game.

- A dropped ball will be awarded if the ball becomes defective. In this case the play is stopped, and the defective ball is replaced with a new one. Play is restarted with a dropped ball at the place where the original ball became defective, or to the goalkeeper if it happens inside the penalty area. If the ball becomes defective at a kick-off, goal kick, corner kick, free kick, penalty kick or throw-in, the restart is retaken.
- A dropped ball will also be awarded if there is an injury, interference by an outside agent (i.e. dog runs across the field or another ball enters the field of play), or for any other reason that the referee stops play which is not a foul.

Procedure

- The ball will be dropped to one player of the team that last possessed it; except if play was stopped when the ball was in the penalty area. In this case the ball is dropped to the goalkeeper who can pick up the ball, after it touches the ground.
- All players must be 4 meters away from the player to whom the ball is dropped. Play restarts when the dropped ball touches the ground. If the ball is touched before hitting the ground the ball is re-dropped.
- A goal cannot be score directly from a dropped ball.

RULE 9: BALL IN AND OUT OF PLAY

Ball Out of Play

The ball is OUT of play when the whole of the ball has crossed the goal line, or touchline, whether on the ground or in the air; or, play has been stopped by the referee.

Ball In Play

The ball is IN play at all other times within the field of play, including when it rebounds into play from a goalpost, a crossbar, or a corner flag post. The ball is also in play if it hits the referee and the referee does not stop the game.

RULE 10: DETERMINING THE OUTCOME OF A MATCH

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no offence has been committed by the team scoring the goal. The referee is the sole judge as to whether a goal has been scored.

When goalposts are not available and cones are used instead, a goal is scored when, if in the opinion of the referee, the whole of the ball crosses over the goal line between or above the cones, below two (2) meters.

RULE 11: OFFSIDE

Definition of Offside Position

A player is in an offside position if:

- Any part of the head, body or feet is in the attacking third of the opponents' and;
- Any part of the head, body or feet is nearer to the opponents' goal line than both the ball and the second-last opponent.

The hands and arms of all players, including the goalkeepers, are not considered.

A player is not in an offside position if level with the:

- Second-last opponent or;
- Last two opponents

Offside Offence

A player in an offside position at the moment the ball is played or touched by a team-mate is only penalised on becoming involved in active play by:

- Interfering with play by playing or touching a ball passed or touched by a teammate or;
- Interfering with an opponent or;
- Gaining an advantage from being in an offside position

It is not an offence to be in an offside position. When an offside offence occurs, the referee awards an indirect free kick to be taken from the position of the offending player when the ball was last played by one of their teammates.

No Offence

There is no offside offence if a player receives the ball directly from:

- A goal kick
- A throw-in
- A corner kick
- A kick off
- A penalty kick
- A dropped ball

U10 and under:

Do not play with the offside rules. A player in these age groups cannot be offside.

U11 and U12:

Play with the offside rules in the attacking third of the field. The offside line is the same line as the retreat line.

RULE 12: FOULS AND MISCONDUCT

Fouls

A foul is an unfair act by a player, deemed by the referee to violate the game's rules and interferes with the active play of the game. Fouls are punished by the award of a free kick (indirect or direct) or a penalty kick if in the penalty area to the opposing team. A list of offences that are fouls are detailed below.

Misconduct

Any conduct by a player that is deemed by the referee to warrant a disciplinary sanction (caution or dismissal). Misconduct may include acts which are, additionally, fouls. Unlike fouls, misconduct may occur at any time, including when the ball is out of play, during half-time and before and after the game, and both players and substitutes may be sanctioned for misconduct.

Misconduct will result in the player either receiving a caution (indicated by a yellow card) or being dismissed ("sent off") from the field (indicated by a red card).

U10 and under:

An indirect free kick is awarded to the opposing team, if a player commits any of the following offences against an opponent when the ball is in play:

- A. Charges;
- B. Jumps at;
- C. Kicks or attempts to kick;
- D. Pushes;
- E. Strikes or attempts to strike;
- F. Tackles or challenges; or
- G. Trips or attempts to trip
- H. Handles the ball; deliberately touches the ball with their hand/arm, including moving the hand/arm towards the ball (except for the goalkeeper within their own penalty area);
- I. Holds an opponent;
- J. Impedes an opponent with contact;
- K. Bites or spits at someone; or
- L. Throws an object at the ball, an opponent, or referee.

An indirect free kick is awarded if, in the opinion of the referee, a player:

- M. Plays in a dangerous manner (without contacting another player);
- N. Impedes the progress of an opponent (without contact);
- O. Uses offensive, insulting, or abusive language or is guilty of dissent;
- P. Prevents the goalkeeper from releasing the ball from their hands; or
- Q. Challenges the goalkeeper for the ball when the goalkeeper is in control of the ball with the hand(s) including when the ball is between the hand and any surface or the goalkeeper is touching the ball with any part of the hands.

An indirect free kick is awarded if the goalkeeper, inside their penalty area:

- R. Handles the ball after it has been deliberately kicked to the goalkeeper by a teammate; or
- S. Touches the ball with their hands having received it directly from a throw in taken by a teammate.

Cautions and Sending Off (Yellow and Red Cards)

U10 and under:

- Misconduct: NO cards are shown to players in these age groups. It is recommended that coaches should recognize serious foul play and substitute off an offending player.
- A team official guilty of misconduct may be shown a yellow card (caution) or red card (sending-off).

U11 and U12:

DIRECT FREE KICK OFFENCES

A direct free kick is awarded if, when the ball is in play a player commits any of the following offences against an opponent in a careless, reckless, or excessive manner:

- A. Charges;
- B. Jumps at;
- C. Kicks or attempts to kick;
- D. Pushes;
- E. Strikes or attempts to strike;
- F. Tackles or challenges; or
- G. Trips or attempts to trip

A direct free kick is also awarded if a player commits any of the following offences:

- H. Handles the ball; deliberately touches the ball with their hand/arm, including moving the hand/arm towards the ball (except for the goalkeeper within their own penalty area);
- I. Holds an opponent;
- J. Impedes an opponent with contact;
- K. Bites or spits at someone; or
- L. Throws an object at the ball, an opponent, or referee.

If any of the offences above occur inside the penalty area, a **penalty kick** is awarded.

Indirect Free Kick Offences

An indirect free kick is awarded if, in the opinion of the referee, a player:

- M. Plays in a dangerous manner (without contacting another player);
- N. Impedes the progress of an opponent (without contact);

- O. Uses offensive, insulting, or abusive language or is guilty of dissent;
- P. Prevents the goalkeeper from releasing the ball from their hands; or
- Q. Challenges the goalkeeper for the ball when the goalkeeper is in control of the ball with the hand(s) including when the ball is between the hand and any surface or the goalkeeper is touching the ball with any part of the hands.

An indirect free kick is awarded to the opposing team if a goalkeeper, inside their goal/penalty area commits any of the following offences:

- R. Handles the ball after it has been deliberately kicked to the goalkeeper by a teammate; or
- S. Touches the ball with their hands having received it directly from a throw in taken by a teammate.

Cautions and Sending Off (Yellow and Red Cards)

U11 and U12:

- Misconduct: caution (yellow) and sending off (red) cards are used for players.
- A team official guilty of misconduct will be shown a yellow card (caution) or red card (sending-off).

RULE 13: THE FREE KICK

U10 and under:

All free kicks are taken as indirect free kicks (even if the offence typically requires a direct free kick); direct free kicks and penalty kicks are not be awarded in these age groups.

U11 and U12:

All free kicks are taken as direct or indirect free kicks.

Procedure

For all free kicks, the ball must be stationary when the kick is taken, and the kicker must not touch the ball again until it has touched another player. The ball is in play when the ball is kicked and clearly moves.

All opponents shall be not less than the following distances from the ball until it has been kicked and clearly moves:

- U6 - U8 - 5 meters
- U9 - U12 - 9 meters
- For any infringement of this rule, the free kick shall be retaken.
- The ball is in play when it has been kicked and clearly moves.
- A player taking a free kick shall not touch the ball a second time until it has been touched by another player.
- For a free kick taken by the defending team inside their penalty area, the ball may be placed anywhere inside the penalty area. All opponents must be outside the penalty area.

Direct Free Kicks

- If a direct free kick is kicked directly into the opponent's goal, a goal is awarded.
- If a direct free kick is kicked directly into a team's own goal, a corner kick is awarded to the opposing team.

Indirect Free Kicks

- A goal cannot be scored directly from an indirect free kick. If an indirect free kick is kicked directly into the opponent's goal, no goal is scored and play restarts with a goal kick. If an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded.
- The indirect free kick shall be taken from the place where the offence occurred. If the indirect free kick occurred in the penalty area, the free kick shall be taken from the point where the offence occurred but not closer than 5m from the goal line.

RULE 14: THE PENALTY KICK

A penalty kick is awarded when a player from the defending team commits a direct free kick offence within their own penalty area.

U10 and under:

There are NO penalty kicks awarded.

U11 and U12:

Penalty kicks are awarded and used.

Position of the Ball and Players

The ball:

Must be placed on the penalty mark

Player taking the kick:

Must be properly identified

Defending goalkeeper:

Must have at least one foot on, or in line with, their goal line, facing the kicker, and between the goalposts until the ball has been kicked.

The players other than the kicker must be located:

- Inside the field of play.
- Outside the penalty area.
- Behind the penalty mark and at least 9 meters from the penalty mark.

Procedure

- After the players have taken positions, the referee signals for the penalty kick to be taken by blowing the whistle.
- The player taking the penalty kick must kick the ball forward.
- The kicker must not play the ball again until it has touched another player.
- The ball is in play when it is kicked and clearly moves.

Outcome of the Penalty Kick

Offence	Goal is Scored	No Goal
Player from attacking team enters the penalty area before the kick is taken.	Retake	Indirect free kick for defending team where attacker entered.
Player from defending team enters the penalty area before the kick is taken	Goal	Retake
Offence by Goalkeeper	Goal	If the goalkeeper blatantly moves forward off the line before the ball is kicked and the ball does not enter the net, the penalty kick should be retaken
Ball Kicked Backwards, Illegal Feinting, or Wrong Kicker	Indirect free kick for defending team	Indirect free kick for defending team

RULE 15: KICK IN/THROW IN

A kick-in, and throw-in are methods of restarting play. A kick-in or throw-in is awarded when the whole of the ball has crossed the touch line either on the ground, or in the air. These restarts are given to the opponents of the team who last touched the ball before it went out of play.

A goal cannot be scored directly from a Kick-in or Throw-in.

U6 - Kick In

A kick in, replaces the throw-in at this age groups. The ball shall be kicked in from the point where it left the field of play.

The player taking the Kick-in in shall:

- Face the field of play;
- Kick the ball from on, or behind, the touch line.
- The ball is in play immediately after it enters the field of play.
- If the player taking the kick-in touches the ball a second time before it has been played or touched by another player, a free kick shall be awarded to the opposing team.
- At the taking of a kick-in, all opponents must be at least 5 meters from the ball.

U7 and Older Throw-In

The player taking the throw-in shall:

- Face the field of play;
- Have part of each foot on the touch line or on the ground outside the touch line;
- Throw the ball using both hands;
- Deliver the ball from behind and over their head.
- The ball is in play immediately after it enters the field of play.
- If the player taking the throw-in touches the ball a second time before it has been played or touched by another player, an indirect free kick shall be awarded to the opposing team.
- At the taking of a throw-in, all opponents must be at least 2 meters from the location of the throw-in.

Failing to Complete the Throw in – U7 through U10:

If the player fails to complete the throw-in correctly, their team shall be permitted a second attempt. If the second attempt is unsuccessful, the throw-in shall be awarded to the opposing team.

Failing to Complete the Throw in – U11 and U12:

If the player fails to complete the throw-in correctly, the throw-in shall be awarded to the opposing team.

RULE 16: THE GOAL KICK

A goal kick is a method of restarting play.

A goal kick is awarded when the whole of the ball has crossed the goal line either on the ground or in the air, was last touched by the attacking team, and a goal has not been scored.

Procedure

- The ball is kicked from any point within the penalty area by a player of the defending team
 - (EXCEPT FOR U6 – MUST BE WITHIN 3 METERS OF THE GOAL)
- The ball is in play once it leaves once it has been kicked and clearly moves.
- All opposing players must be on their side of the retreat line and cannot pursue the ball until:
 - The ball is touched by a teammate of the kicker;
 - The ball travels over the retreat line; or
 - The ball leaves the field of play.

Encroachment of Retreat Line

- If the opposing team encroaches across the retreat line before one of the above conditions, the referee shall stop play and allow a re-take of the goal kick.
- If the opposing team repeatedly commits offences of the retreat line, an indirect free kick shall be awarded at the place where the offence occurred.

U10 and under

A goal cannot be scored directly from a goal kick.

U11 and U12

A goal may be scored directly from a goal kick, but only against the opposing team.

RULE 17: THE CORNER KICK

A corner kick is awarded when the whole of the ball has crossed the goal line, either on the ground or in the air, having last been touched by a defending player, and a goal has not been scored.

U10 and under

A goal cannot be scored directly from a corner kick.

U11 and U12

A goal may be scored directly from a corner kick.

- The corner kick shall be taken from inside the corner arc (within one metre of the corner flag on the field of play) nearest to where the ball crossed the goal line.
- All opponents shall be no less than the following from the ball until it has been kicked.
 - U6 - U8 - 5 meters
 - U9 - U12 - 9 meters
- The ball is in play when it is kicked and clearly moves.
- If the player taking the corner kick touches the ball a second time before it has been played or touched by another player, an indirect free kick shall be awarded to the opposing team. For U11 and U12 games, if the player's second touch is with their hands, a direct free kick shall be awarded (or, a penalty kick if the offence occurs in their penalty area).

APPENDIX A – FIELD MARKINGS AND DIMENSIONS

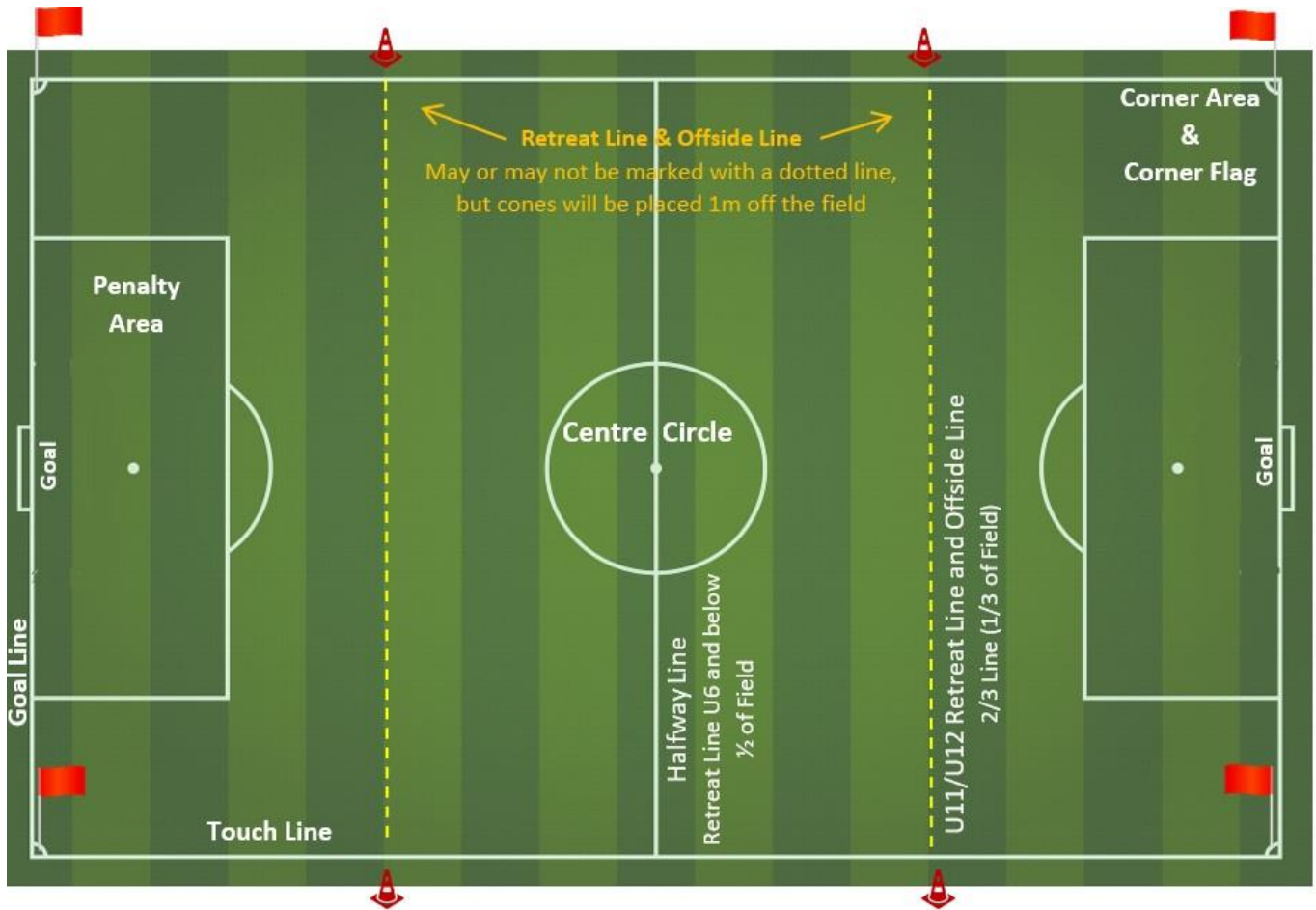


Figure 5. Small Sided Field Layout

Field Layout - Dimensions by Game Format and Age Group

Game Format	Age Groups	Max Field Dimensions	Penalty Area	Center Circle	Max Goal Dimensions
3v3	U6-8	Min: 18x25m Max: 22x30m	Penalty Area *None or 3m post on Goal line and 3m into field	5m	1.52 x 2.44m (5' x 8')
4v4*	U6-8	Min: 20x30m Max: 25x36m	Penalty Area *None or 3m post on Goal line and 3m into field	5m	1.52 x 2.44m (5' x 8')
5v5*	U8-9	Min: 25x30m Max: 30x36m	Penalty Area *None or 3m post on Goal line and 3m into field	5m	1.52 x 2.44m (5' x 8')
6v6	U8-11	Min: 30x36m Max: 36x55m	Penalty Area *None or 10m post on Goal line and 10m into field	9m	1.83 x 5.5m (6' x 18')
7v7	U9-11	Min: 30x36m Max: 36x55m	Penalty Area *None or 10m post on Goal line and 10m into field	9m	1.83 x 5.5m (6' x 18')
8v8	U11-12	Min: 42x55m Max: 55x75m	Penalty Area 11m post on Goal line and 11m into field	9m	1.83 x 5.5m (6' x 18')
9v9	U12	Min: 42x55m Max: 55x75m	Penalty Area 11m post on Goal line and 11m into field	9m	1.83 x 5.5m (6' x 18')
5v5 6v6 7v7 8v8 9v9	U13 & UP	Min: 42x55m Max: 55x75m	Penalty Area 11m post on Goal line and 11m into field	9m	1.83m x 5.5m (6' x 18')

**With or without goalkeeper - when no goalkeeper, reduce the goal size and no penalty area marked.*

APPENDIX B – FORMAT, PLAYERS, DURATION AND BALL

Game Format	Age Groups	Max Game Duration	Ball Size
3v3*	Under 6-8	2 x 20 min. Half Time: 5 min	3/4
4v4*	Under 6-8	2 x 20 min. Half Time: 5 min	3/4
5v5*	Under 8-9	2 x 20 min. Half Time: 5 min	3/4
6v6	Under 8- 11	2 x 20 min. Half Time: 5 min	3/ 4
7v7	Under 9- 11	2 x 25 min. Half Time: 5 min	4
8v8	Under 11 & 12	2 x 30 min. Half Time: 5 min	4
9v9	Under 12	2 x 35 min. Half Time: 5 min	4
5v5 6v6 7v7 8v8 9v9	U13 & UP	2 x 35 min. Half Time: 5 min	5

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