North Fraser Youth Soccer Association (NFYSA)

U8-U13 Small Sided Game Rules

Updated August 2026

NFYSA U8-U13 SMALL SIDED SOCCER

The following game rules have been developed through consultation with the technical staffs of all NFYSA Members Clubs and fall within the rules, regulations, and/or guidelines set out in:

1) FIFA Laws of the Game Web Link
2) CSA Grassroots Standards Web Link
3) BCSA Small Sided Soccer Development Policy Web Link
4) BCSA Small Sided Rules Web Link

CATEGORY / CRITERIA	AGE GROUP			
GAME GUIDELINES:	**U8**	**U9 – U10**	**U11 – U12**	**U13**
Field Size	W: 30m – 35m L: 40m – 45m	W: 30m – 36m L: 40m – 55m	W: 42m – 55m L: 60m – 75m	W: 42m – 55m L: 60m – 75m
Goal Size	L: 12ft / 2.44m H: 6ft / 1.83m	L: 12ft / 2.44m H: 6ft / 1.83m	L: 18ft / 5.49m H: 6ft / 1.83m	L: 18ft / 5.49m H: 6ft / 1.83m
Ball Size	3	4	4	5
Game Duration (Halftime)	2 x 25min (5 min)	2 x 25 min (5 min)	2x25 min (U11), 2x35 min (U12) (5 min)	2 x 40 min (5 min)
Game Format	5 v 5 (incl. Goalkeeper)	7 v 7 (incl. Goalkeeper)	8 v 8 (incl. Goalkeeper)	9 v 9 (incl. Goalkeeper)
PLAYING RULES:	**U8**	**U9 – U10**	**U11 – U12**	**U13**
Field of Play:				
- Center Circle	5m diameter if used		9m diameter if used	
- Goal Area	Two lines perpendicular to goal line, 10m from goal posts, extended 10m into the field of play, and joined by a parallel line to goal line.		None	
- Penalty Area	None		Two lines perpendicular to goal line, 11m from goal posts, extended 11m into the field of play; a penalty mark is 9m from the midpoint of goal line.	
- Corner Flags	Not mandatory, but conform to FIFA if used			
- Corner Arcs	Not mandatory, but conform to FIFA if used			
Players:				
- Min. # of Players	4 incl. GK	6 incl. GK	7 incl. GK	8 incl. GK
- Substitutions	Unlimited, at any stoppage, with official's permission.			

PLAYING RULES (con't):	**U8**	**U9 – U10**	**U11 – U12**	**U13**
Player Equipment	Conform to FIFA except: Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams; the goalkeeper should wear a colour that distinguishes them from both teams; shin guards are mandatory and must be worn under the socks; jewelry is not permitted.			
Referee	A SSG referee or nominated person(s) may be used; role is to keep players safe and ensure game is played under the "fair play" code; a SSG referee may send a team official from the field if they fail to conduct themselves in a responsible manner.			
Assistant Referees	None required, but may be nominated persons who only indicate when the whole ball is out of play; referees decide the throw-in team.			
Start and Restart of Play	Conform to FIFA except: opponents of the kick-off team are at least 5m from ball; dropped balls are not part of SSG U8-U10 with an indirect free kick awarded to the team with possession at play stoppage.		Conform to FIFA, except opponents of the kick-off team are at least 9m from ball.	
Offside	None.		U11 - None U12-U13, Conform to FIFA.	
Fouls and Misconduct	Conform to FIFA except: all fouls result in an indirect free kick; indirect free kick awarded for goalkeeper punting ball from their goal area to opponents goal area; no cautionary cards for misconduct; if player intentionally strikes, kicks, or spits at opponent, coach will substitute them and not permit them to re-enter the game.		Conform to FIFA except: indirect free kick awarded for goalkeeper punting ball from their goal area to opponents goal area; cautionary and expulsion cards used for misconduct.	
Free Kicks	Indirect kicks only; Opponents 7m from ball.		U11 – Indirect kicks only U12-U13 – Direct & Indirect kicks; Opponents 9m from ball.	
Penalty Kicks	None.		U11 – None U12-U13: Conform to FIFA except penalty mark is at 9m from goal; all players except pk taker 9m from ball.	
Throw-In	Conform to FIFA (except U8-U11) - see pass from sideline below.			
Goal Kick	Conform to FIFA except: can be taken anywhere within goal area, and retreat line rule applied (see below).		Conform to FIFA except: can be taken anywhere within penalty area, and retreat line rule applied (see below).	
Corner Kick	Conform to FIFA except: opponents at least 7m away; a goal cannot be scored directly from a corner kick.		Conform to FIFA except: opponents at least 9m away.	

<table>
<tr><th><u>ADDITIONAL GUIDELINES:</u></th><th>U8</th><th>U9 – U10</th><th>U11 – U12</th><th>U13</th></tr>
<tr><td>Coaches on Field</td><td rowspan="2">1 coach allowed if needed until Winter Break (none from January on)</td><td colspan="3">None.
*** Coaches on field should be min. 5m from play; cannot physically move players; cannot influence or interfere with referee.</td></tr>
<tr><td>Coaches on Sidelines</td><td colspan="4">Remain in their half of the field, close to team bench; not to cross opponent’s bench area; U11-U13 may have designated technical areas.</td></tr>
<tr><td>Goalkeeper Instruction</td><td colspan="2">1 coach or team official behind goal, assist GK only (not team).</td><td colspan="2">None.</td></tr>
<tr><td>Team Benches / Spectators</td><td colspan="4">When possible, teams on one long length side of field, spectators on the opposite long length side ; no spectators behind goals.</td></tr>
<tr><td>Pass from sideline</td><td colspan="2">- Ball must be dead before restart.
- Indirect, can’t score from pass in.
- Player taking kick cannot play the ball a 2nd time before it is touched by another player; if so, free kick to opposing team.
- Opponent must start 2m away</td><td colspan="2">U11 – Dribble In and Pass In

U12-U13 – Throw In</td></tr>
<tr><td>Retreat Line</td><td colspan="2">During a goal kick or goalkeeper has ball in hands, opposing team must retreat to <u>HALF LINE</u> and cannot pursue ball until: (1) GK’s teammate receives ball, (2) ball travels over retreat line, or (3) ball leaves the field of play.</td><td colspan="2">U11 – Yes 1/3 defensive line

U12-U13 - None</td></tr>
<tr><td>Encroachment of Retreat Line</td><td colspan="4">If defending team encroaches retreat line early, referee stops play and issues a re-take of the goal kick.
Repeated infringement the retreat line will result an indirect free kick from where the offence occurred.</td></tr>
<tr><td>5 Goal Differential Rule</td><td colspan="2">A team down by 5 goals or more may add an ‘additional’ player to the field, while leading team still plays with the same number; when differential drops to 4 goals, the extra player must be removed. This scenario will continue for the entire game, based upon the score of the goal differential. Onus is on the coaches to communicate any player additions / subtractions with each other and the referee.</td><td colspan="2">No rule, per BCCSL.</td></tr>
</table>