

LAMBETH YOUTH SOCCER CLUB

House League Program — Official Game Rules

U6 | U8 | U10

U6 and U8 games are governed by the Mini Soccer rules below. **U10** games follow these same rules with a few differences, which are clearly noted throughout this document.

Quick Reference — Division Differences

Rule	U6	U8	U10
Half Length	20 min	25 min	25 min
Ball Size	Size 3	Size 3	Size 4
Shift Changes (every 5 min)	Yes	No	No
Coach on Field	Yes (1)	No	No
Offside	Not enforced	Not enforced	Not enforced
Penalty Kicks	No	No	Yes
Free Kicks	No	No	Indirect only
Retreat Line	Enforced	Enforced	Enforced

LAW 1 — The Field of Play

- Fields are rectangular with clearly marked touch lines (longer sides) and goal lines (shorter sides).
- Centre line, goal area, and penalty areas must be clearly marked.
- The retreat line is marked by two cones on each side of the field (four cones total).
- Games are played on 3/4 size pitches with permanent goals anchored securely to the ground.
- Spectators must remain on one side of the field, approximately 1 metre from the sidelines, opposite their team's bench.

LAW 2 — The Ball

- The ball must be spherical, properly inflated, and made of suitable material.
- U6 and U8: Size 3 ball.
- U10: Size 4 ball.

LAW 3 — Number of Players

- Each team fields 7 players, including a goalkeeper.
- Minimum 5 players required to continue play if a team is short.
- U6 only: One coach per team is permitted on the field of play.

Substitutions

- Any number of substitutions may be made at a stoppage of play.

Stoppages that allow substitutions include:

- Goal kicks, kick-offs, restarts after a goal, and injury stoppages (only the injured player may be subbed on injury).
- When a throw-in has been awarded.
- *Corner kicks do NOT allow substitutions.*
- The referee must be notified of any substitution, and the player may only enter after the referee acknowledges it.
- When one team substitutes, the opposing team may also substitute at the same stoppage.

LAW 4 — Player Equipment

Required equipment for all players:

- Soccer shoes, shin guards covered by official soccer socks, shorts, and team-coloured shirts.
- Goalkeepers must wear a colour that distinguishes them from all other players and the referee.

Safety requirements — the following are NOT permitted:

- Jewellery of any kind, including earrings. Band-Aids or tape may cover stud earrings only.
- Metal or plastic hair clips.
- Metal cleats.
- Any equipment that could be dangerous to the player or others.

LAW 5 & 6 — The Referee and Assistant Referee

- Each match is controlled by a referee who has full authority to enforce the Laws of the Game.
- The referee's decisions are final.

- Assistant referees support the referee in controlling the match.

LAW 7 — Duration of the Match

- U6: Two halves of 20 minutes each. The referee whistles a shift change every 5 minutes (unless both coaches agree otherwise).
- U8 and U10: Two halves of 25 minutes each.
- Half-time interval: Maximum 5 minutes. No allowance is made for lost time.
- Teams switch ends at half-time.

LAW 8 — Start and Restart of Play

- A coin toss determines which goal the winning team attacks in the first half. The other team takes the opening kick-off.
- The team that wins the toss takes the kick-off to start the second half.
- At kick-off, the opposing team must remain outside the centre circle until the ball is played.
- Teams shake hands at the start of each game.
- Games start promptly at the scheduled time.
- A drop ball is used to restart play after a temporary stoppage not covered elsewhere in these rules (e.g., player injury).

LAW 9 — Ball In and Out of Play

- The ball is out of play when it has completely crossed the goal line or touch line, whether on the ground or in the air.

LAW 10 — Scoring a Goal

- A goal is scored when the entire ball passes over the goal line, between the posts and under the crossbar.

LAW 11 — Offside

- Offside is NOT enforced in U6, U8, or U10 games.

LAW 12 — Fouls and Misconduct

A foul or misconduct occurs when a player:

1. Kicks or attempts to kick an opponent.
2. Trips or attempts to trip an opponent.
3. Jumps at an opponent.
4. Charges an opponent.
5. Strikes or attempts to strike an opponent.
6. Pushes an opponent.
7. Tackles an opponent and makes contact with the opponent before the ball.
8. Holds an opponent.
9. Spits at an opponent.
10. Deliberately handles the ball (excluding the goalkeeper within their own penalty area).
11. Plays in a dangerous manner.
12. Impedes the progress of an opponent.
13. Prevents the goalkeeper from releasing the ball.
14. Commits any other offence not covered above.

Goalkeeper-Specific Offences

A goalkeeper commits a foul if they:

- Hold the ball for more than 6 seconds before releasing it.
- Touch the ball again with their hands after releasing it.
- Touch the ball with their hands after it was deliberately kicked to them by a teammate.
- Touch the ball with their hands directly from a throw-in by a teammate.
- Waste of time.

Free Kicks

- U6 and U8: No free kicks are awarded. Fouls are restarted appropriately at the referee's discretion.
- U10: All fouls result in an indirect free kick for the opposing team (except penalty kicks — see Law 13).

 *Indirect free kick: The ball must touch a second player before entering the goal. All opponents must be at least 5 metres from the ball.*

LAW 13 — Penalty Kicks (U10 Only)

 *Penalty kicks apply to U10 games only. They are not awarded in U6 or U8.*

- A penalty kick is awarded when any of the first ten fouls listed in Law 12 is committed by a defending player inside their own penalty area.
- The ball is placed on the penalty mark, 8 metres from the goal.

- The defending goalkeeper must remain on the goal line, facing the kicker, until the ball is kicked.
- All other players must be on the field at least 3 metres from the penalty mark.

LAW 14 — Throw-Ins

- A throw-in is awarded when the whole ball crosses the touch line. It is taken from where the ball crossed the line.
- The throw-in goes to the team that did not last touch the ball.
- A goal cannot be scored directly from a throw-in.

When taking a throw-in, the thrower must:

- Face the field of play.
- Have part of each foot on or outside the touch line.
- Use both hands and deliver the ball from behind and over their head.
- Not touch the ball again until it has touched another player.

 *At the referee's discretion, a player may re-take an incorrect throw-in. A maximum of two re-takes is allowed before possession is given to the opposing team.*

LAW 15 — Goal Kicks

- Awarded when the attacking team last touches the ball before it crosses the goal line without a goal being scored.
- The ball is kicked from any point within the goal area by a defending player.
- The ball is in play once it has travelled forward at least 3 metres.
- The kicker may not play the ball again until it has touched another player.
- A goal may be scored directly from a goal kick, but only against the opposing team.

LAW 16 — Corner Kicks

- Awarded when the defending team last touches the ball before it crosses the goal line without a goal being scored.
- The ball is placed inside the corner arc at the nearest flag post.
- Opponents must remain at least 5 metres from the ball.
- The ball is in play once it is kicked and moves.
- The kicker may not play the ball again until it has touched another player.
- A goal may be scored directly from a corner kick.

 *Corner kicks do NOT allow substitutions.*

LAW 17 — Retreat Rule

- All opponents must be behind the retreat line (1/3 of the field) and cannot cross until the ball has either:
 - Been touched by a player of the team receiving the targeted goal kick from the goalkeeper or player kicking the goal kick.
 - Leaves the field of play.
 - Crosses the retreat line (if the goalkeeper chooses to play the ball across the retreat line prior to the opposition crossing the retreat line).
- Is released by the goalkeeper's hands to allow distribution with their feet (drops the ball to pass/dribble with their feet).

EMERGENCY & WEATHER CONDITIONS

Thunder and Lightning

- At the first sight of lightning, the referee will immediately blow the whistle and stop play.
- All players, coaches, and spectators must leave the field immediately.
- A mandatory 30-minute wait is required before play can resume.
- If either team does not wish to continue after the delay, both coaches must agree and the score stands as-is.

Heat and Humidity

- Conditions become critical when the temperature exceeds 30°C or the humidex exceeds 34.
- The referee has discretion to shorten each half — coaches must be notified before kick-off.
- The referee may also call a short 2-minute water break in the middle of each half.