

WYS / FSC SMALL SIDED RULES

	U7 / U8	U9 / U10	U11	U12
# Players	4	7	9	9
Duration ^(A)	2 x 20	2 x 25	2 x 30	2 x 30
Ball Size	3	4	4	4
Heading / GK Punt ^(B)	NO	NO	NO	Yes
Build-out Line ^(C)	Yes	Yes	Yes	NO
Offside Rule ^(D)	No	Yes	Yes	Yes
Direct Free Kicks?	No	Yes	Yes	Yes
PK Distance	N/A	7	8	8
Free Kick Distance	3	5	7	7
Slide Tackling	NO	NO	Yes	Yes
Retake On Throw-in / Kick off ^(E)	Yes	No	No	No

(A) Duration: Washington Youth Soccer recommends 4 x 8 quarters for U-07 and 3 x 15 periods for U-08, but most U-07 / U-08 coaches prefer 2 x 20 which is acceptable.

(B) Heading / GK Punt: These two go together. If heading is not allowed, we don't want GK punts which lead to attempts to head the ball. Heading is allowed starting at U-12.

(C) Build-out Line: When GK in possession of the ball, or on a goal kick, the defending team must move behind the build-out line.

They can cross the build-out line when:

- 1) GK in possession throws the ball or puts the ball on the ground
- 2) The goal-kick leaves the penalty area (not when the ball is kicked)

The GK or team taking the kick may choose to start play before the opponents have retreated, but they do so accepting the positioning of the opponents and the consequences of how play resumes.

(D) Offside Rule: Offside for U-09 through U-11 is called between the build-out line (not the halfway line) and the end line. Use common sense at U-09 / U-10. I have seen one document indicating offside is not called at U-09. If both coaches agree, that is acceptable. But cherry-picking should never be allowed.

(E) Retake on Throw-in / Kick-off: Use common sense at U-09 / U-10. I have seen many new players at this age, so if they are struggling, help them out. Or if the thrower lifts the foot a little on the throw, don't worry if it isn't called. Continue to work on it at practice.