



Spanish Fort Sports Association SOCCER RULES

Revised – Feb '25

Here are some of the reasons why we believe that our young soccer players are best served by playing small-sided games:

1. Because we want our young soccer players to touch the soccer ball more often and become more skillful with it!

(Individual technical development)

2. Because we want our young soccer players to make more, less-complicated decisions during the game!

(Tactical development)

3. Because we want our young soccer players to be more physically efficient in the field space they are playing in!

(Reduced field size)

4. Because we want our young soccer players to have more individual teaching time with the coach! Fewer players on the field and fewer players on the team will guarantee this!

(Need to feel worthy and need to feel important)

5. Because we want our young soccer players to have more, involved playing time in the game!

(More opportunity to solve problems that only the game presents)

6. Because we want our young soccer players to have more opportunity to play on both sides of the ball!

(More exposure to attacking and defending situations)

7. Because we want our young soccer players to have more opportunities to score goals!

(Pure excitement)

8. Because we want to include children of all temperaments, assertive to shy, to have more opportunities to interact with others and the game!

(Socialization)

GENERAL RULES:

- Participation – Please ensure all players are playing an equal amount of time. If you would like a player time chart for games, please let us know and one will be provided.
- Player equipment:
 - No jewelry to be worn.
 - Shin guards and appropriate footwear must be worn to participate in all practices and games. Shin guards must be worn inside socks.
 - Please ask parents to ensure child brings a bottle of water to each practice and game.
 - All players required to bring their own ball to practice;
 - Size 3 for U6 and U8.
 - Size 4 for U10 and U13.
- All players and parents are expected to show good sportsmanship.
- SFSA and/or the City of Spanish Fort will make all decisions related to game/practice cancellations due to weather, field conditions or other. That being said, if you as a coach feel that weather or field conditions warrant a delayed or postponed practice please do so at your discretion.
- US Youth Soccer (Small Sided Game Rules) apply
https://www.usyouthsoccer.org/assets/1/6/pdi_february_2017.pdf

U6:

- Games will be played with a size 3 ball.
- 4 quarters 7 minutes (sub breaks at halfway point of each quarter as determined by official), with 2-minute break between quarters, 4-minute halftime.
- 4 vs 4 with no goalkeepers. Coaches may coach from the field of play.
- Substitutions are unlimited at any stoppage (Sub at the mid line). Must wait for the official to call for the substitutes to come on the field.
- No head balls allowed. If a ball is headed inadvertently stop play and restart giving the opposing team the ball.
- Kickoffs, free kicks, goal kicks, and corner kicks are used to start/restart play.
- Kickoffs at center field must be kicked backwards towards a teammate, kickoffs are not to be used to take a shot at the opposing team's goal.
- Goal kicks and corner kicks to be taken in the "general vicinity" of the respective goal or corner. Free kicks are always indirect.
- On all restarts; kick-offs, goal kicks, and corner kicks please give the opposing player adequate space to get the ball in. On goal kicks this space is called a build out line.
 - A Build-Out Line is a line across the width of the field of play mid-way between the top of the penalty area and the half-way line in each half. They should be equidistant between the penalty area line and the halfway line. opponent, the opposing team must move behind the build out line until the ball is put into play.
- No penalty kicks or offsides. Having a player "camp out" close to the opposing goal on offense and their own goal on defense is not permitted. Let's get the kids on the field playing soccer and not stationary.

- Respect the referees who enforces the laws of the game. No arguing with referee (arguing with a call can result in ejection/forfeiture of game)
- **Participation – Please ensure all players are playing an equal amount of time. If you would like a player time chart for games, please let us know and one will be provided.**

U8:

- Games will be played with a size 3 ball.
- 4 quarters 8 minutes (sub breaks at halfway point of each quarter as determined by official), with 2-minute break between quarters, 4-minute halftime.
- 4 v 4 with no goalkeepers. Coaches must coach from the sidelines, not on the field of play.
- Substitutions are unlimited at any stoppage (Sub at the mid line). Must wait for the official to call for the substitutes to come on the field.
- No head balls allowed. If a ball is headed inadvertently stop play and restart giving the opposing team the ball.
- Kickoffs, free kicks, goal kicks, and corner kicks are used to start/restart play.
- Kickoffs at center field must be kicked backwards towards a teammate, kickoffs are not to be used to take a shot at the opposing team's goal.
- Goal kicks and corner kicks to be taken in the "general vicinity" of the respective goal or corner. Free kicks are always indirect.
- On all restarts; kick-offs, goal kicks, and corner kicks please give the opposing player adequate space to get the ball in. On goal kicks this space is called a build out line.
 - A Build-Out Line is a line across the width of the field of play mid-way between the top of the penalty area and the half-way line in each half. They should be equidistant between the penalty area line and the halfway line. opponent, the opposing team must move behind the build out line until the ball is put into play.
- No penalty kicks or offsides. Having a player "camp out" close to the opposing goal on offense and their own goal on defense is not permitted. Let's get the kids on the field playing soccer and not stationary.
- Respect the referees who enforces the laws of the game. No arguing with referee (arguing with a call can result in ejection/forfeiture of game)
- **Participation – Please ensure all players are playing an equal amount of time. If you would like a player time chart for games, please let us know and one will be provided.**

U10/13:

- Games will be played with a size 4 ball.
- U10
 - 2 20 min halves.
 - Substitutions are unlimited at any stoppage (Sub at the mid line). Must wait for the official to call for the substitutes to come on the field.
 - 5 v 5, 4 on field and one goalie.
 - No head balls allowed. If a ball is headed inadvertently stop play and restart giving the opposing team the ball.
- U13

- 2 25 min halves.
- Substitutions are unlimited at any stoppage (Sub at the mid line). Must wait for the official to call for the substitutes to come on the field.
- 5 v5, 4 on field and one goalie.
- No offsides
- Penalty kicks will be enforced for fouls and/or handballs within the goalie box.
- Goalkeepers to wear different color shirts.
- Respect the referees who enforces the laws of the game. No arguing with referee (arguing with a call can result in ejection/forfeiture of game)
- All other rules of the game per FIFA laws:
<https://resources.fifa.com/image/upload/laws-of-the-game-2018-19.pdf?cloudid=khhloe2xoigyna8juxw3>
- If a player has a suspected head injury the referee will pull this player for concussion initiative. The player will not be allowed back into the game without being cleared by a health care professional or certified athletic trainer. If a parent or coach insists on returning the player without being approved the referee will end the game.