

Niagara SL Rules Summary 2026

	U8 & U9	U10	U11	U12	U13
Ball Size	4	4	4	4	5
Max Goal Size	5 x 8	6 x 16		6 x 18	
Match Duration	2 x 20 minute matches	2 x 25 minutes	2 x 25 minutes	2 x 35 minutes	2 x 40 minutes
Scores and Goal Scorers	None				
Minimum Players on Field	3	5	5	6	6
Maximum Players on Field	5	7	7	9	9
Maximum Players on Game Sheets	12	14	14	18	18
Sideline Restarts	Pass or Dribble In			Throw-In	
Yards from Ball on Restarts	NA	6			
Offside	No			Yes	
Retreat Line (see note 1)	Halfway	1/3		No	
Substitutions	All stoppages & on the fly	All stoppages		Stoppages (scoring of a goal, goal kick, player injury, halftime and on own throw-ins (piggy backing is permitted)	
Cautions and Dismissals (see note 2)	No			Yes	
Substitute Dismissed Players	Yes			No	

For small-Sided games, all free-kicks are indirect except penalty kicks

For U9 - U12, the penalty spot will be 9 yards from the midpoint between the goalposts and equal distance to them.

has played it or the ball crosses the retreat line. The line of retreat also applies after a save when the ball is in the Goalkeeper's hands. If a Goalkeeper chooses to drop the ball to his/her feet, the ball is live, whether or not the opposing team has fully retreated. Violations will result in a re-kick for the Kicking Team.

Note 2: U9 to U11 players are to be replaced if they are acting in such a manner that would normally warrant issuance of a yellow card. The referee will inform the team coach.