



Laws of the Small Sided Game - 5v5

U7 & U8

Law 1: The Ball

The ball shall be a size 3 or 4 super light

Law 2: Number of Players

A match is played between two teams where one of the players on the field must be designated as the goalkeeper. The minimum, maximum number of players and roster size are listed below:

- Minimum number of players: 3
- Maximum number of players: 5

Substitutions

Play will be stopped by the referee at 4 minute intervals, when the ball is out of play, for substitutions.

Law 3: Players' Equipment

Each player **MUST** wear shin guards. **NO jewellery. THE ONLY EXCEPTION IS A MEDICAL ALERT BRACELET**

Law 4: The Match Official

Match Officials / Game Leader: Each match is controlled by a match official. If the assigned Match Official does not show up, the game will be played under the supervision of a coach or volunteer. The decisions of the match official regarding facts connected with play, including whether or not a goal is scored and the result of the match, is final.

- team officials who fail to conduct themselves in a responsible manner and may, at his discretion, expel them from the field of play and its immediate surroundings

Law 5: Duration of the Match

The match shall last two equal periods of 20 minutes each. Players are entitled to a half-time of 5 minutes.

Law 6: Start and Restart of Play

A kick-off is a way of starting and restarting the match

- at the start of the match
- after a goal has been scored
- at the start of the second half
- In the second half the teams change ends and attack the opposite goals

The home team shall kick off. The away team will take the kick-off to start the second half of the match.

A goal may NOT be scored directly from kick off.



Kick-off Procedure

- after a team scores a goal, the kick-off is taken by the other team
- all players must be in their own half of the field
- the opponents of the team taking the kickoff must be 5.5 metres away from the ball until it is in play
- the ball must be stationary on the centre mark
- the match official gives a signal
- the ball is in play when it is kicked and clearly moves in any direction
- the kicker must not touch the ball again until it is touched by another player

For any infringements of the kick-off procedure, the kick-off is retaken.

Definition of dropped ball

A dropped ball is a method of restarting play when, while the ball is still in play, the referee is required to stop play temporarily for any reason not mentioned elsewhere in the Laws of the Small Sided Game. An example of this would be an injury.

The referee drops the ball at the place where it was located when play was stopped, unless play was stopped inside the goal area, in which case the referee drops the ball outside the goal area. Play restarts when the ball touches the ground.

Law 7: Ball in play and not in play

Ball in play

The ball is in play at other times, including when:

- it rebounds off the goalpost, crossbar, or corner flag post and remains in the field of play
- it rebounds off the referee

Ball not in play

The ball is not in-play when:

- it has wholly crossed the goal line or touch line whether on the ground or in the air
- play has been stopped by the referee

Law 8: The Method of Scoring

A goal is scored when the whole of the ball has crossed over the goal line between the goal posts and under the crossbar, provided that no infringement of the Laws of the Small Sided Game has been previously committed by the team scoring the goal.

When goalposts are not available and cones are used instead, a goal is scored when, if in the opinion of the referee, the ball passes between the cones without touching them, below 2 metres.



Law 9: Retreat Line

On all goal kicks and keeper possession of the ball with his/her hands, squads are asked to retreat to half to allow the squad with the goal kick to play out of the back, once the ball is played into play and has been touched by another player, the opposing squad can advance. If the goal keeper chooses to play over half when in possession then no retreat line is required.

Law 10: Free Kicks

All free kicks are indirect. A goal can only be scored from a free kick, if the ball is touched by another player before it enters the goal. If a free kick is kicked directly into the opponents' goal, without being touched by a second player, a goal kick is awarded.

For all free kicks, the ball must be stationary when the kick is taken and the kicker must not touch the ball again until it has touched another player. Any infringement of this Law, the free kick shall be retaken.

Free-Kicks: Indirect kicks are awarded for all acts of handball or fouls and misconduct. All opponents must be at least two (2) metres from the ball

Law 11: Kick-Ins/or/Dribble-in

The ball shall be kicked-in or dribbled-in as opposed to thrown-in. At the taking of a kick-in or dribble-in, all opponents must be at least 5.5 metres from the ball. A goal **CANNOT** be scored directly from a kick-in or dribble-in.

For any infringement of this Law, the kick-in/dribble-in shall be retaken.

Law 12 Goal Kick

A goal kick is a method of restarting play. A goal kick is awarded when the whole of the ball passes over the goal line either on the ground or in the air AND a goal has not been scored in accordance with Law 8. A goal **CANNOT** be scored directly from a goal kick.

- The ball is kicked from any point within the goal area by a player of the defending team
- **Opponents must be in their own half of the field of play and cannot touch the ball until it is in play**
- The ball is in play once it leaves the penalty area and is touched by a teammate.

If the ball is not kicked directly out of the penalty area from a goal kick:

- the kick is retaken

NO DIRECT KICKS, NO CORNER KICKS OR PENALTY KICKS should be awarded

Coaches

One coach from each team is permitted on the field, but they must stay in their own team's half (goal side) and stay out of the penalty area. The coach must not interfere with play. NO coaching is allowed from behind the goals. The coaches are required to manage the game and ensure the exercise of fair play.

Coaches, other team officials and parents shall encourage all players, at all times. The coach is responsible for the overall conduct of his/her team officials, parents and supporters.

Spectators

All spectators shall be confined to the opposite side of the field from the Players and Team Officials. No players, team officials or spectators shall stand behind either goal line.