



OUTDOOR RECREATIONAL RULES

1. SHIN GUARDS and SOCCER SHOES are a must at each soccer practice/game for all ages. Each player must participate a minimum of 50% of the total playing time.
2. HANDBALL if unintentional, play on, if intentional (in the goal area) a penalty kick is awarded. If outside of goal area a direct kick is awarded from area where handball took place.
3. For U4, U5, U6, U7, U8 and U10 there will be no throw-ins, **ONLY KICK-INS** (to develop more touches on the ball and improve passing and passing vision).
4. Maximum number of players on the field at any one time per teams- U4 to U6- three (3) players-no goalie, U7 & U8 combined- five (5) players-includes goalie, U9 & U10 combined- seven (7) players-includes goalie, U11 & U12 combined- nine (9) players-includes goalie
5. Length of games with referees- U8- 2 X 20 min, U10- 2 X 25 min., U12- 2 X 35 min. Each with a 5 min. break in between. **NOTE:** Games with referees begin at U10 and above.
6. For U4, U5 and U6 – Recommended time limit 45 minutes. Encouraged to play small sided games and fun activities.
7. Unlimited substitution during stoppage of play and/or upon the signal of the referee.
8. The goalkeeper cannot handle the ball (with their hands) outside the goal area.
9. Goal kicks may be taken from any point inside the goal area.
10. PENALTY KICKS are to be taken from a 10-yard spot directly in front of the mid-point of the goal, instead of the normal penalty spot of 12 yards. Penalty Kicks are recommended from U10 and above.
11. The referee shall explain infractions to the offending players.
12. Coaches, managers, team officials and parents shall not criticize game officials at any time and shall encourage the same attitude amongst all players and supporters.
13. The ball is to be considered 'frozen' immediately, when the referee in his discretion, considers that it is 'in the possession' of the goalkeeper.
14. On the taking of a goal kick no opponent is to be closer to the goal area marking than 10 yards.
15. During the regular season games, one coach referees the first half of the game and the other coach referees the last half of the game. This applies for all other age groups, where a referee is normally used but fails to show after having waited 10 minutes.

16. **GAME SHEETS** are required by all age groups U10 and up. The game sheet must be completed properly and signed by the referee and coaches and faxed to the Club. Only registered players will be allowed to play.
17. Players with open wounds or blood stained uniforms will not be allowed to play.
18. Cancellation and rescheduling of games due to weather or other reasons will be coordinated by the Executive Director and / or the House League Director. *Subject to Change.
19. During the game, parents and spectators are to be on the opposite side of the field to the players and coach.
20. No one is to stand at the ends of the field (behind the goal) during the game.
21. Off side rule in effect for all games played at U12 and above.
22. There are no league standings or scores recorded.
23. **ALWAYS PLAY FOR FUN.**

Adjusted MINI Soccer Rules (U8-U12)

- All free kicks are indirect.
- After the scoring of a goal the game is restarted at the centre.
- RETREAT LINE: When the Goalkeeper has the ball, in his/her hands, or at a goal kick, the opposition players are to retreat to approximately the half-way line until the ball is touched by another player other than the goalkeeper. [Click here for retreat line document.](#)
- To encourage play from the back, the goalkeeper can either throw the ball or pass the ball from the ground. No (avoid) drop kicks/punts.
- When the ball leaves the field of play, along the sideline, the game is restarted by passing or dribbling the ball into play (**Please view the Recreation Matrix on page 3 for which age group this rule applies to under Throw ins*).
- A goal cannot be scored directly from the ball being passed in.

Game Leader FUN-DAMENTALS for U6 to U8

The intent of the small-sided game for U6 to U8 is to introduce players, coaches and officials to the game, while encouraging learning, development and overall enjoyment of the sport.

As a result, some of the small-sided guidelines (U6 to U8) may differ from the FIFA Laws of the Game.

We also agree that if we fail to abide by the aforementioned rules and guidelines, we may be subject to disciplinary action, which could include a ban from attending games or expulsion of our child from the Club.

RECREATION MATRIX

STANDARDS for 2014 and beyond, unless implemented prior.



STAGE	ACTIVE START	FUNDAMENTALS			LEARNING TO TRAIN	
	**NO STANDINGS, NO PROMOTION OR RELEGATION **			Revision Date: Dec 8th 2014		
Age Group	U4 and U5	U6	U7	U8	U9 and U10	U11 and U12
Playing Format	Parent and Child	3v3 (No GK)	4v4 (no GK)	4v4 (no GK) 5v5 (including GK)	7v7 (including GK)	9v9 (including GK)
Coaching Recommendation	Active Start + MED and RiS	Fundamentals + MED and RiS	Fundamentals + MED and RiS	Fundamentals + MED and RiS	Learning to Train + MED and RiS	Learning to Train + MED and RiS**
Game Day Roster Size (Game day only)	Parent and Child	Max 6	Max 8	Max 10	Ideal 9 / Max 12	Ideal 12 / Max 16
Substitutions	n / a	Unlimited (on the fly)	Unlimited (on the fly)	Unlimited (on the fly)	Unlimited (any stoppage)	Unlimited (any stoppage)
Practice to playing ratio	n / a	1:1	1:1 to 2:1	1:1 to 2:1	1:1 to 2:1	1:1 to 2:1
Max competition days per outdoor season	n / a	20 Club Festivals	20 Club Festivals	20 Club or Inter Club Festivals	20 (including other forms of competition)	20 (including other forms of competition)
Number of competition days per week	n / a	1	1	1	1	1
Recommended Practice Duration	30 – 45 Minutes	30 – 45 Minutes	30 – 45 minutes	30 – 45 minutes	45 – 70 minutes	45 – 70 minutes
Recommended Playing Time	n / a	Fair time in all positions	Fair time in all positions	Fair time in all positions	Fair time in all positions	Fair time in all positions
Maximum Game Duration	n / a	30 min	40 min	40 min	50 min	70 min
Playing time per player per competition day	n / a	Max 40 minutes	Max 60 minutes	Max 60 minutes	Max 80 minutes	Max 80 minutes
Min/max rest between matches	n / a	15 min/120 min	20 min/120 min	20 min/120 min	30 min/120 min	30 min/120 min
Season length (outdoor or indoor)	4 - 16 weeks	12 - 20 weeks	12 – 20 weeks	12 – 20 weeks	16 – 20 weeks	16 – 20 weeks
Team Travel Time	n / a	n / a (club focus no travel required)	n / a (club focus no travel required)	Within district	45 minutes each way	60 minutes each way
Referee/Game Leader	n / a	Game Leader	Game Leader	Game Leader	Referee	Referee
Throw ins	n / a	No (pass / dribble in)	No (pass /dribble in)	No (pass/ dribble in)	No (pass ins)	Yes
Retreat Line	n/a	n/a	n/a	Yes -½ way	Yes – 1/3 rd	Yes – 1/3 rd
Offside	n / a	No	No	No	No	Yes
Field width	n / a	18 to 22m	25 to 30m	25 to 30m	30 to 36m	42 to 55m
Field length	n / a	25 to 30m	30 to 36m	30 to 36m	40 to 55m	60 to 75m
Goal Size (no larger than)	n / a	Pugg nets or 5f / 1.52m x 8f / 2.44m	5f / 1.52m x 8f / 2.44m	5f / 1.52m x 8f / 2.44m	6f / 1.83m x 16f / 4.88m	6f / 1.83m x 18f / 5.49m
Ball size	3 (or 4 super light*)	3 (or 4 super light*)	3 (or 4 super light*)	3 or 4 (or 4 super light*)	4 (or 5 light*)	4 (or 5 light*)