

SOSA League – Laws of the Game Summary (2021)

	U9	U10	U11	U12	U13/U14
Ball Size	#4	#4	#4	#4	#4
Off sides	No	No	No	Yes	Yes
Throw-Ins	No	No	No	Yes	Yes
Goal Size (in feet)	16x6	16x6	18x6	18x6	
Length of Games	2x25min	2x25min	2x25min	2x35min	2x40min
Minimum Players on Field	5	5	5	6	9
Maximum Players on Field	7	7	7	9	11
Maximum Players on Game Sheet	14	14	18	18	20
Distance from Ball on Restarts (in yards)	6	6	6	6	6
Retreat Line	Yes	Yes	Yes	Yes	No
Pass in/Dribble In	Yes	Yes	Yes	No	No
Substitution on Stoppage of Play (Note 2)	Unlimited (Any Stoppage)				
Substitution on Throw-in at Request of Attacking Team (Note 3)					
Substitution on Corner Kick at Request of Attacking Team					
Substitution for Sent Off Players	N/A	N/A	N/A	Yes	No
Yellow Cards	No	No	No	Yes	Yes
Red Cards	No	No	No	Yes	Yes

Pass Backs to Keeper Allowed (Keeper cannot pick-up ball)	No	No	No	No	No
---	----	----	----	----	----

Note 1: SOSA implements the retreat line for U9 to U12.

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

Note 3: The defending team may request a substitution on a throw-in when the attacking team does so.

Note 4: For U9-U12 in cases of extreme conduct, the Coach is expected to keep the player off the field for the remainder of the game.

Penalty areas: For U9, U10 and U11 – 12m x 15m; For U12 / U13 – 13m x 32m

Penalty spot: The penalty spot will be 9 metres from the midpoint between the goalposts and equidistant to

them. For more information, please contact admin@sosaleague.com.