

WOSC Competition Rules Summary

Updated: June 2025	U8	U9-10	U11	U12	U13-14	U15-18	Adult
Game Details							
Ball Size	4	4	4	4	5	5	5
Field Size	1/2 Mini Field	Mini Field	Mini Field	Full Field	Full Field	Full Field	Full Field
Game Duration	2 x 25 min	2 x 25 min	2 x 35 min	2 x 40 min	2 x 40 min	2 x 45 min	2 x 45 min
Type of Goal [see Note 1]	Two Pugg Nets	Fixed Mini Goals	Fixed Mini Goals	Regular Goals	Regular Goals	Regular Goals	Regular Goals
Minimum Number of Players	5	5	5	7	7	7	7
Maximum Number of Players	5	7	7	11	11	11	11
Player sharing (If a team is below min #) [see Note 2]	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Wait time for minimum number of players	15 min	15 min	15 min	15 min	15 min	15 min	15 min
Game Sheets [see Note 3]	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Coach on-field [see Note 4]	Games 1-3	Games 1-3	No	No	No	No	No
Team/Spectator Location [see Note 5]	Teams: Both team benches on the same side of the field. Spectators: Opposite side of the field from the team benches.						
Modified Rules							
Restarts [see Note 6]	Kick-In OR Dribble-In	Kick-In OR Dribble-In	Kick-In OR Dribble-In	Throw-In	Throw-In	Throw-In	Throw-In
Free Kicks	Indirect	Indirect	Indirect	Direct and Indirect	Direct and Indirect	Direct and Indirect	Direct and Indirect
Distance at Free Kicks	5 metres	5 metre	5 metres	9.15 metres	9.15 metres	9.15 metres	9.15 metres
Penalty Kick [see Note 7]	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Retreat Line [see Note 8]	Yes	Yes	Yes	Yes	No	No	No
Substitutions [see Note 9]	Any stoppage	Any stoppage	Any stoppage	Permitted stoppages	Permitted stoppages	Permitted stoppages	Permitted stoppages
Offside	No	No	No	Yes	Yes	Yes	Yes
Slide Tackling [see Note 10]	No	No	No	Yes	Yes	Yes	Yes
Yellow Cards and Red Cards [see Note 11]	No	No	No	Yes	Yes	Yes	Yes
High Scoring Game Rule [see Note 12]	Yes	Yes	Yes	Yes	Yes	Yes	No

Key Information for All Recreation Age Groups

- * Players registered with Representative teams are not eligible.
- * The purpose of Recreational Soccer is to allow the players to make decisions, express themselves and to keep the game flowing.
- * Coaches are to provide verbal support to players during games. Coach the players while they are off the field or at practice.
- * Since there is no scores or standings, there are no forfeits in U8-11 soccer. Team should share players or shrink the field size if needed.
- * Only the referee can abandon a game due to severe weather or unusual conditions. Always go to the field for your scheduled games.

Notes

1. U8 Pugg Net Set Up

Place the Pugg Nets side-by-side in the middle of the 5 x 8 m goalkeeper area to form the goal at one end of the field. A goal will be counted if it fully crosses the goal line into either of the Pugg Nets. For example, it is NOT a goal if:

- the ball hits the middle of where the two Pugg Nets are joined and does not cross the goal line.
- the ball crosses the goal line between the two Pugg Nets when the ball is in the air.

2. Player Sharing

If a team is unable to supply the Minimum Number of Players (see above) for the game to be played, the opposing team will share players to ensure that the game can be played.

3. Game Sheets

All players must be listed on the game sheet. Each team must provide two game sheets to the referee before the game. At the end of the game, the referee will complete and sign all game sheets. The Home Coach will enter the score into the PowerUp Coach System.

The referee will:

- return one completed game sheet to the coach or each team.
- keep one game sheet as proof for payment and to resolve any future discrepancies.
- enter the score online into Ref Centre.
- scan or take a clear photo of the game sheets, and email them within 48 hours to admin@wosc.com

4. Coaches On-Field

Coaches are allowed on the field during the first 3 weeks to provide additional assistance to their team in U8-10 games only. After week 3, please respect that the players require opportunity to discover "their game" and coach presence on the field becomes a major distraction/barrier to that individual success/creativity.

5. Team/Spectator Location

Both team benches are to be on the same side of the field, as chosen by the home coach. All spectators are to be on the opposite side of the field from the team benches. Additionally, spectators are not permitted anywhere along the goal line.

6. Restarts

U8-11: Pass-In OR Dribble-In: Ball is placed on the touch line and kicked or dribbled back into the field of play. A Pass-In or Dribble-In that is taken incorrectly will be re-taken by the same team.

U12-18: Throw-in: Ball is thrown-in with two hands, starting from behind the head, with both feet on the ground. If the throw-in is taken incorrectly, it is re-taken by a player of the opposing team.

7. Penalty Kick

The penalty kick shall be taken from the penalty mark, located as follows: U8 = 5 metres (6 yards), U9-11 = 9 metres (10 yards), U12-18 = 11 metres (12 yards).

When the penalty kick is being taken, all players shall be at least 5 metres away from the ball and must stand behind the ball.

8. Retreat Line

When the goalkeeper has the ball in their possession at a goal kick or after making a save, opposing players are to move quickly to the Retreat Line. The attacking players may cross the Retreat Line once the ball has been kicked AND:

- is touched by a player on the defending team OR
- crosses the Retreat Line OR
- the ball stops moving.

U8: attacking players are to retreat to the halfway line.

U9-U12: attacking players are to retreat to the attacking edge of the centre circle.

9. Substitutions

Unlimited substitutions may be made throughout the game, at the discretion of the referee, who shall be advised of all substitutions.

U8-11: Substitutions are permitted at any stoppage.

U12-18: Substitutions are permitted at goal kicks, half-time, after a goal, for an injured player, and on a team's own throw-in. Once a substitution on a throw-in has been initiated, the opposing team may also substitute their players.

10. Slide Tackles

There is no slide tackling in Small Sided soccer (U8-11) due to safety concerns.

If player A is dribbling, and player B wants to win possession of the ball and slides towards the player, that is considered a slide tackle, and the play will be stopped by the referee. Players are permitted to leave their feet to play the ball if they are in possession of the ball. For example, to keep a ball in play, taking a shot or loss of balance. Coaches are responsible ensuring their players understand the limitations of slide tackling.

11. Yellow Cards and Red Cards

There are no yellow cards or red cards in Small Sided soccer. For U8-11, players are to be substituted if they are acting in such a manner that would normally warrant a yellow card or a red card. The referee must inform the coach of the respective team accordingly.

12. High Scoring Game Rule

U8: A team behind by 4 goals can remove one Pugg Net until the score returns to a 3-goal differential.

U9-11: A team behind by 4 goals can add one player onto the field until the score returns to a 3-goal differential. An additional player can be added by the team behind with each additional goal scored by the opposing team, up to a maximum of 2 players added.

U12-18: A team ahead by 4 goals shall remove one player from the field until the score returns to a 3-goal differential. An additional player shall be removed by the team ahead with each additional goal, up to a maximum of 3 players removed.