

2026 SDSL Grassroot Standards

	U8	U9	U10	U11	U12	U13
Playing Format	5v5 (including GK)	5v5 (including GK)	7v7 (including GK)	7v7 (including GK)	9v9 (including GK)	9v9 (including GK)
Game Duration	2x20 min.	2x20 min.	2x25 min.	2x25 min.	4x15 min.	4x20 min.
Ball Size	Size 3	Size 3	Size 4	Size 4	Size 4	Size 5
Substitutions	On the fly or Any Stoppage	On the fly or Any Stoppage	Any Stoppage (except PK)	Any Stoppage (except PK)	Any Stoppage (except PK)	Any Stoppage (except PK)
Touchline Restarts	Pass in or Dribble in	Pass in or Dribble in	Pass in or Dribble in	Pass in or Dribble in	Throw-in	Throw-in
Corner Kicks	Yes	Yes	Yes	Yes	Yes	Yes
Offside	No	No	No	No	Yes	Yes
Retreat Line	Halfway Line	Halfway Line	One Third	One Third	No	No
4 up 1 up	Yes	Yes	Yes	Yes	Yes	Yes
Free Kicks	All Indirect	All Indirect	All Indirect	All Indirect	Direct / Indirect	Direct / Indirect
Distance	5 metres / 6 yards	5 metres / 6 yards	5 metres / 6 yards	5 metres / 6 yards	9.15 metres / 10 yards	9.15 metres / 10 yards
Penalty Kick	No	No	Yes	Yes	Yes	Yes
Game Fees	\$30	\$30	\$35	\$35	\$40 Ref / \$25 AR	\$55 Ref / \$40 AR
Slide Tackles	Allowed (fair nature)	Allowed (fair nature)	Allowed (fair nature)	Allowed (fair nature)	Allowed (fair nature)	Allowed (fair nature)
Heading The Ball	Allowed but discouraged	Allowed but discouraged	Allowed but discouraged	Allowed but discouraged	Allowed	Allowed
Max. Players On The Bench	12	12	14	14	18	18
Max. Coaches On The Bench	4	4	4	4	4	4

Notes

- A goal cannot be scored directly from a dribble-in/pass-in. If the ball enters the goal without touching at least two players play is restarted with goal kick
- For all Youth Competitions, a coach must be present in Team's technical area. If there is only one coach and they are Sent off, the referee must abandon the game. The referee must submit a Special Incident Report