



2026 Modified Rules for Small-Sided Ages Groups

U8-U10

- No Heading (If a player deliberately heads the ball, the opposing team will be given an indirect free-kick at the spot of the infraction).
- No punting or drop-kicking by the goalkeeper.
- Build-out-line:
 - A. Goal-kick, the opposition can enter the build-out area as soon as the ball is played.
 - B. GK in possession with their hands, the opposition can enter the build-out area as soon as the goalkeeper puts the ball into play.
Example: If the goalkeeper makes a save and is in possession with their hands, the opposition drops behind the build-out line, and if the goalkeeper places the ball on the ground, the ball is in play.
- The offside rule is enforced at the half-line.

U11

- No Heading (If a player deliberately heads the ball, the opposing team will be given an indirect free-kick at the spot of the infraction).
- Punting is allowed by the goalkeeper.
- No build-out line
- Offsides is enforced at the half-line.

U12

- Heading is allowed
- Punting is allowed by the goalkeeper.
- No build-out line
- Offsides is enforced at the half-line.