SOSA League – Laws of the Game Summary (2014)

	U9	U10	U11	U12	U13	U14	U15	U16	U17/18
Ball Size (Note 1)	#4	#4	#4	#4	#5	#5	#5	#5	#5
Off sides	No	No	Yes						
Throw-Ins	No	No	Yes						
Goal Size (in feet)	16x6	16x6	18x6	18x6	24x8	24x8	24x8	24x8	24x8
Length of Games (Note 1)	2x25	2x25	2x35	2x35	2x40	2x45	2x45	2x45	2x45
	min	min	min	min	min	Min	Min	Min	Min
Minimum Players on Field	5	5	6	6	7	7	7	7	7
Maximum Players on Field	7	7	9	9	11	11	11	11	11
Maximum Players on Game Sheet	14	14	16	16	18	18	18	18	18
Distance from Ball on Restarts (in yards)	6	6	6	6	10	10	10	10	10
Retreat Line	No	No	No	No	No	No	No	No	No
Substitution on Stoppage of Play (Note 3)	Unlimited (Any Stoppage)				Yes	Yes	Yes	Yes	Yes
Substitution on Throw-in at Request of Attacking Team (Note 4)					Yes	Yes	Yes	Yes	Yes
Substitution on Corner Kick at Request of Attacking Team					No	No	No	No	No
Substitution for Sent Off Players	N/A	N/A	N/A	Yes	No	No	No	No	No
Yellow Cards	No	No	Yes						
Red Cards	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Pass Backs to Keeper Allowed (Keeper cannot pick-up ball)	No	No	No	No	No	No	No	No	No

Note 1: When a division is a split division, game length and ball size will go with the older age group. (I.e. U12/13 will play 40 minute halves and use a size 5 ball. Girls U10/11 division will be playing with the U10 rules.

Note 2: SOSA implements the retreat line for 6&7 year olds only.

Note 3: 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 4: The defending team may request a substitution on a throw-in when the attacking team does so.

Note 5: 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 and U10 – 12m x 15m; For U11 and U12 – 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.