

Age Group Definitions

U7 is defined as kids turning 6 or 7 in the current calendar year. U9 are turning 8 or 9 and U11 are turning 10 or 11. In special circumstances kids may play in other than their normal age group.

Field Size can vary depending on field space limitations.

U7 - About 20 by 30 meters	U9 - About 25 by 40 meters	U11 About 40 by 60 meters
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The Ball

U7 - Size three (3)	U9 - Size three (3) preferred	U11 - Size four (4).
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The Number of Players This may vary slightly, depending on team numbers.

U7	U9	U11
Four players, one of whom is a goalkeeper. Players should take turns playing in all field positions including the goalkeeper position. It is not necessary that all players play in the goalkeeper position during a single game.	Six players, one of whom is a goalkeeper.	Seven players, one of whom is a goalkeeper.

The Duration of the Match

U7	U9	U11
Two fifteen (15) minute halves with a five (5) minute break between halves.	Two twenty (20) minute halves with a five (5) minute break between halves.	Two twenty-five (25) minute halves with a five (5) minute break between halves.

Playing time

All players shall have an opportunity for equal playing time.

The Player's Equipment

Shin guards are mandatory and must be worn under the socks. Soccer cleats are highly recommended, especially at U9 and older. Jewelry is not permitted.

Dominant Players Dominant players or teams may exist. This creates the possibility for scores that get out-of-hand. Coaches must manage these situations. There are many creative ways to eliminate high scores.

- Dominant players required to create scoring opportunities for teammates by passing to them and not scoring themselves.
- Require that "x" number of passes occur before a shot on goal.
- Require that "x" number of passes back to your own defense occur before a shot on goal.
- Trade players with the other team for the game so that they get one or more of your dominant players.
- Require your dominant player to make passes/kicks with his/her "weak" leg.

Goal Posts

U7	U9	U11
Goals posts or cones are placed on the center of each goal line and should be about 2.5 meters or 8 feet wide (three paces).	Goals posts or cones are placed on the center of each goal line and should be about 2.5 meters or 8 feet wide (three paces).	Goals posts or cones are placed on the center of each goal line and should be about 3.5 meters or 12 feet wide (four paces).

The Goal Area

U7	U9	U11
Three (3) meters from the inside each goalpost, extending into the field of play for a distance of three (3) meters. This area may be defined with cones. To protect the keeper, offensive players are not allowed in the goal	Three (3) meters as in U7. Goal area is used to determine where goal kick is taken from and does not need to be defined with cones. Also see penalty area.	Three (3) meters as in U7. Goal area is used to determine where goal kick is taken from and does not need to be defined with cones. Also see penalty area.

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The Penalty Area The penalty area defines the space wherein a keeper is allowed to handle the ball. A keeper is considered in possession of the ball on the ground when any part of his hand or arm is in contact with the ball. Offensive players may not attempt to kick the ball away if it is the keeper's possession.

U7	U9	U11
No penalty area. Keeper can handle the ball within the goal area.	Six (6) meters from the inside each goalpost, extending into the field of play for a distance of six (6) meters. This area should be defined with cones, or lines.	Eight (8) meters from the inside each goalpost, extending into the field of play for a distance of eight (8) meters. This area should be defined with cones, or lines.

The Goal Kick

It shall be taken from anywhere within the goal area. In U7 the goal area is marked and in U9 and U11 it is not marked. In U9 and U11 the penalty area may be marked, but the penalty area only defines where a keeper can handle the ball. The goal area is where kicks are taken from. Opponents must remain at least five (5) meters away from the ball until it is in play. A goal cannot be scored directly from a goal kick.

Pass Back to Goalkeeper

Goalkeepers may pick up a ball passed back to them by a teammate as long as the keeper is within his goal area (U7) or penalty area (U7 and U9)

Substitutions

At any stoppage, substitutions are unlimited.

Fouls and Misconduct

Conform to FIFA with the exception that all fouls shall result in an indirect free kick. The referee or nominated person must explain ALL infringements to the offending player. No cards shown for misconduct. An indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her goal area into the opponents goal area. If a player intentionally strikes, deliberately kicks or spits at an opponent, this player must be substituted and will not be permitted to participate further during the game. The coach should inform the player as to why and correct these actions.

Young kids are used to "roughhousing" on the school playground. Actions that are common there, such as tripping and pushing are not allowed in soccer. It is important for that infractions are dealt with by an indirect free kick, along with a very brief comment to the player so that he/she knows what she/he did wrong and can make adjustments to behavior.

Brief summary of frequent fouls

- kicks an opponent – different than the deliberate kick in the paragraph above. It is an accidental kick as the result of normal play.
- trips or attempts to trip an opponent
- jumps at an opponent – jumping up in the air – at an opponent
- charges an opponent – running at an opponent with contact
- Dangerous play such as high kicks or rolling on the ground trying to play the ball.
 It is not an offense to play the ball on the ground. It might be an offense if a player is on the ground attempting to kick the ball and opponents are also trying to kick the ball. The player on the ground is putting him or herself in a dangerous position, and play should be stopped with a free kick to the other team.
- pushes an opponent
- holds an opponent
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Hand Ball

Handling the ball deliberately (except for the goalkeeper within his own goal/penalty area) is a foul. However, the majority of times that the ball strikes the hand/including the arm, it is not a foul.

Was the arm in a normal position or natural running position?
 Did the hand/arm move to contact the ball (foul) or did the ball contact the stationary arm? (no foul).

Slide Tackling

Not allowed.

Offside

There is no offside in House Soccer. A modified offside may be used for U11 age groups – teams will be advised if this is the case.

The Start and Restart of Play

The opponents of the team taking the kick-off are at least five (5) meters from the ball until it is in play. Dropped balls are not part of Small Sided Games Program at this age group and an indirect free kick will be awarded to the team who had possession when the play was stopped.

Free Kicks

All kicks are indirect (This means the ball must touch another player – own or other team – before entering the goal.) and all opponents are at least five (5) meters from the ball until it is kicked.

The Throw-In

Throw-ins rather than kicks from the ground are used in U7 and up soccer. The ball must be thrown from behind and over the head. Two hands must be used. Opponents must be two meters from the touchline. Parts of both feet must be touching the ground at the moment the ball is released.

U7	U9	U11
<p>Throw-ins introduced in practices and used in games. It is not necessary to stop play on every incorrect throw-in. Gauge the seriousness of the error and instruct on correct method if played stopped.</p> <p>Let play continue on second throw-in regardless of whether done correctly or not. Continue to work on throw-ins in practice.</p>	<p>Progressive enforcement of infractions. For the first two weeks of games, allow for one re-throw. If second throw is incorrect, the other team gets to throw in.</p>	<p>Throw-in infractions result in the other team taking the throw-in</p>

The Corner Kick

Conform to FIFA with the exception that opponents remain at least five (5) meters from the ball until it is in play. A goal cannot be scored directly from a corner kick.