

Northumberland Soccer Club Small Sided Soccer Rules U9-U10 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:** All teams will have a practice time from 6:00-6:30 pm. Games will begin at 6:30pm. Games will consist of two 25-minute halves with a half time interval of 5 minutes. **7v7 including a goalkeeper.**
- 2. Number of Players:** The minimum number of players to start a game is four (5) with a maximum of 7 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.
- 3. Equipment:** Ball: A size 4 ball will be used.

Shin pads: All players must wear shin pads.

Footwear: Soccer cleats are required.

NO JEWELRY (NO TAPING)

- 4. Referee:** A Small Sided Referee will be assigned to each game. If a referee does not show up it should be noted on the game sheet and each coach asked to referee half of the game. The referee may terminate any game in which they are being subjected to abuse from any coach, player or spectator. The coach is responsible for any spectators accompanying their players. Spectators should remain 1 meter from side lines at all times.
- 5. 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 ball goes into the goal area and enters the goal, it is a goal and play will restart with a kick off. **When a goalkeeper makes a save and has possession of the ball the attacking team MUST retreat back to the retreat line (1/3 of the field) until the keeper passes the ball to another player on their team and a 2nd touch is made.**
- 6. 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 6 yards from the center mark before the ball is struck. Goals cannot be scored from kick off.

The retreat line will come into play when the ball has gone out for a goal kick or when the goalkeeper has the ball in their arms.

The retreat line shall be marked at the 1/3rd of the field by a painted line. The use of field markers outside the field of play to indicate the retreat line is recommended. The ball is in play once it leaves the penalty area.

All opponents must be behind the retreat line and cannot cross the retreat line until the ball: · Is touched by a player of the team releasing the ball OR, · Leaves the field of play OR, · Goes over the retreat line. (If the goalkeeper chooses to play the ball across the retreat line prior to the opposition crossing the retreat line)

- 7. Kick-ins or Dribble-ins:** All throw-ins are kick-ins or dribble-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. A player can also dribble-in instead of kicking it. A goal can be scored from a dribble-in if the player touches the ball two or more times prior to the goal. Opponents must be 3 yards from the ball when the kick-in is taken.
- 8. 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 the 1/3 line 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.**
- 9. Substitutions:** Substitutions are allowed during any stoppage in play upon approval of the referee.
- 10. Offside:** There is no offsides at this age. Players should be encouraged to come back to the play and not cherry pick.
- 11. Slide Tackles:** Slide tackles are not permitted. No cards will be given. Players will be cautioned or sent off only in the most extreme situations.
- 12. Penalty Kicks:** There are penalty kicks taken from the 8 yrd spot. All players except the penalty taker and the goalkeeper are to remain outside the penalty area and 8 yds away. The ball must be kicked forward and the defending keeper must remain on their goal line until the ball is kicked. The goalkeeper may move between the goal posts, just not forward. The ball cannot be touched a second time by the penalty taker until the ball has been touched by another player. The penalty taker must wait for the referee's signal before taking the kick.
- 13. Drop Ball:** The 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 between one player from each opposing team. 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, doubt about which team last put the ball out of play, an injury etc.

14. 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