



**YOUTH OUTDOOR  
HOUSE LEAGUE  
U4-U5 ACTIVE START AND U6  
FUNDAMENTALS  
RULES & REGULATIONS**

## U4-U5 ACTIVE START and U6 FUNDAMENTAL HOUSE LEAGUE RULES

All Coaches within the Active Start Program are encouraged to participate and attend the Active Start Coach Certification course provided by Ontario Soccer. More information about the course can be found by [clicking here](#).

### The Field

- Active Start and U6 Fundamentals soccer will be played on a full field that will be divided into grids 18x22 (yards). Facilitators will be utilized to ensure each field is set up accordingly.
- Goals will be pug nets.
- Cones should be used to mark the field.

### The Ball

- Size 3 balls will be used at all times.
- Multiple balls may be used during the game as per WMSC Curriculum.

### Number of Players

- Each team roster has a maximum of six (6) registered players
- The game is played with Three (3) players per team on the field with no goalkeeper.

### Player Equipment

- Shin pads
- Cleats or running shoes
- Team jersey, Shorts and Socks
- If parents insist, players may wear the following:
  - During cool weather, Tracksuit tops, jackets etc and must have zippers, snaps and/or buttons done up so they do not flap loosely. No hooded tops permitted.

### NO JEWELRY PERMITTED

### WMSC Facilitator/Program Lead Facilitator/Game Leader

- Each U4/U5 game will be run by an WMSC Facilitator and volunteer coaches
- The U6 game will be lead by a certified [Game Leader](#)
- The role of the WMSC Facilitator/Program Lead Facilitator/Game Leader will be to work with all players and help develop the coaches.

### Duration of the Game & Playing Time

- The total time allocated for each team is fifty (45) minutes and is structured as follows:

Warm-Up & Practice Session	20 Minutes
Game Time	20 minutes

- **Each player must receive equal playing time.**
- No player shall be left on for the entire game (if you are short of players please share with your opposing team)
- Players will receive a water break throughout the fifty (45) minutes as required.
- Snack will be at the end of the fifty (45) minute session off to the side of the field to ensure the next session starts on time.

### Scores and Standings

- There are no scores or standings as per LTPD guidelines

### **Coach Roll Ins**

- The coach's act as facilitators who carry soccer balls during the game and when the ball leaves the field of play the coach rolls a new ball into play. This will ensure that no player is running outside of the grid chasing a ball. It will also ensure that the game flows.
- U4-U5, When a goal is scored the 3 players on the field must move back to their own goal to allow the team that conceded the goal to restart the game

### **Pass-Ins/Dribble-Ins – U6:**

- When the whole of the ball has crossed the touch line, either on the ground or in the air, the ball shall be passed-in or dribbled-in from the point where it left the field of play, by a member of the opposing team. There are no throw-ins.
- The ball will be in play immediately after it enters the field of play.
- At the taking of a pass-in or dribble-in, all opponents must be at least 1.8 m from the ball.

A goal may not be scored directly from a pass-in, but may be from a dribble-in

### **Retreat Line – U6**

- To allow our young players to learn and gain confidence in how to play the ball out from the back and build an attack, as opposed to the goalkeeper/last player kicking it aimlessly up the field, the concept of the retreat line has been introduced in mini soccer. To see young players aimlessly boot the ball up the field in the "hope" that one of his or her teammates gets the ball is not effective in producing skilled, confident players who love to play. Please [click here](#) to find out more info on the retreat line.

### **Infringements**

- All infringements, such as tripping and handling the ball, shall be managed by both coaches, using common sense.
- There is no offside