

SMALL SIDED GAMES FORMATS & RULES 2026



	YEAR OF BIRTH	2020	2019	2018	2017	2016	2015	2014
	SWF	U7	U7	U8	U10	U10	U12	U12
	MAX PERMITTED FORMAT	4v4 Multi Game	4v4	5v5	7v7	7v7	7v7	9v9
	ADVISED MAXIMUM GAME-DAY SQUAD	6	6	7	10	10	10	14
	PLAYING SEASON	March to November	March to November	March to November	March to November	March to November	March to May Transition to 9s June 2026	June 2026 to May 2027
	BALL SIZE	3	3	3	4 Boys 3 Girls	4 Boys 3 Girls	4	4
	OFFSIDE	✗	✗	✗	✗	✗	✗	✓
	THROW INS	✗	✗	✗	✗	✗	✓	✓
	KICK INS	✓	✓	✓	✓	✓	✗	✗
	DRIBBLE IN	✓	✓	✓	✗	✗	✗	✗
	PASS BACK RULE APPLIED	✗	✗	✗	✗	✗	✗	✓
	FREE KICKS	Indirect	Indirect	Indirect	Indirect	Indirect	Indirect	Indirect
	CORNERS	Short	Short	Short	Short	Short	Short	Short
	RETREATING LINE	✗ But Halfway after a goal	✗ But Halfway after a goal	✗ But Halfway after a goal	✓	✓	✓	✗
	SUBSTITUTES	Rolling	Rolling	Rolling	Rolling	Rolling	Rolling	Rolling
	MAX LENGTH OF GAME	10 mins (Max 4 games)	10 mins (Max 4 games)	2x 10mins x 2 or 3 x 15mins	2x 20mins or 3 x 15mins	2x 25mins or 3 x 15mins	2x 25mins or 3 x 15mins	2x 30mins
	REFEREE	✗	✗	✗	✗	✗	✗	Optional
	TROPHY / RESULTS	✗	✗	✗	✗	✗	✗	✗
	MAX PITCH DIMENSIONS	20 x 30m	20 x 30m	30 x 40m	36 - 45m x 55 - 65m 13m retreating line	36 - 45m x 55 - 65m	36 - 45m x 55 - 65m	42 - 47m x 65 - 75m
	MAX GOAL SIZE	2.5 x 1.2m (8ft x 4ft)	2.5 x 1.2m (8ft x 4ft)	4.9 x 1.8m (16ft x 6ft)	4.9 x 1.8m (16ft x 6ft)	4.9 x 1.8m (16ft x 6ft)	4.9 x 1.8m (16ft x 6ft)	4.9 x 1.8m (16ft x 6ft)