	U6-U9	U10-U11	U12-U13
Offside	Do not play with the offside rules. A player in these age groups cannot be offside.		Full offside rules in effect.
Fouls	All fouls result in an indirect free kick. There are no direct free kicks awarded for U6-U11.		Both direct and indirect free kicks apply.
Penalty Kicks	There are NO penalty kicks awarded.		Penalty kicks are awarded at this level.
Discipline	No yellow or red cards are shown to players in these age groups. It is recommended that coaches should recognize and react appropriately to the following: • Unsporting Behaviour (substitute the offending player) • Serious Foul Play and Violent Conduct (remove the player for the remainder of the match)		• Players may be cautioned (yellow card) or sent-off (red card) in these age groups.
Team Officials	A team official guilty of misconduct should be cautioned (yellow card) or sent-off (red card)		
Free Kicks	All opponents shall be not less than the following distance from the ball until it has been kicked and clearly moves : • *u6/7:* 5 metres (6 yards) • *u8/9:* 7 metres (8 yards)	All opponents shall be not less than the following distance from the ball until it has been kicked and clearly moves: 7 metres (8 yards)	All opponents shall be not less than the following distance from the ball until it has been kicked and clearly moves: 9 metres (10 yards)
Retreat Line	The retreat line is to be marked by a line across the field and/or cones placed 1 metre outside the touch line at 1/2 of the field.		The retreat line is **NOT** in effect.
	All opposing players must be on their side of the retreat line and cannot pursue the ball until: the ball is touched by a teammate of the kicker; OR the ball travels over the retreat line; OR the ball leaves the field of play.		
Kick-ins/Throw-Ins	**Kick-in** replaces the throw-in at these age groups. On a kick in, the ball must be played below knee height. A free kick is awarded to the opposing team if the ball is kicked in above knee height. A goal cannot be scored directly from a kick-in.		**Throw-in.** If the player fails to complete the throw-in correctly, the throw-in shall be awarded to the opposing team. A goal cannot be scored directly from a throw-in.
Scoring	• A goal may not be scored directly from a Kick-off; if the ball directly enters the opponents' goal, a goal kick is awarded. • A goal cannot be scored directly from a corner kick or kick-in.		• A goal may be scored directly against the opponents from a kick-off. • A goal may be scored directly from a corner kick.
Heading	No heading is permitted, in order to reduce head related trauma. Restart is in an indirect free kick.		• *u12:* heading is permitted only when the ball is headed directly following contact with the ground (one bounce). • *u13:* heading is permitted.
Slide Tackling	Not permitted	Permitted	Permitted
Team Lists/Game Reports	Not required	Not required	Required. Team list must include coaches names.

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ALL AGE GROUPS

- Shin Guards are compulsory at all levels
- Unlimited substitutions may be made throughout the game. All substitutions are only allowed at the discretion of the Referee and the Referee shall be advised of all substitutions. Substitutions can be made on any stoppage, but only after the referee has given permission. After the referee has given permission, the player being replaced shall leave the field. Once the player has left the field, the substitute may enter the field.
- Corner flags may be used but are not mandatory.

Encroachment of Retreat Line: If the opposing team encroaches across the retreat line before one of the above conditions, the referee shall stop play and allow a re-take of the goal kick. When the goalkeeper makes a save and is in possession of the ball, players must back away to the retreat line to allow for play to build up from the back.

Goal Kicks: an indirect free kick from the spot where the ball crossed the centre line is to be awarded if the goalie directly kicks or throws the ball across the half way line following a goal kick or a save from open play.

Dropped Ball: A dropped ball is a method of restarting play when the referee is required to stop play temporarily for any reason not mentioned elsewhere in the Rules of the Small Sided Game.

GAME LENGTH* AND BALL SIZE

Age Group	Playing Numbers	Playing Time	Ball Size
U6/U7	3 vs 3 (no keeper)	2 x 15 Minutes	3
U8/U9	4 vs 4 (no keeper) or 5 vs 5	2 x 20 Minutes	3 or 4
U10/U11	7 vs 7	2 x 25 Minutes	4
U12/U13	9 vs 9	2 x 35 Minutes	4

** Game length can be subject to change at the local level.*

LOWER ISLAND SOCCER ASSOCIATION

SMALL SIDED REFEREE QUICK REFERENCE CARD

August 2026

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