

ADAPTED MATCH FORMATS LAWS OF THE GAME

7v7 - U10 & U11

Rules at a Glance

The following chart briefly outlines the fundamental Small Sided rules that mirror the Ontario Soccer Grassroots Outdoor Recreational Matrix Standards.

Item	Description
Playing Format	7v7 (including GK)
Substitutions	Unlimited (at any stoppage of play)
Match Duration	2 x 25 min. halves or 4 x 12.5 min. quarters
Half Time Duration	5 minutes
Throw Ins	No (Dribble-in/pass-in) (see Law 15)
Retreat Line	Yes – 1/3 rd of Field
Offside	No
Ball Size	4

9v9 - U12 & U13

Rules at a Glance

The following chart briefly outlines the Fundamental Small Sided rules that mirror the Ontario Soccer Grassroots Outdoor Recreational Matrix Standards.

Item	Description
Playing Format	9v9 (including GK)
Substitutions	Unlimited (at any stoppage of play)
Match Duration	U12-2 x 35 min. Halves or 4 x 17.5 min quarters U13-2 x 40 min. Halves or 4 x 20 min quarters
Half Time Duration	Maximum 10 minutes
Throw Ins	Throw-In
Retreat Line	No
Offside	Yes

For full rules, see Ontario Soccer website: [Adapted Match Formats Laws of the Game |](#)

Updated October 2025