



NEWFOUNDLAND and LABRADOR SOCCER ASSOCIATION

www.nlsa.ca

Rules and Regulations Manual
Mini Soccer Guidelines for U7, U9 and U11 Jamborees

April 11, 2019

1.0 Mini Soccer Guidelines for U7, U9 and U11 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 center 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

	Under 7	Under 9	Under 11
Retreat Line	Retreat Line will be set up at the half way line upon first reception	Retreat Line will be set up at the half way line upon first reception	Retreat Line will be 1/3 distance from either end of the field; upon reception
Ball Size	3	3	4
Penalty Kick	None	None	None
Assistant Referee	None	None	None
Off-side	None	None	None
Game Format	4 x 4 including GK	5 x 5 Including GK	7 x 7 including GK
Squad Size	10	10	14
Game Duration	8 x 5 min	10 x 5 min	6 x 10 min
Field Size Min/Max width	27 to 31 yards	30 to 35 yards	40 to 45 yards
Field Size Min/Max length	34 to 40 yards	40 to 50 yards	60 to 70 yards
Goal Size (recommended)	8 ft x 5 ft	12ft x 6 ft	18x 6.5 ft
Field Markings	If possible, the halfway line and center circle should be marked. The penalty/goal area is combined. This is a rectangle formed by lines extending from the goal line 5m along the line from each post goal line and extending 5 m into the field. NB: All field markings may be marked by the means of cones (woz-makers)	If possible, the halfway line and center circle should be marked. The penalty/goal area is combined. This is a rectangle formed by lines extending from the goal line 8m along the line from each post goal line and extending 8m into the field. NB: All field markings may be marked by the means of cones (woz-makers)	If possible, the halfway line and center circle should be marked. The penalty/goal area is combined. This is a rectangle formed by lines extending from the goal line 11m along the line from each post goal line and extending 11m into the field. NB: All field markings may be marked by the means of cones (woz-makers)
Corner Flags	Corner flags/cones are optional but must be safe. Cones can be used for other field markings but must not endanger the players in any way. Ideally field markings should be by lines not more than 15 cm wide. NB: All field markings may be marked by the means of cones (woz-makers)	Corner flags/cones are optional but must be safe. Cones can be used for other field markings but must not endanger the players in any way. Ideally field markings should be by lines not more than 15 cm wide. NB: All field markings may be marked by the means of cones (woz-makers)	Corner flags/cones are optional but must be safe. Cones can be used for other field markings but must not endanger the players in any way. Ideally field markings should be by lines not more than 15 cm wide. NB: All field markings may be marked by the means of cones (woz-makers)
Corner Arcs	None	None	None
Substitutions	Each half is divided into 4 5-minute shifts. The whistle goes at the end of each shift and the players change. There is no double shifting unless the team has less than 10 players. Under no	Each half is divided into 5 5-minute shifts. The whistle goes at the end of each shift and the players change. There is no double shifting unless the team has less than 10 players. Under no	Each half is divided into 3 10-minute shifts. The whistle goes at the end of each shift and the players change. There is no double shifting unless the team has less than 10 players. Under no condition is a player

	condition is a player permitted to play 3 shifts in succession.	condition is a player permitted to play 3 shifts in succession.	permitted to play 3 shifts in succession.
Free kicks	All free kicks are indirect, opponents of the team taking the kick are at least 5 metres from the ball until it is in play.	All free kicks are indirect, opponents of the team taking the kick are at least 5 metres from the ball until it is in play II until it is in play.	All free kicks are indirect, opponents of the team taking the kick are at least 8 metres from the ball until it is in play
Playing Time	All players should have equal playing time with shift changes at 5 minute intervals	All players should have equal playing time with shift changes at 5 minute intervals	All players should have equal playing time with shift changes at 10 minute intervals
Start and Restart of Play	<p>Conform to FIFA, with the exception of the opponents of the team taking the kick-off are at least 5 metres from the ball until it is in play.</p> <p>Dropped balls are used to restart play if play is stopped for injury or other reason as per FIFA.</p> <p>A goal cannot be scored in the opponent's goal directly from a kick-off, goal kick or corner kick.</p>	<p>Conform to FIFA, with the exception of the opponents of the team taking the kick-off are at least 5 metres from the ball until it is in play.</p> <p>Dropped balls are used to restart play if play is stopped for injury or other reason as per FIFA.</p> <p>A goal cannot be scored in the opponent's goal directly from a kick-off, goal kick or corner kick.</p>	<p>Conform to FIFA, with the exception of the opponents of the team taking the kick-off are at least 8 metres from the ball until it is in play.</p> <p>Dropped balls are used to restart play if play is stopped for injury or other reason as per FIFA.</p> <p>A goal cannot be scored in the opponent's goal directly from a kick-off, goal kick or corner kick.</p>
Corner Kicks	<p>Conform to FIFA with the exception that opponents remain at least 5 metres from the ball until it is in play.</p> <p>A goal cannot be scored directly from a corner kick.</p>	<p>Conform to FIFA with the exception that opponents remain at least 5 metres from the ball until it is in play.</p> <p>A goal cannot be scored directly from a corner kick.</p>	<p>Conform to FIFA with the exception that opponents remain at least 8 metres from the ball until it is in play.</p> <p>A goal cannot be scored directly from a corner kick.</p>
Fouls and Misconducts	<p>Conform to FIFA with the exception that all fouls shall result in an indirect free kick.</p> <p>Fouls in the penalty/goal area are indirect kicks taken from the edge of the penalty/ goal area. In U7 the referee should explain all infringements to the offending player.</p> <p>No cards are shown to players. Misconduct is dealt with through the coach.</p>	<p>Conform to FIFA with the exception that all fouls shall result in an indirect free kick.</p> <p>Fouls in the penalty/goal area are indirect kicks taken from the edge of the penalty/ goal area.</p> <p>No cards are shown to players. Misconduct is dealt with through the coach.</p>	<p>Conform to FIFA with the exception that all fouls shall result in an indirect free kick.</p> <p>Fouls in the penalty/goal area are indirect kicks taken from the edge of the penalty/ goal area.</p> <p>No cards are shown to players. Misconduct is dealt with through the coach.</p>

Playing Rules - Under 7, Under 9 and Under 11

Law 1 The Field of Play

Length and width of the field See Table above

Law 2 The Ball

The ball must conform to FIFA standards and to FIFA inflation specifications. For appropriate size see Table above .

Law 3 The Number of Players - See Table 1

Note: When playing with a goalkeeper at the U-7 age group, all players should take turns in all field positions 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 colour 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) 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 small-sided (formerly youth) course or entry level course, and currently registered with the NLSA, can be used. 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 Laws 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 - None required

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 - as per FIFA Laws of the Game (LOTG)

Law 10 Determining the outcome of a match – as per the LOTG, with the exception that a goal cannot be scored from a dead ball kick of any sort.

Law 11 Offside – None
Coaches will be informed that positioning players in opponent's goal area to take advantage of long balls is unsporting and contrary to principles of player development. The referee will report the use of such tactics to the competition authorities or field marshals but will take no action on the field.

Law 12 Fouls and Misconduct - See Table 1

Misconduct: No cards are used. The player is warned verbally in hearing of the coach for offences normally cautionable (reckless challenges, dissent, persistent infringement etc). It is particularly important to warn players if their fouls are likely to cause injury to other players.

For offences that require dismissal, the player is asked to leave the field and the coach is told the player cannot return to the field (foul and abusive language, serious foul play, violent conduct, second caution). The referee must report this to the competition authorities. Teams can replace the player thus dismissed.

Denying an obvious goal scoring opportunity is considered a cautionable

offence only.

If misconduct is by the coach, or the coach refuses to support the referee in terms of cautions or dismissals, 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** – None; See Table 1

Law 15 **The Throw-In**

Conform to the LOTG apart from the U-7 age group where if the player fails to throw the ball in correctly, s/he shall be permitted a second attempt. If the second attempt is unsuccessful, a throw-in shall be awarded to the opposing team. The referee should give the player direction as to why it was a foul throw.

Law 16 **The Goal Kick**

Conform to LOTG except that it shall be taken from anywhere within the penalty/goal area. Opponents must remain at least 5 metres away (8 m for U11) from the ball until it is in play. A goal cannot be scored directly from a goal kick.

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, or if the ball was distributed from the goal-keeper's hands, restart with a 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.

For U7 and U 9 games, the retreat line will be the ½ way line. For U11, markers will be set up at one-third of the length of the field to mark the line.

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.