

## Small-Sided Soccer Information for U9-U10

- 7v7 including goalkeepers (minimum 5 players)
- Field size is 40 x 60 yards
- Goal size is 6.5 x 18 feet
- Ball is a size 4
- Games are two 25-minute halves
- Substitutions allowed
  - Throw-in for team in possession
  - Goal-kick for either team
  - After a goal for either team
  - Injured player on either team at stoppage
  - Halftime
  - Cautioned player may be substituted
- No heading of the ball
- Offside enforced between buildout line and goal line
- Goalkeepers must pass, roll or throw the ball into play; no punts or drop-kicks are allowed.
- Attacking team must retreat behind buildout line until ball has been played in by the goalkeeper