



# **SOUTHEAST SCHOLASTIC SOCCER LEAGUE POWERED BY FCFC**

## **7v7 Modified Rules: 3rd/4th Grade**

### **1. Field Size**

Length: 55–65 yards

Width: 35–45 yards

Penalty Box: 24 yards x 12 yards

Goal Box: 6 yards x 12 yards

### **2. Goal Size**

6 feet high by 18 feet wide

\*Notify Visiting Teams if your goals are different

### **3. Ball Size**

Size 4

### **4. Game Duration**

2 x 30-minute halves

5-minute halftime

Running clock (no added time)

### **5. Team Composition**

6 field players + 1 goalkeeper

Minimum: 5 players to start a match

### **6. Substitutions**

Unlimited, any stoppage (coach signals referee)

Encourage all players to get equal time

### **7. Offside Rule**

**Yes**, but only enforced from the **build-out line** to the goal line

No offside between halfway line and build-out line

### **8. Build-Out Line Rule**

Build Out Line - Located halfway between the top of the penalty box and halfway line

Used to promote playing out from the back

Opposing players must retreat behind the build-out line during a goal kick or goalkeeper possession.

Goalkeeper cannot punt or drop-kick, normal play restarts as soon as the GK releases the ball.

### **9. Fouls & Free Kicks**

Indirect and direct free kicks allowed

Opponents must be at least **8 yards away**

### **10. Penalty Kicks**

Taken from 8 yards

Only for fouls leading to direct free kicks inside the penalty area

### **11. Heading**

There is no heading allowed in SSSL, indirect free kick awarded to opposing team if heading occurs.

### **12. Throw-ins**

Regular throw-in rules apply - NO RE Throws

### **13. Goalkeeper Rules**

GK - Must be in a different color jersey/pinnie

No punting or drop-kicking

Must roll, pass, or throw the ball to restart play.

A goalkeeper who controls the ball with their hand(s)/arm(s) for more than **eight** seconds will be penalised, with a corner kick being awarded to the other team



# **SOUTHEAST SCHOLASTIC SOCCER LEAGUE POWERED BY FCFC**

## **9v9 Modified Rules: 5th/6th Grade**

### **1. Field Size**

Length: 70–80 yards

Width: 45–55 yards

Penalty Box: 36 yards x 14 yards

Goal Box: 6 yards x 24 yards

### **2. Goal Size**

7 feet high by 21 feet wide

\*Notify Visiting Teams if your goals are different

### **3. Ball Size**

Size 4

### **4. Game Duration**

2 x 30-minute halves

5-minute halftime

Running clock (no added time)

### **5. Team Composition**

8 field players + 1 goalkeeper

Minimum: 6 players to start a match

### **6. Substitutions**

Unlimited, any stoppage (coach signals referee)

Encourage all players to get equal time

### **7. Offside Rule**

**Yes**, full implementation

Enforced from halfway line onward

### **8. Heading**

There is no heading allowed in SSSL, indirect free kick awarded to the opposing team if heading occurs.

### **9. Fouls & Free Kicks**

Indirect and direct free kicks allowed

Opponents must be at least **8 yards away**

### **10. Penalty Kicks**

Taken from 10 yards

Only for fouls leading to direct free kicks inside the penalty area

### **11. Throw-ins**

Regular throw-in rules apply **NO RE Throws**

### **12. Goalkeeper Rules**

GK - Must be in a different color jersey/pinnie

Can punt, roll, pass, or throw the ball to restart play.

A goalkeeper who controls the ball with their hand(s)/arm(s) for more than eight seconds will be penalised, with a corner kick being awarded to the other team