

Northumberland Soccer Club Small Sided Soccer Rules – U6 (Port Hope) & U7/U8

Revised June 2025

The object of mini soccer is to provide young children with an activity which will be fun for them, while promoting their physical and emotional well-being. Northumberland Soccer Club policy is that all players' in house league soccer receive equal playing time. Soccer is important as a social outlet as well as for fitness. It is very important, therefore, that the youngsters be encouraged and respected in every aspect of the sport. Please show respect and support to all coaches, and never yell at or ridicule the players or allow other parents to do so. Encourage the adults to conduct themselves in a manner which sets a good example for the players.

All spectators MUST sit on the opposite side of the field from the teams.

- 1. Starting Time for Port Hope U6:** All teams will have a practice time from 6:00-6:30 pm. Games will begin at 6:30 pm. Games will consist of two 15 minute halves with a half time interval of 5 minutes – **6v6 including a goalkeeper.**
- 2. Starting Time for U7-U8:** All teams will have a practice time from 6:00-6:30 pm. Games will begin at 6:30 pm. Games will consist of two 20 minute halves with a half time interval of 5 minutes – **6v6 including a goalkeeper.**
- 3. Number of Players:** The minimum number of players to start a game is four (4) with a maximum of 6 players on the field including the goalkeeper. If one team has fewer players than the other team, both teams should play with the same number of players. It is recommended that if one team is shorthanded the other team should loan them players for the game. If for some reason i.e. bad weather teams are all shorthanded, teams may join together to play a game.
- 4. Equipment:** Ball: A size 3 ball will be used.

Shin pads: All players must wear shin pads.

Footwear: Soccer cleats are required.

NO JEWELRY (NO TAPING)

- 5. Field Size:** Approximately 36m x 55m with center marked.
- 6. Referee:** A Small Sided Referee will be assigned but if no one is there at the time of the game coaches or a convener will help to ref the game.
- 7. Goalkeeper:** Only the goalkeeper may play the ball with their hands within the goal area (5yrd box). The goalkeeper may take an unlimited number of steps within the goal area. The goalkeeper may punt or throw the ball back into play. **When a goalkeeper makes a save and has possession of the ball the attacking team MUST retreat back to the retreat line (halfway line) until the keeper passes the ball to another player on their team and a 2nd touch is made.**
- 8. Start of Play:** A coin will be tossed to determine which team “kicks off”. After the initial kick off, teams will alternate kicking off at the beginning of each period. The ball can be played forward or backwards at the

kickoff. All players must be in their own half prior to kickoff and opponents must be 3 yards from the center mark before the ball is struck. Goals cannot be scored from kick off.

- 9. Kick-ins or Dribble-ins:** All throw-ins are kick-ins. A kick-in is a pass to another player - kicker cannot touch the ball again until another player has touched it from any team.
- 10. Goal Kicks:** When the ball is put out of play over the goal line by the attacking team, a goal kick is awarded to the defending team. The goal kick can be taken from anywhere along the goal line. The kicker may not touch the ball again until it has been touched by another player. **Attacking team must retreat to their own half until the ball is put back into play. The ball is in play when it leaves the Penalty Area and has been touched by a teammate. The kicker may not touch the ball a 2nd time until it has been touched by another player.**
- 11. Substitutions:** Substitutions are allowed during any stoppage in play upon approval of the coaches.
- 12. Offside:** There is no offside at this age. Players should be encouraged to come back to the play and not cherry pick.
- 13. Slide Tackles and Heading:** Neither slide tackles nor heading is permitted. No cards will be given. Players will be cautioned or sent off only in the most extreme situations.
- 14. Penalty Kicks:** none
- 15. Drop Ball:** The acting referee may restart the game with a "drop ball" for any infringement that does not call for a free kick. The ball will be dropped and only one player will be present for this drop ball. That player is from the team that last had possession prior to the play being stopped. The ball must touch the ground before it may be played by a player. Examples of infringements for which free kicks would not be awarded are: spectators or animals on the pitch, an injury etc.
- 16. Free Kicks:** All free kicks are indirect. Opponents must be 6 yards away until ball is kicked. An indirect free kick will be awarded to the opposing team at the point of infraction, for the following intentional conduct:
 - a. Kicking or attempting to kick a player
 - b. Intentionally tripping a player
 - c. Charging a player in a violent manner
 - d. Striking or attempting to strike a player
 - e. Spitting at a player
 - f. Pushing or holding a player
 - g. Blatant hand balls
 - h. Slide tackles or heading the ball
 - i. Tackles from behind.

17. Score Keeping: No scores or league standings will be kept