



****Updated 2/8/19****

U9 and U10 Small Sided Game

I. **Ball Size:** 4

II. **Players:**

1. 7 v 7 (including a GK). Max roster size is 16. Minimum of 5 players to start the game.
2. Substitutions may occur at any stoppage (Corner kicks, goal kicks, direct kicks, indirect kicks and after a goal is scored. It does not have to be your possession for a substitution to occur. Substitutions must be made at half way line. The referee must be notified before any substitution can occur. If an injured player(s) is (are) attended to on the field the injured player(s) must leave the field. A substitute may enter for the injured player(s) and the opponents may substitute an equal number of players. The injured player(s) may return to the field on a throw in by their team, during a goal kick by either team, or after a goal is scored by either team. The referee must be notified before the injured player(s) may return. Any player exhibiting symptoms of a concussion shall not return to the field until cleared by an appropriate health care professional. It is the coach/club's responsibility to determine a player's fitness to return.

III. **Length of the Game:** Two 25- minute halves. Halftime is 5 minutes

IV. **The Field:** (See Diagram below)

1. Field Size (in yards): 55 - 65 x 35 – 45
2. Maximum Goal Size (in feet): Height 6 ½ by 18 ½

V. **Rules**

1. FIFA rules will be followed with the following exceptions.

2. **Start of the Game, Corner Kicks and Free Kicks:** All opposing players must remain 6 yards away from the ball when a kick is taken. All kicks are indirect except for penalty kicks
3. **Offsides:** Explained below under Build Out Line
4. **Fouls:** Every foul will result in an indirect free kick, except for direct kick fouls within the penalty area which will result in a penalty kick.
5. **Throw-ins:** If a player incorrectly performs a throw-in on the first throw, he/she should be instructed by the coach and /or referee as to the proper manner of throwing the ball in and be given a second chance to complete the throw-in. After the second try the ball will be given to the other team.
6. Heading is not permitted at this age group. Please read Laws of the Game, section XII, point 6 for specifics
7. Slide tackling is not permitted at any age. Please read Laws of the Game, section XII, point 7 for specifics
8. Remember games are to be used as a teaching experience.

VI. **Build Out Line Rules**

1. The build out line promotes playing the ball out of the back in a less pressured setting
2. When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play
3. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed)
4. After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal
5. The opposing team must also move behind the build out line during a goal kick until the ball is put into play
6. If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense

7. If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred

VII. Offsides with the Build out Line

1. The build out line will also be used to denote where offside offenses can be called
2. Players cannot be penalized for an offside offense between the halfway line and the build out line
3. Players can be penalized for an offside offense between the build out line and goal line

VIII. Build Out Line Practical Applications

1. To support the intent of the development rule, coaches and referees should be mindful of any intentional delays being caused by opponents not retreating in a timely manner or encroaching over the build out line prior to the ball being put into play
2. Coaches are responsible for addressing these types of issues with their players
3. Referees can manage the situation with misconduct if deemed appropriate
4. Referees should be flexible when enforcing the 6 second rule and counting the time of possession should only begin when all opponents have moved behind the build out line

