

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.