



Small sided game matrix 2019



	Players	Length of Halves (min)	Ball Size	Goal size (yd)	Field size ¹ (yd)	Radius Cnt.Cir. (yd)	Field markings	Touch line restarts ²	Goal line restarts ²	Fouls	AR
6U	4 v 4 No keeper	10	3	4 x 6	25-35 x 15-25	5	Halfway line, center circle	PI	KI	IFK	No
8U	5 v 5 No keeper	20	3	4 x 6	25-35 x 15-25	5	Halfway line, center circle, goal areas, corner arcs	TI	CK, GK	IFK	Opt
10U	7 v 7	25	4	6.5 x 18	55-65 x 35-45	8	Halfway line, center circle, build-out lines, goal areas, penalty areas, penalty marks, corner arcs, corner flags.	TI	CK, GK	IFK, DFK	Yes
12U	9 v 9	30	4	6.5 x 18	70-80 x 45-55	8	Halfway line, center circle, goal areas, penalty areas, penalty marks, corner arcs, corner flags.	TI	CK, GK	IFK, DFK	Yes

¹ Length x width

² Opponents must be at least 2 yards from the ball on throw-ins and pass-ins; 5-8 yards on other restarts.

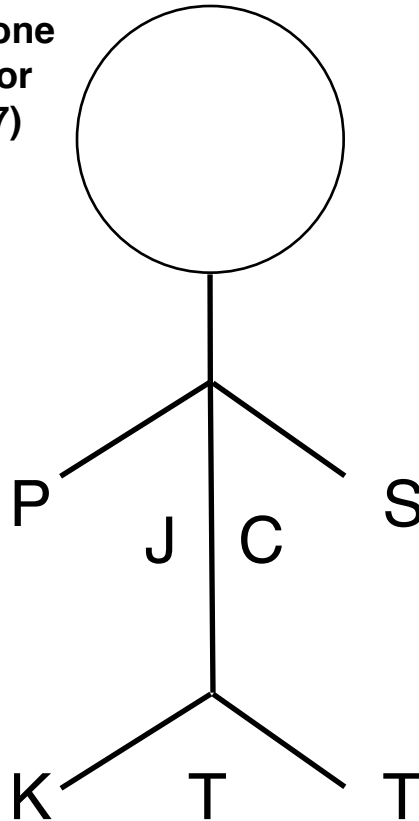
Pre-game checklist

- Pre-game instructions to ARs (10U+)
- Inspect field for hazards and that goals are in place and weighted down (not applicable for PVC goals)
- Check players equipment: Wearing the 5 S's, no jewelry, socks over shinguards
- Gather ball(s) and check for inflation.
- Place extra balls next to goals (10U+).
- Call for captains and carry out coin toss: visitors call toss, winner chooses direction or to take kick off. Teams switch sides after halftime and other team kicks off.
- Start game on time!

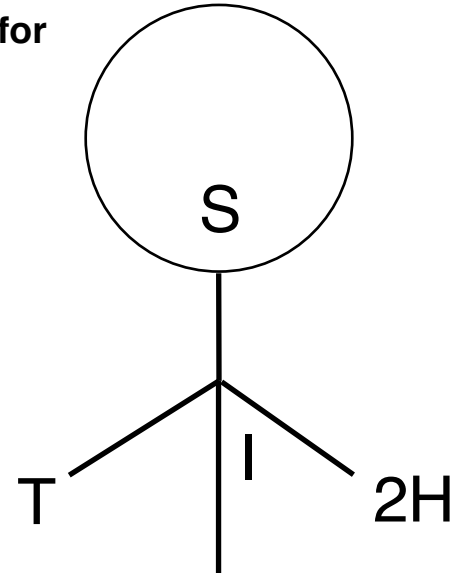
- By a player
- Against an opponent
- While ball is in play

Penalized for action done carelessly, recklessly or with excessive force (7)

- P: Pushes
- J: Jumps
- C: Charges
- S: Strikes (or attempt)
- K: Kicks (or attempt)
- T: Tackles
- T: Trips (or attempt)



Penalized for action (5)



- S: Spits at or bites any person
- H: Holds
- I: Impedes w/contact
- H: Handball offence
- T: Throws an object at ball, opponent or match official.

Most common DFK fouls committed by younger players

1. Kicks, or attempts to kick, an opponent
2. Trips, or attempts to trip, an opponent
3. Pushes an opponent
4. Holds an opponent
5. Handles the ball deliberately

Indirect Free Kick (IFK) Fouls

Goalkeeper inside own penalty area:

- Takes more than **6 seconds** to release ball from hand control (rarely called)
- Regains hand control prior to touch by another player (double touch)
- Touches ball with hands after **deliberately kicked** by team-mate
- Touches ball with hands after **throw-in** by team-mate

Player:

- Plays in a dangerous manner (most common IFK foul by younger players)
- Impedes the progress of an opponent w/out contact
- Prevents goalkeeper from releasing ball from his/her hands

Other offenses punishable by an IFK

- Keeper punts the ball (10U)
- Player deliberately heads the ball (12U and below)
- Any foul by 6U or 8U player.
- Build-out line infractions