



SMALL SIDED GAME PROCEDURES

Updated: 6/29/2025

The following rules address the Wichita Regional Soccer Association (WRSA) small-sided game procedures based on US Youth Soccer Federation and FIFA Laws of the Game. If something is not accounted for in these procedures, FIFA rules will apply. This document sets out the recommended field dimensions, the length of the halves, and the playing rules for small-sided games for U5-6 (4v4), U7-8 (5v5), U9-10 (7v7), and U11-12 (9v9).

Small-sided standards are youth games played with less than 11 players on each team. Playing with less players on the field means that players are constantly involved in play with more opportunities for touches on the ball and overall player development. Not only are there fewer players, but small-sided games also use smaller fields, goals and balls, shorter game times and some different rules to optimize the game for younger players.

All coaches, spectators and players must model respect, good conduct and sportsmanship throughout the game. Players should receive equal playing time where possible.

Soccer Rules applied to all small-sided games:

- Team Official requirements:
 - Team officials are defined as coach, manager or trainer who complete the following requirements prior to being eligible to be on the team sideline. A team official card is issued by WRSA to show eligibility and is required at check-in.
 - Background check – must complete and be approved by KSYSY every two (2) years, \$20 online fee paid online
 - Safe Sport – must complete initial and annual certification – free online
 - Picture added to print on team official card.
 - Spectators are not allowed in the team technical area (player bench and area around player bench) and will be required to remain in the approved spectator location.
 - No more than 3 team officials allowed in the team technical area during a game with a maximum of five (5) team officials listed on the official roster.
- Spectator sideline placement:
 - For small-sided games, the spectators are on the same side of the field as the team but located on separate halves of the field.
 - Spectators are not to be behind the team bench, behind the goal or on the opposing team's sideline.
- Player Uniform and Documentation:
 - All teams are to have uniform sets of the same color to include jersey, socks and shorts with a unique number clearly seen on the back of the jersey.
 - For U5-U8, having an alternate jersey available is recommended. T-shirts or pennies may be used as alternate color jerseys.
 - For U9-U12, teams are required to have an alternate jersey color, as the home team will change if there is a jersey conflict. In the spirit of sportsmanship, both teams should work together to find a suitable solution if both team colors are the same.
 - Shin guards and appropriate footwear are mandatory. Cleats with metal studs are not allowed.

- All players must have an approved proof of birth submitted to the WRSA office prior to being eligible to play. Most common documents are birth certificate or passport.
- Effective Fall 2025, all players U5-U8 will be required to submit a picture (headshot) of the player to the WRSA office prior to being eligible to play.
- Coaches are responsible for collection of the proof of birth and picture and submitting to the WRSA office prior to start of the league season.
- Fouls and Misconduct:
 - All standard fouls as defined in FIFA's Laws of the Game apply.
 - Referee decisions are final.
 - Yellow and red cards may be issued. Serious misconduct from coach, player or spectator may result in removal from the game. WRSA Disciplinary Action Committee (DAC) will review any negative behavior to determine appropriate actions needed. Negative behavior before, during or after the game is not acceptable and will be reviewed by WRSA DAC when reported.

4v4 Soccer procedures – U5/6 teams

- Team Composition:
 - 4 players per team on the field of play, maximum number of players on the roster is 8.
 - Minimum to start or continue to play the game is 3 players.
 - A goalkeeper is not allowed, and no player may act as a goalkeeper or stand inside the goal area.
- Match Duration, Field and Equipment:
 - Two halves of 20 minutes each with a 5-minute half time.
 - To keep games on-time, referees will only add minimal stoppage time.
 - Ball size is #3.
 - Goal size is 4 ft high and 6 ft wide with recommended field size 20-30 yards wide by 25-35 yards long.
- Rules of Game Play:
 - ALL restarts are indirect kicks. There are NO penalty kicks or direct kicks. Kick-ins replace throw-ins.
 - All free kicks require defending players to be at least 5 yards from the ball.
 - There is NO offside rule applied in 4v4 play.
 - Heading is not allowed and will result in an Indirect free kick at the spot of the infraction.
 - Since there is no penalty area, a Goal Kick is in play when it kicks and moves, and all defending players are the required 5 yards away.
 - Substitutions are unlimited and may occur at stoppages with possession and with referee permission.

5v5 Soccer procedures – U7/8 teams

- Team Composition
 - 5 players per team on the field of play which includes 1 goalkeeper, maximum number of players on the roster is 10.
 - Minimum to start or continue to play the game is 3 players with one being a goalkeeper.
- Match Duration, Field and Equipment:
 - Two halves of 20 minutes each with a 5-minute half time.
 - To keep games on-time, referees will only add minimal stoppage time.
 - Ball size is #3
 - Goal size is 4 ft high and 6 ft wide with recommended field size 25-30 yards wide by 35-45 yards long.

- Rules of Game Play:
 - ALL restarts are indirect kicks. There are NO penalty kicks or direct kicks.
 - All free kicks require all defending players to be at least 5 yards from the ball.
 - Throw-ins will be used when the ball exits the field of play via the touchline.
 - Heading is not allowed and will result in an Indirect free kick at the spot of the infraction.
 - There is NO offside rule applied in 5v5 play.
 - Substitutions are unlimited and may occur at stoppages with possession and with referee permission.

7v7 (U9-10 teams) and 9v9 (U11-U12 teams) Soccer procedures:

- Team Composition
 - **7v7 game:** 7 players per team on the field of play which includes 1 goalkeeper, maximum number of players on roster is 14. Minimum to start or continue to play the game is 5 players with 1 being the goalkeeper.
 - **9v9 game:** 9 players per team on the field of play which includes 1 goalkeeper, maximum number of players on roster is 16. Minimum to start or continue to play the game is 6 players with 1 being the goalkeeper.
- Match Duration, Field and Equipment:
 - To keep games on-time, referees will only add minimal stoppage time.
 - Ball size is #4
 - **7v7 game:** Two halves of 25 minutes each with a 5-minute half time. Goal size is 6.5 ft high and 18.5 ft wide with recommended field size 45-55 yards wide by 60-70 yards long.
 - **9v9 game:** Two halves of 30 minutes each with a 5-minute half time. Goal size is 6.5 ft high and 18.5 ft wide with recommended field size 55-65 yards wide by 70-80 yards long.
- Rules of Game Play:
 - All free kicks require all defending players to be at least 7 yards from the ball.
 - The offside rule is enforced according to FIFA Law 11.
 - Heading is not allowed in 7v7 games and U11 games but allowed in U12 as the majority of players are 11 or older. Illegal heading will result in an Indirect free kick at the spot of the infraction.
 - Substitutions are unlimited and may occur at stoppages with possession and with referee permission.