

House League Rules : H.E.A.D.S.

Under 5 and 6

FIFA Laws of the game apply but some of the laws have been modified for the age level of children. Coaches should familiarize themselves with the Ontario Soccer Association (OSA) rules for mini-games as HEADS strives to move towards compliance.

Referees - The club does not appoint referees for these age levels, coaches shall act as referees for these games, (coaches should provide their own whistle). The emphasis at this age level shall be fun, fair play, safety, and the teaching of the basics of soccer both practical and the basic laws. Any infractions of the laws, (fouls, handball etc) shall be explained to the players to teach them the correct sporting behavior.

Playing time - The game shall consist of two equal halves each lasting 15 minutes with a break at half time not to be longer than 10 minutes

Number of players - Each team are allowed five (5) players to be on the field of play at any time, U5 no goalie, U6 each team shall have one (1) player as a goal keeper. Both teams shall always have equal numbers.

Ball size - Size 3

Player's equipment - All players shall wear the following, shirt, shorts, socks, as supplied, running shoes or soccer shoes. Shin-pads are mandatory and must be worn under the socks. Shirts must be tucked into the shorts. Jewelry (necklace, earrings wrist watches, etc) are not to be worn.

Coaches - A maximum of two (2) coaches are allowed and may be on the field to assist and direct the players.

Game sheets - No game sheets are required for this age group as all games are for fun and to promote the game of soccer. (Scores of the games shall not be posted).

Substitutions - Substitutions are to be made every five (5) minutes to allow equal play for all players. Substitutions shall be made at a stoppage and shall occur at the centre line of the field.

Ball in or out of play - When the ball has traveled too far from the marked playing area, it shall be brought back and rolled into play by one of the coaches, (hopefully to bring a player into the game who would normally be stationary) otherwise play should continue as much as possible.

Injured players - Players injured during the course of play shall be attended to firstly by the coach and secondly by the parent. Any player who is bleeding shall be removed from the field of play and can only return when the bleeding has completely stopped.

Offsides - No offsides shall be called at this age.

Slide tackles - Are not permitted.

Discipline - Any unsporting behavior shall result in the opposing team being given the ball and the game restarted at the point of occurrence. The opposing team shall move away from the ball a distance of 5 meters.

Alternate players - For insurance reasons, only registered players are allowed to play, no guests.

Spectators - Spectators are only allowed on the sidelines and not behind the goal lines. A minimum distance of three (3) meters should be between the spectators and the sideline.

NEW – Start of Game - Players and coaches to exchange sporting handshakes between both teams before each game at the centre of the field. Coaches should shake hands with the referee.

Goal Nets - Coaches of each team are responsible for the set up and putting away of the goals (U5 two goal nets per team/coach, U6 one goal net per team/coach).

Smoking – There is to be NO smoking near the sidelines or on the bench.

Clean-up - Coaches are responsible to keep the sidelines clean and should encourage the players to place all garbage into the appropriate containers, (failure of the players leaves the coaches to complete the clean up).

H.E.A.D.S. reserves the right to change any house league rule or modify the Law of the game.