

SOSA League – Laws of the Game Summary 2025 (U9 Rules posted separately)

	U10	U11	U12	U13	U14-18
Ball Size	4	4	4	5	5
Off-sides	No	No	Yes	Yes	Yes
Throw-Ins	No	No	Yes	Yes	Yes
Goal Size (in feet)	16X6	16X6	18X6	full	full
Length of Games	2X25min	2X25min	2X35 min	2X40 mins	2X45 mins
Minimum Players on Field	5	5	6	9	9
Maximum Players on Field	7	7	9	11	11
Maximum Players on Game Sheet	14	14	16	18	18
Distance from Ball on Restarts (in yards)	6	6	6	10	10
Retreat Line (1/3 of field)	Yes	Yes	Yes	No	No
Pass in/ Dribble in	Yes	Yes	No	No	No
Substitution on Stoppage of Play (Note 2) Substitution on Throw-in at Request of Attacking Team (Note 3) Substitution on Corner Kick at Request of Attacking Team	Unlimited (Any Stoppage)			<ul style="list-style-type: none"> Goals Goal Kicks 2nd Half Restart Own team throw-in or “piggy back” on opponent’s Replace injured player 	<ul style="list-style-type: none"> Goals Goal Kicks 2nd Half Restart Own team throw-in or “piggy back” on opponent’s Replace injured player
Substitution for Sent Off Players				No	No
Yellow Cards				Yes	Yes
Red Cards				Yes	Yes
Free Kick (with exception of penalty kick)	Indirect	Indirect	FIFA Law	FIFA Law	FIFA Law

Note 1: SOSA implements the retreat line for U10-U12

Note 2: Stoppages of play where a substitution may be made are: throw ins, goal kicks, scoring of a goal, at half time and to replace an injured player.

Note 3: The defending team may request a substitution “piggy-back” on a throw on when the attacking team does so.

Note 4: For U10-U12 in cases of extreme misconduct, the Coach is expected to keep the player off the field for the remainder of the game.

Penalty Areas: U10 and U11 = 12mX15m; U12/U13 – 13mX32m

Penalty Spot: The penalty spot will be 9 metres from the midpoint between the goals.

For more information, please contact southeastsoccer@gmail.com

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