



2018-2019 WMYSA Small Sided Rules

During the years since small-sided games were adopted, there has been confusion regarding some of the rules. Some leagues have chosen to adopt their own rules that differ from national rules. In an effort to improve the small sided game and have consistency US Soccer has provided direction in a 2016 Player Development Initiative document. WMYSA has adopted many of these initiatives

A. General Information

Age Level	Roster Maximum	Game Time Minimum	Team Format	Ball Size	Game Length	Goal Size
U9 & U10	12	5	7v7	#4	25 - minute halves	6' x 12'
U11 & U12	15	7	9v9	#4	30 - minute halves	6' X 18"

B. Deliberate heading for players league age U11 and younger is not allowed in games or practices. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense.

C. Youth Rules for U9-U12 Games: WMYSA follows the "USYSA Rules for Small Sided Games." Significant notes from these rules are:

1. For direct and indirect free kicks opponents are at least 8 yards from the ball until it is in play
2. The ball must be stationary when the kick is taken, and the kicker does not touch the ball a second time until it has touched another player.
3. If a direct free kick is kicked directly into the opponent's goal, a goal is awarded.
4. If a free kick is kicked directly in to the team's own goal a corner kick is awarded to the opposing team.
5. Penalty kicks for U9–U10 are taken from 8 yards from goal. Penalty kicks for U11-U12 are taken from 10 yards from goal.

D. At the U9-U12 level, substitutions are allowed at any game stoppage and are unlimited with the referee's permission. For small-sided games, substitutes may enter the field before the player has exited with the referee's permission.

E. WMYSA has not adopted a minimum playing time rule for players in small sided games. At this time it is a club or individual coaches decision.

F. For U9-U10 WMYSA utilizes Build Out Lines.

1. The build out line are used to denote where offside offenses can be called. Players cannot be penalized for an offside offense between the halfway line and the build out line. Players can be penalized for an offside offense between the build out line and goal line.
2. When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play. If the keeper decides not to wait they do so at their own risk. Punting or



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drop kicking is not allowed and will result in an indirect free kick being awarded to the opposing team from the spot of the offense. If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

3. When the goalkeeper is taking a goal kick the opposing team must move behind the build out line until the ball is put into play. If the keeper decides not to wait they do so at their own risk. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed). If the keeper decides not to wait they do so at their own risk.
4. At the U9-U12 level, substitutions are allowed at any game stoppage and are unlimited with the referee's permission. For small-sided games, substitutes may enter the field before the player has exited with the referee's permission. See also WMYSA Policy Document 03 for additional information regarding the substitution procedure.
5. Heading is not allowed at the U11 or younger age levels. Any heading will result in an indirect free kick for the opposing team.