SMALL SIDED SOCCER MATCH RULES:

U5 3v3 & U6 4v4 Rules

Note: All rules below apply to both **3v3 and 4v4 formats**.

The only difference is the number of players on the field per team:

- **U5 3v3**: 3 field players (NO goalkeeper)
- **U6 4v4**: 4 field players (NO goalkeeper)

Team Format

- No goalkeepers in 3v3 or 4v4
- Minimum to start: **2 players** per team
- Recommended roster size: **up to 6 players**
- Unlimited substitutions on any stoppage
- **Shin guards are required** for all players

Goal Box Rules

- Box size: 12 feet wide by 8 feet deep
- No player may touch the ball while any part of their body OR the ball is in the goal box
- Players may run through the box but may not touch the ball inside or above it

- Defender touches ball in box: Goal awarded
- Attacker touches ball in box: Goal kick awarded
- Ball stops in box: Goal kick awarded

Scoring

- Goals may only be scored from the **attacking half** of the field
- **No goals may be scored directly from a kick-off**

Game Duration

- 2 x 12-minute halves
- 2-minute halftime break
- No timeouts
- Game ends early if a team reaches a 12-goal lead
- Tied games remain ties

General Rules

- **No offside** in 3v3 or 4v4
- **No slide tackling**
- **Five-yard rule**: Defenders must stand at least 5 yards from the ball on any restart
- **Kick-ins** are used instead of throw-ins
- All restarts are **indirect** unless otherwise specified

Restarts & Set Pieces

- **Goal kicks**: Taken from anywhere along the end line
- **Kick-offs**: May go in any direction
- Corner kicks: Indirect

U8 5v5 & U10 7v7 Rules

Note: All rules below apply to both **5v5 and 6v6 formats**. The only difference is the number of players on the field per team:

- **U8 5v5**: 4 field players + 1 goalkeeper
- **U10 7v7**: 6 field players + 1 goalkeeper

Team Format & Player Eligibility

- Maximum roster: **10 players per team**
- Minimum to start: **3 players**
- Players may only play on **one team per age group**
- **Shin guards are required** for all players

Match Duration

- U8 **4 x12-minute quarters** with a 5-minute halftime
- U10 **2 x 25-minute halves** with a 5-minute halftime
- The match ends if a team reaches a **10-goal lead**
- No overtime
- Ties at the end of regulation remain ties

Goalkeeping & Goal Area

- Goalkeepers may use hands **only inside the penalty arc**
- **No punts or drop-kicks** allowed
- The goalkeeper has **8 seconds** to distribute the ball

- Ball must exit the arc to be live
- No physical contact with the goalkeeper inside the arc

Goal Clearance (Goal Kicks)

- Executed by the goalkeeper from within the arc
- May roll, pass, or dribble the ball out (no punts)
  - Ball must leave the arc to be in play
- **No goals may be scored directly** from a goal clearance

Offside & Slide Tackling

No offside in 5v5 or 6v6

Slide tackling is not allowed near other players

Sliding to save the ball is allowed if no opponent is nearby

Fouls & Discipline

Physical fouls: **Direct free kick**

Other infractions: **Indirect free kick**

Penalty kicks: Taken from 7 yards; defenders must be 5 yards away

Substitutions

- Allowed on any dead ball with referee acknowledgment
- Players must complete the substitution within 10 seconds

Restarts

- Kickoffs and corners are direct