

# **DSA, KSC, PGSC RULES FOR SMALL SIDED GAMES**

**(Ages U6 thru U10)**

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## **A) General Goals and Guidelines of House League Soccer**

All Clubs strongly encourage that all games are played in a competitive atmosphere whereby the result is not a factor. Coaches, club officials, parents, and players should all contribute to fostering a playing environment where the players' individual needs and development are more important than the result of the games. In all Small Sided Games/House League programming the emphasis shall be placed on development, fun, sportsmanship, education, and respect for teammates, the opponents and officials. Scores or game results may be tracked by the coordinator for future scheduling purposes and to avoid future unfavorable game match ups. Scores are not to be compiled for the sake of standings or league tables.

### **Goals**

- To promote soccer as an enjoyable sport and fitness activity
- To develop age appropriate skills and techniques applicable to soccer
- To foster a spirit of good sportsmanship, fair play and respect for others

### **Coaching Guidelines**

- Equal playing time for all players regardless of skill levels
- Rotation of positions for skill development and maximum touches on the ball
- Emphasis Skill development and understanding the rules of the game
- Encourage Team cooperation and support
- Teach and Display Good sportsmanship
- Exercise Positive reinforcement
- Focus on fun, activity and improvement
- Recognize and respect injury, exhaustion and self-esteem issues
- Positive parents/volunteers on the sidelines and supportive of coach
- Winning games should be an outcome, not a priority.

## **B) House League Formats**

Age Group	Format: # of fields and # of players on each field	Approximate Field Sizes	Ideal # Of Players /Team	League/ Scheduling	Refs
U6 Co-ed	2 x 3 aside (total 6)	2 fields of 22x16 yards	10-11	Within Club Only	coaches
U7 Boys	2 x 4 aside (total 8)	2 fields of 36x22 yards	12-13	Dun/PG/Ker interlock	coaches
U8 Boys	2 x 4 aside (total 8)	2 fields of 36x22 yards	12-13	Dun/PG/Ker interlock	mixed
U9 Boys*	2 x 7 aside (total 14)	50 X 35 yards	20-24	Dun/PG/Ker interlock	refs
U10Boys*	2 x 7 aside (total 14)	50 X 35 yards	20-24	Dun/PG/Ker interlock	refs
U7 Girls	2 x 4 aside (total 8)	2 fields of 36x22 yards	12-13	Dun/PG/Ker interlock	coaches
U8 Girls	2 x 4 aside (total 8)	2 fields of 36x22 yards	12-13	Dun/PG/Ker interlock	mixed
U9 Girls	7 aside	50 X 35 yards	11-12	Dun/PG/Ker interlock	refs
U10 Girls	7 aside	50 X 35 yards	11-12	Dun/PG/Ker interlock	refs
Due to shortage and schedules refs not mandatory for all U8 games as coaches can still ref. Ideal age group for new refs to get experience.					

\*Format and team sizes based on double team format.

### **C) Age Specific Field Markings**

**For Under 6 Programming the field marking shall consist of:**

3 v 3 with no goalkeepers, there is no goal area.

**For Under 7 and Under 8 Programming the field marking shall consist of:**

#### The Goal Area:

A goal area is defined at each end of the field as follows:

A line is drawn parallel to the goal line 4 yards off each goal line across the full width of the field. This creates a rectangle in front of each goal which constitutes the goal area.

**For Under 9 and Under 10 Programming the field marking shall consist of:**

#### Field Markings:

The field of play is divided into two halves by a center dot at the mid point of the field.

#### The Goal Area:

A goal area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, ten (12) yards from each goalpost. These lines extend into the field of play for a distance of ten (12) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

### **D) Length of Games/Substitution Guidelines**

*The duration of the games are as set out below:*

Under 6:	2 x 15 Minutes	Half Time 5 minutes
Under 7/8:	2 x 25 Minutes	Half Time 5 minutes
Under 9/10:	2 x 25 Minutes	Half Time 5 minutes

*Number of players:*

Under 6:	3 v 3, No Goalkeeper
Under 7/8:	4 v 4 including rush Goalkeeper
Under 9/10:	7 v 7 including Goalkeeper

*Substitution Guidelines:*

Substitutions for U6 thru U10 shall be unlimited with equal playing time per player. All players on each team must learn and play all positions.

## Age Specific Rules--Under 6 Small Sided Games Rules

### *Organization and Rules*

- Field size is: 15-16yards X 20-22yards, to be coned off by coaches
- 3 players on field per team, no goalkeepers, no goal area
- When ball goes out of play, game is restarted by:  
Sideline: kick-in or dribble in (may not score directly)  
Endline: goal kicks or corner kicks as usual (may dribble in to re-start game on goal kicks)
- After a goal, restart with a centre kick, defending team to start at their goal line, defending team must stand 7 yards away from ball for all goal kicks, corner kicks, kick ins, and free kicks
- There are no offsides called at U6

### *Refereeing*

- U6 teams (ideally coaches) should split ref duties. Common sense application of calling free kicks. (i.e. let all unintentional hand balls go, call only obvious deliberate hand balls). All free kicks at U6 are indirect, therefore you may not score directly from a free kick. Explain rules or calls to individual player if a foul is called so they can learn. When fouls are called, do not make a big deal about it. Make sure the game is re-started quickly.

### *Time/Length*

- Approx. 1 Hour to 1 Hour, 15 Minutes Total
- Teams to have practice, then 5 minute break, followed by game
- Only cover maximum 2 exercises in practice time
- 25-30 minute game with a quick half time
- Unlimited substitutions allowed, equal playing time for all players

### *Coaching Points*

- **encourage** players to spread out a little bit, do not get too anxious if they do not
- **encourage** all players should move up and down field with the play
- **encourage** players to interchange positions as they play, ie they are not playing specific positions, they should have freedom of movement on the field
- **encourage** at least one player to go fully wide on goal kicks or when defender has ball
- **encourage** all players to move up field to support attacks; one player should not stay in an unattacked goal for large portions of the game
- **encourage** players to pass, dribble, and not to just kick at the ball
- on kick-ins or dribble ins, **encourage** non-kicking teammates to look for a forward shooting chance or open space and not to go too close to kicker

## Age Specific Rules--Under 7 & Under 8 Small Sided Games Rules

### *Organization and Rules*

- Field size is: 22yards X 36yards
- 4 yd “boxes” (end zones) marked, within which designated goalkeeper (identified with pinnie over top team jersey) may handle the ball
- centre marked with center dot
- 4 players on field for U7 and U8 (3 plus a rush goal keeper)
- When ball goes out of play, game is restarted by:  
Sideline: kick-in (may not score directly from kick in)  
Endline: goal kicks or corner kicks depending on who kicked it out
- After a goal, restart with a centre kick, defending team to start at their own 4 yard line
- Defending team must stand 7 yards away from ball for all goal kicks, corner kicks, kick ins, and free kicks
- There are no offsides called at U7 and U8

### *Refereeing*

- Teams (ideally coaches) should split ref duties. At U7 one coach from each team may be on field to coach/ref. By U8 coaches should try and to restrict themselves to the sidelines unless acting as ref. Young refs optional for purpose of gaining experience. Refs may be used at U8 for this purpose. Common sense application of calling fouls and penalty shots. (i.e. let all unintentional hand balls go, call only obvious deliberate hand balls). If a foul occurs, offending team must be seven yards from the ball during the free kick. If by chance it occurs, penalty shots are taken from 7 yards out. At U7/U8, “pass back rule” will not be in effect. Goal keepers may handle ball passed back to them by teammate while in their goal area. Coaches are not to encourage abuse of this rule.

### *Time/Length*

- Games scheduled to start on the hour. Please arrive 20 to 30 minutes early to organize team and warm up.
- All games will end on the hour at the very latest. **No exceptions.**
- 25 minute halves with 5 minute half time, unless game starts late (see below)
- If a game starts late all games will end on the hour at the latest. **No exceptions.**
- Unlimited substitutions allowed, equal playing time for all players, and players must learn and play all positions

### *Coaching Points*

- **encourage** at least one player to go fully wide on goal kicks or when goal keeper has ball in hands
- **encourage** rush goal keeper to move off line to support attacks or intercept through-balls; one player should not stay in an un-attacked net for large portions of the game; the idea of a rush GK who moves out to attack and rushes back because he/she is the only one allowed to handle the ball is a simple introduction to the idea of transition (the switch from attack to defense).
- **encourage** players to pass, dribble, and communicate with each other
- On kick-ins, **encourage** non-kicking attacker to look for a forward shooting chance or open space and not to go too close to kicker
- **encourage** lots of movement and maintaining proper passing distance (5-10 yards for this age) as opposed to standing and clumping

## Age Specific Rules--Under 9 & Under 10 Small Sided Games Rules

### *Organization and Rules*

- Field size is: 36yards X 50 to 55yards
- 12 yd “boxes” marked, within which designated goalkeeper may handle the ball centre marked with center dot
- 7 players on field for U9 and U10 (6 plus a goalkeeper)
- When ball goes out of play, game is restarted by:  
Sideline: Throw ins  
Endline: Goal kicks or corner kicks depending on who kicked it out
- After a goal, restart with a centre kick, defending team to start 10 yards away.
- Defending team must stand 10 yards away from ball for all kick offs, goal kicks, corner kicks, and free kicks
- There are no offsides called at U9 and U10, however, coaches should not abuse this rule and are discouraged to have their player(s) “goal suck” or just stand in front of the opposing net when the play is in their defensive end.

### *Refereeing*

- At U9 and U10 young refs with limited experience are used. Please respect that these young refs are in training and will make mistakes. Fair play and sportsmanship should be displayed by coaches, parents, players at all times. If a foul occurs, offending team must be 10 yards from the ball during the free kick. If by chance it occurs, penalty shots are taken from 12 yards out at the edge of the goal area. At U9/10, “pass back rule” is in effect. Goal keepers **may not** handle ball passed back to them by teammate while in their goal area.

### *Time/Length*

- Games scheduled to start on the hour. Please arrive 20-30 minutes early to organize team and warm up.
- All games will end on the hour at the latest. **No exceptions.**
- 25 minute halves with 5 minute half time, unless game starts late (see below)
- If a game starts late, then that game will play a shorter second half as all games will end on the hour at the latest. **No exceptions.**
- Unlimited substitutions allowed, equal playing time for all players, and players must learn and play all positions

### *Coaching Points*

- unlike U7/U8, coaches should be on the sidelines and should not be stepping onto the field to give instructions.
- **encourage** players to pass, dribble, and communicate with each other
- at practice, teach how a throw in is done, so that there are no foul throws called by the refs at the games as this slows play down and wastes time.
- **encourage** lots of movement and maintaining proper passing distance (5-20 yards for this age) as opposed to standing and clumping
- ideally, all teams should be playing in a formation consisting of the following 3 elements: defenders, midfielders, forwards. To that end, it is recommended to play a 2 – 3 – 1 formation. Two defenders, three midfielders, and one forward, plus a goalkeeper. This will give your give your team depth and width in their play.

