

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 - 25 minute matches | 50 minutes | 50 minutes | 70 minutes | 80 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

Team 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 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.