



# SYC SMALL-SIDED SOCCER GUIDELINES

(UPDATED 22 Jan 2020)



## SYC U05-U08 Small-Sided Soccer Guidelines

Description	U05 – Fall 2018	U06	U07	U08
Max # of Players Per Team		10	12	14
# Players on Field		3v3 2 simultaneous games	4v4 2 simultaneous games	5v5 2 simultaneous games
Playing Down		Coaches should collaborate so that each team can field 3 players on each field	Mandatory play down to 3 players, but coaches should collaborate so that each team can field 4 players on each field	Mandatory play down to 4 players, but coaches should collaborate so that each team can field 5 players on each field
Max Size of Game Fields		25 x 20 yds 2 adjacent fields goal arc, corner cones	35 x 25 yds 2 adjacent fields goal arc, corner cones	40 x 30 yds 2 adjacent fields goal / penalty boxes, corner flags
Goals		Pugg Goals 3.5' high x 6' wide	Portable goals 4' high x 6' wide	Portable goals 6' high x 12' wide
Keeper Shirt		Not applicable	Not applicable	Pinnie (Sweeper/Keeper)
Playing Time		Each player will get opportunity to play at least 50% of game	Each player will get opportunity to play at least 50% of game	Each player will get opportunity to play at least 50% of game
Substitutions		Unlimited at any stoppage	Unlimited at any stoppage	Unlimited at any stoppage
Game Scores & League Standings		Scores and league standings not kept	Scores and league standings not kept	Scores and league standings not kept
Maximum # of Practices per Week		1 x 1 hr practice	1 x 1 hr practice	2 x 1 hr practices
Law I: The Field		See U06 Game Fields	See U07 Game Fields	See U08 Game Fields
Law II: The Ball		Size 3	Size 3	Size 3
Law III: Number of Players		<ul style="list-style-type: none"><li>3v3 (two simultaneous games)</li><li>Coaches should collaborate so that each team can field 3 players on each field</li></ul>	<ul style="list-style-type: none"><li>4v4 (two simultaneous games)</li><li>Mandatory play down to 3 players, but coaches should collaborate so that each team can field 4 players on each field</li></ul>	<ul style="list-style-type: none"><li>5v5 including sweeper/keeper (two simultaneous games)</li><li>Mandatory play down to 4 players, but coaches should collaborate so that each team can field 5 players on each field</li></ul>



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Description	U05 – Fall 2018	U06	U07	U08
<b>Law IV: Player's Equipment</b>		Conform to FIFA	Conform to FIFA	Conform to FIFA – Sweeper/Keepers will wear practice vests (pinnies)
<b>Law V: Referee</b>		One parent volunteer for each field. No coaches allowed on the field.	One parent volunteer for each field. No coaches allowed on the field.	One parent volunteer for each field. No coaches allowed on the field.
<b>Law VI: Assistant Referee</b>		None	None	None
<b>Law VII: Duration of Game</b>		4 x 8 min quarters with 3 min between quarters and a 5 min halftime break. No timeouts or extra time added.	4 x 10 min quarters with 3 min between quarters and a 5 min halftime break. No timeouts or extra time added.	4 x 12 min quarters with 3 min between quarters and a 5 min halftime break. No timeouts or extra time added.
<b>Law VIII: Start and Restart of Play</b>		Conform to FIFA except that opponents must be <b>4</b> yards from center mark before ball is struck	Conform to FIFA except that opponents must be <b>4</b> yards from center mark before ball is struck	Conform to FIFA except that opponents must be <b>6</b> yards from center mark before ball is struck
<b>Law IX: Ball – In and Out of Play</b>		Conform to FIFA	Conform to FIFA	Conform to FIFA
<b>Law X: Method of Scoring</b>		Conform to FIFA	Conform to FIFA	Conform to FIFA
<b>Law XI: Offside</b>		None	None	Modified Offside: Only call in attacking third of the field
<b>Law XII: Fouls and Misconduct</b>		Conform to FIFA except: <ul style="list-style-type: none"> <li>• All kicks indirect, except penalty kicks (Law XIV)</li> <li>• No cards issued; players will be cautioned or sent off only in most extreme situations.</li> </ul>	Conform to FIFA except: <ul style="list-style-type: none"> <li>• All kicks indirect, except penalty kicks (Law XIV)</li> <li>• No cards issued; players will be cautioned or sent off only in most extreme situations.</li> </ul>	Conform to FIFA except: <ul style="list-style-type: none"> <li>• All kicks indirect</li> <li>• Fouls in penalty box will result in indirect kick from top of penalty box</li> <li>• No cards issued; players will be cautioned or sent off only in most extreme situations.</li> </ul>
<b>Law XIII: Free Kicks</b>		Conform to FIFA except that all kicks will be <b>indirect</b> and opponents must be <b>5</b> yards away from ball until kick is taken	Conform to FIFA except that all kicks will be <b>indirect</b> and opponents must be <b>5</b> yards away from ball until kick is taken	Conform to FIFA except that all kicks will be <b>indirect</b> . Opponents must be <b>5</b> yards away from ball until kick is taken



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## SYC U05-U08 Small-Sided Soccer Guidelines

Description	U05 – Fall 2018	U06	U07	U08
<b>Law XIV: Penalty Kicks</b>		<ul style="list-style-type: none"><li>Reference Goal Arc Rule modification (below).</li><li>Taken from PK mark</li></ul>	<ul style="list-style-type: none"><li>Reference Goal Arc Rule modification (below).</li><li>Taken from PK mark</li></ul>	None
<b>Law XV: Throw In</b>		Kick ins – opponents must be <b>5</b> yards from ball until kick is taken	Kick ins – opponents must be <b>5</b> yards from ball until kick is taken	Conform to FIFA except that players given 2 tries
<b>Law XVI: Goal Kick</b>		Can be taken from anywhere inside the goal arc, except that opponents must be <b>behind the midfield line</b> until kick is taken	Conform to FIFA (can be taken from anywhere in goal box) except that opponents must be <b>behind the midfield line</b> until kick is taken	Conform to FIFA (can be taken from anywhere in goal box) except that opponents must be <b>behind the midfield line</b> until kick is taken
<b>Law XVII: Corner Kick</b>		Conform to FIFA except that opponents must be <b>5</b> yards from ball until kick is taken	Conform to FIFA except that opponents must be <b>5</b> yards from ball until kick is taken	Conform to FIFA except that opponents must be <b>5</b> yards from ball until kick is taken
<b>Special Note on the Sweeper / Keeper (SK)</b>		Not Applicable No Keepers	Not Applicable No Keepers	Conform to FIFA except: <ul style="list-style-type: none"><li>SKs will wear practice vests (pinnies)</li><li>Players may only play one quarter per game as SK</li></ul>
<b>Special Note on Defending in the Goal Box</b>		No playing keeper: Reference Goal Arc Rule modification (below).	No playing keeper: Reference Goal Arc Rule modification (below).	Not Applicable



# SYC SMALL-SIDED SOCCER GUIDELINES

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## SYC U09-U12 Small-Sided Soccer Guidelines

Description	U09	U10	U11	U12
<b>Max # of Players Per Team</b>	12	12	13	14
<b># Players on Field</b>	7v7	7v7	8v8	9v9
<b>Playing Down</b>	Mandatory play down to 6	Mandatory play down to 6	If either team only has 10 players or less in attendance, then the game may be played down to 7v7	If either team only has 10 players or less in attendance, then the game may be played down to 7v7
<b>Max Size of Game Fields</b>	NLT 70 x 45 yds, goal / penalty boxes corner flags	NLT 80 x 55 yds, goal / penalty boxes, corner flags	NLT 100 x 55 yds, goal / penalty boxes, corner flags	NLT 100 x 55 yds, goal / penalty boxes, corner flags
<b>Build-Out Line</b>	Half-way between penalty box and mid-field Line	Half-way between penalty box and mid-field Line	Not Applicable	Not Applicable
<b>Goals</b>	Portable goals 6' high x 18' wide	Portable goals 6' high x 18' wide	Portable goals 6' high x 18' wide	Portable goals 6' high x 18' wide
<b>Keeper Shirt</b>	Yes, pinnies allowed	Yes, pinnies allowed	Yes, pinnies allowed	Yes, pinnies allowed
<b>Playing Time</b>	Each player will get opportunity to play at least 50% of game	Each player will get opportunity to play at least 50% of game	Each player will get opportunity to play at least 50% of game	Each player will get opportunity to play at least 50% of game
<b>Substitutions</b>	Conform to FIFA	Conform to FIFA	Conform to FIFA	Conform to FIFA
<b>Game Scores &amp; League Standings</b>	Scores and league standings may be kept	Scores and league standings may be kept	Scores and league standings kept	Scores and league standings kept
<b>Max # of Practices per Week</b>	2 x 1 hr practices	2 x 1 hr practices	2 x 1½ hr practices	2 x 1½ hr practices
<b>Law I: The Field</b>	See U09 Game Fields	See U10 Game Fields	See U11 Game Fields	See U12 Game Fields
<b>Law II: The Ball</b>	Size 4	Size 4	Size 4	Size 4
<b>Law III: Number of Players</b>	7v7 including keeper	7v7 including keeper	8v8 including keeper	9v9 including keeper
<b>Law IV: Player's Equipment</b>	Conform to FIFA	Conform to FIFA	Conform to FIFA	Conform to FIFA
<b>Law V: Referee</b>	Certified referee	Certified referee	Certified referee	Certified referee
<b>Law VI: Assistant Referee</b>	Can be parent	Can be parent	Can be parent	Can be parent
<b>Law VII: Duration of Game</b>	2 x 25 min halves 5 min halftime break No overtime	2 x 25 min halves 5 min halftime break No overtime	2 x 30 min halves 5 min halftime break No overtime	2 x 30 min halves 5 min halftime break No overtime



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## SYC U09-U12 Small-Sided Soccer Guidelines

Description	U09	U10	U11	U12
<b>Law VIII: Start and Restart of Play</b>	Conform to FIFA, except that opponent must be <b>8</b> yards from the center mark while kick-off is in progress	Conform to FIFA, except that opponent must be <b>8</b> yards from the center mark while kick-off is in progress	Conform to FIFA, except that opponent must be <b>8</b> yards from the center mark while kick-off is in progress	Conform to FIFA, except that opponent must be <b>10</b> yards from the center mark while kick-off is in progress
<b>Law IX: Ball – In and Out of Play</b>	Conform to FIFA	Conform to FIFA	Conform to FIFA	Conform to FIFA
<b>Law X: Method of Scoring</b>	Conform to FIFA	Conform to FIFA	Conform to FIFA	Conform to FIFA
<b>Law XI: Offside</b>	Conform to FIFA	Conform to FIFA	Conform to FIFA	Conform to FIFA
<b>Law XII: Fouls and Misconduct</b>	Conform to FIFA	Conform to FIFA	Conform to FIFA	Conform to FIFA
<b>Law XIII: Free Kicks</b>	Conform to FIFA except opponents must be <b>8</b> yards away before kick is allowed	Conform to FIFA except opponents must be <b>8</b> yards away before kick is allowed	Conform to FIFA except opponents must be <b>8</b> yards away before kick is allowed	Conform to FIFA except opponents must be <b>10</b> yards away before kick is allowed
<b>Law XIV: Penalty Kicks</b>	Conform to FIFA except opponents must be <b>8</b> yards away before kick is allowed	Conform to FIFA except opponents must be <b>8</b> yards away before kick is allowed	Conform to FIFA except opponents must be <b>8</b> yards away before kick is allowed	Conform to FIFA except opponents must be <b>10</b> yards away before kick is allowed
<b>Law XV: Throw In</b>	Conform to FIFA (no second try)	Conform to FIFA	Conform to FIFA	Conform to FIFA
<b>Law XVI: Goal Kick</b>	Conform to FIFA	Conform to FIFA	Conform to FIFA	Conform to FIFA
<b>Law XVII: Corner Kick</b>	Conform to FIFA except opponents must be <b>8</b> yards away before kick is allowed	Conform to FIFA except opponents must be <b>8</b> yards away before kick is allowed	Conform to FIFA except opponents must be <b>8</b> yards away before kick is allowed	Conform to FIFA except opponents must be <b>10</b> yards away before kick is allowed
<b>Special Note on the Keeper</b>	Players may only play one half per game as keeper	Players may only play one half per game as keeper	Players may only play one half per game as keeper	Players may only play one half per game as keeper



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## U06-U07 Goal Arc Rule

1. Players may not precede the ball into the goal arc, then touch the ball inside the arc.  
Entering or passing through the goal arc prior to the ball is not a rule violation; it is only a violation if that player then makes contact with the ball inside the arc.
2. Players are allowed to follow the ball into the goal arc and play the ball offensively or defensively.
3. If an offensive player precedes the ball into the goal arc and makes contact with the ball inside the arc, a goal kick will be awarded to the defensive team.
4. If a defensive player precedes the ball into the goal arc and makes contact with the ball inside the arc, a PK will be awarded.
  - a. A PK spot would be marked:
    - 8 yards in front of each goal for U06
    - 10 yards in front of each goal for U07
  - b. Who can take penalty kick: A different player each time a PK is awarded, until all players on field have taken a penalty kick.
5. During a penalty kick, all players (other than the player taking the penalty kick) will be behind the midfield line when the PK is taken.
6. When a PK is taken:
  - a. If scored: Game restarts with a kick-off
  - b. If missed: Game restarts with a goal kick for defensive team

## Goal Arc Dimensions and Instructions:

U06 8 foot radius arc (with center circle point 2 feet behind goal)

U07 10 foot radius arc (with center circle point 2 feet behind goal)



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## U09-U10 Build Out Line

(source: [www.socceramerica.com](http://www.socceramerica.com))

The build out line is placed equidistance between the top of the penalty box and the mid-field line.

The build out line promotes playing the ball out of the back in a less pressured setting.

When the Goalkeeper has the ball, either during the play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play.

With the opposing team behind the build out line, the Goalkeeper may pass, throw, or roll the ball into play. Punting is not allowed. If the ball is punted, return the ball to the Goalkeeper, and restart with the Goalkeeper passing, throwing or rolling the ball into play.

After the ball is put into play by the Goalkeeper, the opposing team can cross the build out line and play resumes as normal.



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## U09-U12 Courtesy Rule

**Purpose:** To balance the field of play when a game's goal differential is 3 or greater.

**Bottom Line:** Teaching players that they can be courteous in winning. Game is maintained as normal, except when goal differential is 3 or greater.

**Background:** SYC is changing the U09-U12 age groups rule for SYC league games. This rule only applies in intra-team SYC league games. In the past, SYC tried adding and/or removing players, per VYSA guidance, to balance the field of play when there is a scoring differential of 5 goals or greater. This was not very effective and could limit individual playing time in contradiction of other SYC policies. In Spring 2018 a pilot program was used with players making consecutive passes before shooting on goal. This was not very effective as it was confusing who was counting the number of "required" passes and the subsequent actions.

## Courtesy Rule

- When a game score goal differential reaches 3 goals:
- The team leading in score is required to move players to different positions – that means, key offensive players will be moved to defensive positions, or goalkeeper. Key players should also be encouraged to involve less skilled players in the game by passing them the ball.
- If the score reaches 5 goal difference – leading team will remove a player.
- When the score differential becomes 2 or less, the game is played under normal conditions without exceptions.
- Otherwise all regular game rules apply (goal kick, corner kick, throw in, based on the play of the ball).
- SYC coaching staff will speak with referee prior to the kick-off of each game to go over this change from the 2018 Pilot Program (of consecutive passes).