



Fraser Valley Youth Soccer Association



U8-U10 Small Sided Mini Interlock Game Rules

Last Edit: August 17, 2025

Official U8, U9 & U10 Game Rules

The Fraser Valley Mini Interlock will serve as an inter-regional league for Fraser Valley Club Skill Center Players to experience a weekly game competition. These small-sided game rules and guidelines work towards meeting Canada Soccer Grassroots Standards while recognizing the realities of each club in our district.

- 1) No scores will be published.
- 2) Technical leads will confirm teams are playing against appropriate tier.

These players rules have been agreed and will be enforced with the support the technical directors of the Fraser Valley Alliance.

Tier:

There will be two tiers of competition. Clubs are encouraged to form “Balanced” teams to compete in each tier. Each tier will have minimum of 6-teams; if we cannot establish a grouping of 6-teams there will be only one tier.

- 1) Recreation
- 2) Development

Clubs can determine the number of teams entered each tier. Clubs should aim for minimum two teams in each tier however with the number of players registered in each club it might not be possible to form two teams in each tier / age group / gender.

Match Guidelines:

	U8	U9	U10
Field Size	Width = 25-30m		Width = 30-36m
	Length = 30-36m		Length = 40-55m
Goal Size	Height = 3-5ft		Height = 5ft-7ft
	Width = 6-8ft		Width = 12-16ft
Game Duration (half duration)	40 minutes (20 minutes)		50 minutes (25 minutes)

Match Field Rules:

	U8	U9	U10
Center Circle	5m (not mandatory)		9m (not mandatory)
Goal Area	Two lines perpendicular to goal line, 7m from goal posts, extended 7m into the field of play, and joined by a parallel line to goal line.		Two lines perpendicular to goal line, 9m from goal posts, extended 9m into the field of play, and joined by a parallel line to goal line.

Corner Flags	Poles or cones can be used.
Corner Arc	1m (not mandatory)
Field Set Up	Hosting club to have fields set up 30-minutes prior to kick off.

Match Format Rules:

	U8	U9	U10
Format	5V5		7V7
Ball Size	4		
Substitutions	Must ask match official when the ball is out of play.		
Player Equipment	<ul style="list-style-type: none">• Uniforms distinguish between teams.• Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.• GK should wear a colour that distinguishes them from both teams.• Shin guards are mandatory and must be worn under the socks.• Jewelry is not permitted.		
Match Official	<ul style="list-style-type: none">• Hosting club will appoint a SSG referee, or match official, or game manager.• Role is to keep players safe and ensure game is played under the “fair play” code.• SSG referee or match official may send a team official from the field if they fail to conduct themselves in a responsible manner.		
Coaches on Field	<ul style="list-style-type: none">• 1 coach allowed if needed.• Coaches on field should be min. 5m from play.• Coaches cannot physically move players.• Coach cannot influence or interfere with referee.	No coaches on the field.	
Throw-in	No throw-ins.		
Pass / Dribble in from sideline	<ul style="list-style-type: none">• Ball must be dead before restart.• Indirect, can’t score from pass in.• Player taking kick cannot play the ball a 2nd time before it is touched by another player; if so, free kick to opposing team.• Opponent must start 2m away		
Offside	No offsides.		

Start and restarts of play	<ul style="list-style-type: none"> • Opponents of the kick-off team are at least 5m from ball. • No dropped balls with an indirect free kick awarded to the team with possession at play stoppage. 	<ul style="list-style-type: none"> • Opponents of the kick-off team are at least 9m from ball. • No dropped balls with an indirect free kick awarded to the team with possession at play stoppage.
Fouls and Misconduct	<ul style="list-style-type: none"> • All fouls result in an indirect free kick. • Indirect free kick awarded for goalkeeper punting ball from their goal area to opponent's goal area. • No cautionary cards for misconduct. • If player intentionally strikes, kicks, or spits at opponent, coach will substitute them and not permit them to re-enter the game. 	
Penalty Kicks	No penalty kicks.	
Corner Kick	Opponents 5m away.	Opponents 9m away.
Goals kicks	Can be taken anywhere within goal area, and retreat line rule applied (see below).	
Retreat / Play out from the back line	<p>During a goal kick opposing team must retreat to half line and cannot pursue ball until:</p> <ul style="list-style-type: none"> (1) GK's teammate receives ball or (2) ball travels over retreat line or (3) ball leaves the field of play 	

Official U8, U9 & U10 Fall 2025 & Winter 2026 Calendar

Season Start: September 13/14, 2025

Re-tier: October 11/12, 2025

Thanksgiving Weekend: October 11/2 (No games)

Winter Break: December 8 – January 4 (No games)

Family Day Weekend: February 14/15 (No games)

Last Weekend: February 28/March 1

Allow individual clubs to adjust the schedule based on their club schedule:

- Play additional weekends
- Miss weekends
- Request for all in-house matches or only home matches