

U8, U9, U10 & U11 Game Format/Rules

Game Durations

Games will be 25 minutes in duration of nonstop time with no half time. There will be a 1-minute warning whistle before commencing the game.

Rules

Playing Format (U10 & U11) – 7 v 7

Playing Format (U8 & U9) – 5 v 5

The Start of Play – A coin is tossed prior to the start of the game and the team who wins the toss will kick-off first in the middle to start the game.

Goal Kicks – Goal Kicks happen when the ball exits the end of the field last touching the attacking team in that half. Goal Kicks can be taken anywhere within their 12-yard area and unopposed.

Retreat Line (U10 & U11) – Retreat lines are also in effect for both U10 and U11 games. Retreat Line is set for 1/3 of the field, marked by large cones. Referees should remind players and coaches before games and during games about the Retreat Line.

Retreat Line (U8 & U9) – Retreat lines are also in effect for both U8 and U9 games. Retreat Line is set at the half line of the field, marked by large cones. Referees should remind players and coaches before games and during games about the Retreat Line.

Free Kicks – When a free kick is awarded, opposing players should be 3m from the player kicking the ball.

Corner Kicks – Corner Kicks are in effect and should be treated similarly to when the ball goes out the sidelines. Corner kicks can be passed in or dribbled into the field of play.

Penalty Kicks (U10 & U11) – There is no Penalty spot marked for U10 and U11 Skills Centre games. Referees will need to walk out 9m from the Goal line for any Penalty Kicks that are awarded.

Penalty Kicks (U8 & U9) – There is no Penalty spot marked for U8 and U9 Skills Centre games. Referees will need to walk out 5m from the Goal line for any Penalty Kicks that are awarded.

Stoppages/ Restarts – Restarts should be done as quickly as possible. After a goal is scored, restarts happen from the middle of the field and should be done as quickly as possible to maximize time-on-task. Hand balls and fouls are rewarded with a direct free kick. Passback to GK is rewarded with a direct free kick from the nearest sideline/boundary line parallel to where the keeper picked up the ball.

Throw-Ins – Throw-ins will not take place. Instead, restarts will happen with either a pass in or dribble in from the ground. Pass ins or kick ins are direct kicks. Opposing players should be 3m from the player kicking the ball into play. This encourages quicker restarts, more successful restarts, and less stoppages in game for error throw-ins.

Substitutions – Substitutions are on the fly for Skill Centre games, no stoppage is required. All players should get even playing minutes and goalkeepers should not be left in the goal for the entire day of games.

Power Play Initiative – Power Play permits a team that is trailing by 4 or more goals to place an additional player onto the playing field, ensuring that they have an extra player. The Power Play can be used at any time by a team that is trailing by 4 or more goals (4-0, 5-1, 6-2, etc.)

OTHER

Goalkeeper Boxes (U10 & U11) – There are no lines painted on the turf for the Goalkeeper Boxes. Flat cones are used to designate the Goalkeeper Boxes and the size of the box is 15m x 10m. The host club or SNS Staff set up the flat cones to designate the Goalkeeper Boxes.

Goalkeeper Boxes (U8 & U9) – There are no lines painted on the turf for the Goalkeeper Boxes. Flat cones are used to designate the Goalkeeper Boxes and the size of the box is 10m x 5m. The host club or SNS Staff set up the flat cones to designate the Goalkeeper Boxes.

Referees – Games will be run by 1 referee. Some of these referees will be in training so it is recommended that coaches connect with referees prior to the game to aid in their development as well as the children's development. Referees are responsible for giving the 1-minute warning to start the game, starting the game on time, managing the game, and ending the game on time.

Coaches – Coaches are encouraged to actively engage in the game and are allowed to enter the field of play. We encourage coaches to move around as much as the referee allows to best impact all players. It is on the coaches to demonstrate good sportsmanship for both the kids and the parents.