



HDSA 2025 Grassroots Rules Guide

	U8	U9-U10	U11-U12
Match Format	5v5 x 40 Min ^{*1}	7v7 x 50 Min ^{*1}	9v9 x 70 Min ^{*1}
Roster Sizes ^{*2}	Ideal 8 / Max 10	Ideal 9 / Max 12	Ideal 12 / Max 16
Net Sizes	Max 5ft x 8ft	Max 6ft x 16ft	Max 6ft x 16ft
Field Sizes	Width: 20-30m Length: 30-36m	Width: 30-36m Length: 50-55m	Width: 42-55m Length: 60-75m
Ball Size ^{*3}	3 or 4 Super Light	4 or 5 Light	4 or 5 Light
Sideline Restart	Pass in or dribble in	Pass in or dribble in	Throw in
Offsides	No	No	Yes
Substitutions	On the fly	Unlimited at any stoppage ^{*4}	Unlimited at any stoppage ^{*4}
Retreat	Retreat to halfway line	Retreat 1/3 of the field	Retreat 1/3 of the field

*1. The half time intervals shall be 5 minutes, can be reduced if both teams and referee agree. Half-time is to be considered a part of the 50/70-minute game-time.

*2. Equal playing time is desired for all development ages.

*3. Home team required to provide referee with two game balls at a minimum of 10 minutes prior to kickoff.

*4. Subs can be made on own possession kick-in / throw-in, due to injury, any goal kick, or piggyback on opponent's kick-in / throw-in.

Other Key Rules

1. Goalies cannot drop kick
2. Headers are allowed but not encouraged
3. Slide tackling is allowed but not encouraged
4. Corner kicks are applied in all age groups. Ball must be kicked in (no dribble ins on corners).

***Retreat Line:** In effect for all goal kicks or when goalie has the ball in their possession (controlled possession in hands or after they have put the ball at their feet). After the retreat line rule is put into effect, the ball becomes live again once one of the following occurs: Ball passes the retreat line, a teammate touches the ball, or ball leaves field of play. Opposing players must wait at the retreat line even if the ball comes to a complete and no player has touched it. If the goalkeeper chooses not to wait for the opposing players to "retreat" and throws or passes the ball down the field, the ball is instantly in play and does not require a player from the goalkeeper's team to touch the ball first.