



Small Sided Games - 4v4 Format

FORMAT	BALL SIZE	OFFSIDE	THROW INS	KICK INS	DRIBBLE INS	PASS BACK RULE APPLIED	FREE KICKS	CORNERS	RETREATING LINE	SUBSTITUTES	REFEREE	TROPHY / RESULTS	PITCH SIZE
4v4	3	No	No	Yes	Yes	No	Indirect	Short	No but halfway after a goal	Rolling	No	No	20 x 30 Max

Small Sided Games - 5v5 Format

FORMAT	BALL SIZE	OFFSIDE	THROW INS	KICK INS	DRIBBLE INS	PASS BACK RULE APPLIED	FREE KICKS	CORNERS	RETREATING LINE	SUBSTITUTES	REFEREE	TROPHY / RESULTS	PITCH SIZE
5v5	3	No	No	Yes	No	No	Indirect	Short	No but halfway after a goal	Rolling	No	No	30 x 40 Max

Small Sided Games - 7v7 Format

FORMAT	BALL SIZE	OFFSIDE	THROW INS	KICK INS	DRIBBLE INS	PASS BACK RULE APPLIED	FREE KICKS	CORNERS	RETREATING LINE	SUBSTITUTES	REFEREE	TROPHY / RESULTS	PITCH SIZE
7v7	4	No	Yes	No	No	No	Indirect	Short	Yes	Rolling	No	No	40 x 60 Max

- Retreating line: Team who score retreat to halfway and conceding team start from own goal by passing out or dribbling out. Goal kicks are the same as the restart where the ball is spotted and dribbled out or passed out. No kicking from hands.
- Saved ball from play – Can be kicked from hand but should encouraged to play it out from the back as opposed to long balls.
- For the 7v7s, a retreating line is in place. GK spots the ball and plays out to a player in their own team who can enter the retreating area. No opposition can enter the retreating area until a touch has been taken by that player.
- Coaches to work together on same side. Coaches recommended to call fouls on own and opposing team.**