



NEWFOUNDLAND and LABRADOR
SOCCER ASSOCIATION

www.nlsa.ca

Rules and Regulations Manual
Mini Soccer Guidelines for U13 Jamborees

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1.0 Mini Soccer Guidelines for U13 Jamborees

1.1 Mini Soccer Rationale

All NLSA mini soccer guidelines and rules are based on the philosophy and recommendations of Canada Soccer's Long Term Player Development plan, entitled Wellness to World Cup. For more information on Wellness to World Cup, please go to: <http://www.canadasoccer.com/wellness-to-world-cup-s14682>

Common sense must prevail in terms of getting kids kicking a ball in an area that will allow them to interact within a game situation. They must be able to touch the ball allowing them situations that will guarantee them the opportunity to grow into the regulation game of full field and 11 v 11. That can only be done by educating them to make decisions, execute a skill, understand their role and enjoy learning this enjoyable game.

As you can appreciate triangles are the basic shape for all passing and support movements and so you can understand why it is important to encourage play within a relative environment that will allow children to execute passing and receiving the ball with successful results. Mini soccer will guarantee that our players will understand depth and width naturally which is conducive to the progression into the 11 v 11 game.

Mini soccer is encouraged because:

- 1.1.1 Small-sided games on a smaller field will allow more contacts on the ball
- 1.1.2 The field is long enough for these young defenders to pass the ball forward past pressure (Long Passing).
- 1.1.3 Strikers have the opportunity to support deep with width capabilities and lateral support (Near and Far Support).
- 1.1.4 Goalkeepers have a reduced size of goal allowing most to reach the crossbar
- 1.1.5 Allows for possession of the ball in a supporting environment for positions (triangles). (short Passing and Receiving)
- 1.1.6 Laws/structure simplified – throw-ins, offsides, etc.

1.2 Mini Soccer Code for Coaches

- 1.2.1 Your responsibility is to ensure that players are having fun. Remember that children are not miniature professionals.

- 1.2.2 Never ridicule or scold a child for a mistake. Remember no child intentionally makes a mistake.
- 1.2.3 Applaud loudly a good effort by your team and the opponent.
- 1.2.4 Coaching at this level is a collective collaboration. If we all work together, all our players will improve.
- 1.2.5 Encourage all players to develop basic skills but remember to be reasonable in your demand on their energy and enthusiasm.

1.3 Rules for Mini-Soccer

- 1.3.1 Regions and clubs shall form teams from all registrants each year in a manner which is “non-selective”.
- 1.3.2 Clubs at the U7 – U13 levels may request permission to use overage players when a club's technical director has deemed it is in the player's best interest to play at a lower level than his/her age group. This could be deemed appropriate based on the player's date of birth, physical size, technical ability, etc. Permission must be granted by the Vice President Youth based on the Technical Director's recommendation and reasoning.
- 1.3.3 All games are to be played with an emphasis on fun, sportsmanship, development, education and respect for teammates, opponents, and referees and shall be non results oriented.
- 1.3.4 Unless otherwise state, FIFA Laws of the Game apply.
- 1.3.5 Goal posts must be placed on the centre of each goal line and must be no larger than indicated in the table above. The maximum size has been established; however, smaller sized goals will be permitted; these could be in the form of portable goals, pug-goals or witches hat cones. Both goals must be the same size and must be safe and secure.

Table 1

Ball Size	4
Shift Length	No shifts, 2 x 30 minute halves
Assistant Referee	Recommended
Game Format (including GK)	9 x 9 including GK
Squad Size	15
Game Duration	2 x 30 min
Field Size Min/Max width	46 to 50 yards
Field Size Min/Max length	75 to 85 yards
Goal Size (recommended)	21ft x 7ft
Throw in	FIFA
Field Markings	<p>Distinctive lines not more than fifteen (15) centimeters wide. The field of play is divided into two halves by a halfway line. The centre mark is indicated at the midpoint of the halfway line. A circle with a radius of nine meters is marked around it.</p> <p>NB: All field markings may be marked by the means of cones (woz-makers)</p>
Corner Flags	Confirm to FIFA but are not mandatory
Corner Arcs	Confirm to FIFA but are not mandatory
Retreat Lines	<p>Retreat line will be set up at approximately 1/3 distance of the field from each end.</p> <p>See Law 18 Below</p>
Substitutions	Substitutions are unlimited and will take place at the half way line on the bench side of the field at stoppages. Both benches must be on the same side of the field.
Free Kicks	Conform to FIFA, A goal can be scored directly from a direct free kick as per FIFA.
Playing Time	Fair Play - minimum playing time for each player: 30 minutes
Start and Restart of Play	<p>Conform to FIFA, Dropped balls are used to restart play if play is stopped for injury or other reason as per FIFA.</p> <p>A goal can be scored in the opponent's goal directly from a kick-off, goal kick or corner kick as per FIFA.</p>
Corner Kicks	<p>Conform to FIFA A goal can be scored directly from a corner kick.</p>
Goal Area	4 meters from the goal posts and goal line
Penalty Area	<p>A penalty area is defined at each end of the field as follows:</p> <p>Two lines (ideally painted a different color {yellow} than the regular field markings) are drawn at right angles to the goal line, eleven (11) meters from the inside of each goalpost.</p> <p>These lines extend into the field of play for a distance of eleven (11) meters 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.</p> <p>Within each penalty area a penalty mark is made nine (9) meters from the midpoint between the goalposts and equidistant to them.</p>

Fouls and Misconducts	<p>Conform to FIFA for direct and indirect free kicks</p> <p>Penalty kicks are direct free kick offences by the defending team in the penalty area.</p>
Penalty kicks	<p>Conform to FIFA with the exception that the penalty mark is marked at 9 meters from the goal line. All players except the player taking the kick must be nine meters from the ball.</p>
Offside	<p>Modified offside law is in place. The retreat line doubles as an offside line, meaning players can only be offside in the final 1/3 of the field.</p> <p>Please note at the U13 Mega/ID event, only 1 referee will be used. There will be no assistant referees. Zero tolerance will be in effect for coaches complaining about or disputing offside decisions.</p>

Official Playing Rules - Under 13

Law 1 The Field of Play

Length and width of the field - 46 to 50 yards by 75 to 85 yards

Law 2 The Ball

Size 4: the ball must conform to FIFA standards and to FIFA inflation specifications.

Law 3 The Number of Players - 9/side including goalkeeper

Law 4 The Players Equipment

- a) Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams. The goalkeeper should wear a color that distinguishes him/her from both teams. Shin guards are mandatory and must be worn under the socks.
- b) Jewelry is not permitted, taped or not, apart from medic alert bracelets. Players who cannot remove jewelry cannot play.
- c) In addition, no player may play with a cast of any kind whether padded or not.
- d) A player who is asked to leave the field of play because of defective or dangerous equipment may not re-enter until the referee is satisfied that the equipment has been repaired.

Law 5 The Referee

Only referees who have successfully completed the NLSA entry level course, and currently registered with the NLSA, can be used. Those who have only taken the small-sided course are not qualified to officiate this level, as the offside law is in effect. The referee's role is to keep the players safe and ensure that the game is played under the "fair play" code.

The referee shall:

- a) enforce the rules of the game
- b) refrain from penalizing in cases where the offending team may gain an advantage

- c) report in writing to the appropriate authority, any misconduct by players, parents, spectators or other persons which takes place on the field of play or its vicinity at any time during the game
- d) control who may enter or leave the field of play
- e) stop the game immediately if a player appears to be injured
- f) signal to start the game and to restart it after stoppage
- g) decide if the field of play and all applicable equipment is suitable.

Law 6 The Assistant Referee -
 Recommended but not essential, unless the game is part of an event where scores and standings are being recorded in which case assistant must be used.

Law 7 The Duration of the Match - See Table 1

Law 8 The Start and Restart of Play - See Table 1

Law 9 The Ball In and Out of Play - Conform to FIFA

Law 10 Determining the outcome of a match - Conform to FIFA.

Law 11 Offside – See Table 1

Law 12 Fouls and Misconduct See Table 1

Misconduct: As per FIFA- cards may be shown to players for cautionable and dismissable offences.

Note: Denying an obvious goal scoring opportunity is considered cautionable only.

If misconduct is by the coach, the game is halted and the referee informs the field marshal who will take appropriate action. The game should only be restarted after the field marshal is satisfied that the situation has been dealt with.

Law 13 Free Kicks See Table 1

Law 14 The Penalty Kick – See Table 1

Law 15 **The Throw-In** - Conform to FIFA

Law 16 **The Goal Kick**
Conform to FIFA.. Retreat Line will be applied

Law 17 **The Corner Kick** See Table 1

Law 18 **The Retreat Line**
When a goal kick is called or when the goalkeeper has the ball in his or her arms, the opposing team members must drop back behind the retreat line. Once those players have retreated to the line, the goalkeeper may play the ball to a teammate without the pressure of an opposing player nearby. When the goalkeeper's teammate touches the ball, play will resume as normal and the opposing players can apply pressure once more.

Should a member of the opposing team enter inside the Retreat Line too soon (and interfere with play), OR touch the ball inside that area before the goal keeper's teammate, the Referee must blow their whistle and the initial distribution must be retaken (ie. Re-take the goal-kick).

Should the ball leave the field of play prior to the goalkeeper's teammate touching the ball, play will resume from a throw-in or corner kick as appropriate according to the Law.

The Retreat Line will be marked by off-field pylons, circle cones, flags or other appropriate markers. The Retreat Line will be set up by the Field Marshall prior to the start of the game.

The retreat line will be set up at approximately 1/3 distance of the field from each end.

Coaches should not coach his or her players to delay touching the ball after the goalkeeper has passed it to them to waste time or to gain an unfair advantage. This rule has been introduced to aid the technical development of players and should not be used as a time wasting tactic. Coaches that allow this to take place will be spoken to by the field marshal and may be dealt with further by the NLSA.

After a save, goalkeepers may lay the ball on the ground in order to pass to their teammate. This does not make the ball in play and the opposing team must still wait until the teammate touches the ball.

Goalkeepers may choose not to "play out of the back" and instead to kick the ball directly over the Retreat Line. This is not against the rules and the

game should not be stopped. Once the ball crosses the Retreat Line, it can be touched by any player on the field and can be deemed “live and in play.” Goalkeepers may also choose to play the ball quickly from a goal kick or after making a save. In this case it is permissible for the goalkeeper to play quickly without having to wait for all players to retreat as this supports the development of decision-making skills in young players.