

South Country Youth Soccer League

Intramural Rules and Regulations – Small Sided Games

Division 1

Teams will play 5v5

- 1 Goalkeeper and 4 outfield players per team

Rosters will have 9 players maximum

The game will be capped at 4 x 10-minute quarters with a 5-minute break in between each quarter

Substitutions will be rolling and can be made at any point during the game

- A coach does not have to wait for a stoppage.

The field will be 35x25

The goals will be

The penalty box will be

The ball will be a size 3 futsal ball.

Goal Kicks are taken from the top of the penalty box, on the ground.

- Outfield players are not allowed to take goal kicks

Goalkeepers are not allowed to punt.

There are no throw-ins. Players must pass the ball in, on the ground.

Corners are allowed

No player is allowed to header the ball.

- As per USSF Rules and Regulations this will result in a Free Kick to the opposition

Division 2

Teams will play 7v7 with 1 Goalkeeper and 6 outfield players per team.

- 1 Goalkeeper and 6 outfield players per team

Rosters will have 12 players maximum.

The game will be capped at 2 x 25-minute halves with a 5-minute break in between.

Substitutions will be rolling and can be made at any point during the game.

- A coach does not have to wait for a stoppage.

The field will be 60x35

The goals will be

The penalty box will be

The build out line will be 20 yards from the goal.

The ball will be a size 4 regular ball.

Goal Kicks are taken from the top of the penalty box, on the ground.

- Outfield players are not allowed to take goal kicks.

During a goal kick, the team in possession can start wherever they wish on the field. The team that does not have possession must retreat behind the build out line and are not allowed to press the ball until it has been kicked by the goalkeeper.

Goalkeepers are allowed to punt.

Throw ins are allowed

Corners are allowed

No player will be allowed to header the ball

- As per USSF Rules and Regulations this will result in a Free Kick to the opposition

Offside will be enforced very loosely. A player must be in a blatant offside position (behind the last defender) to be penalized. If it is close or within a couple of steps, referees are encouraged to offer a warning to the players as opposed to disrupting the flow of the game.