



**YOUTH INDOOR HOUSE LEAGUE
U7-U8 FUNDAMENTALS
RULES & REGULATIONS**

**Waterloo Minor Soccer Club
HOUSE LEAGUE PROGRAM RULES & REGULATIONS
U7-U8 FUNdamentals**

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

The Field:

- FUNdamentals soccer games shall be played only on fields designated and assigned by the Waterloo Minor Soccer Club (WMSC) for the FUNdamentals soccer program.
- Field width: 25-30m
- Field length: 30-36m
- Goal Size: 5ft x 8ft

The Ball:

- Size 3 balls will be used at all times.

Number of Players:

- Each team roster has ten (10) registered players.
- WMSC reserves the right to over roster depending on registration numbers.
- The U7 FUNdamentals soccer game is played with four (4) players per team on the field, four (4) outfield players.
- U8 FUNdamentals soccer game is played with five (5) players per team on the field one (1) goalkeeper and four (4) outfield players.
- All players must experience and rotate through all positions.

Player Equipment

- Shin pads
- Cleats
- 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

Game Leaders:

- Certified Game Leaders will be provided for the U7 and U8 games.
- The role of the Game Leader is to supervise and encourage the children to play the game correctly, while making it a fun learning environment for the players.
- It is expected that the coaches and Game Leaders will work together to create a safe and fun environment for the young players.
- If there are disagreements about issues such as a player's equipment, the coaches and Game Leaders will support FIFA Law 4, which is explained in the House League Manual.

- More information about the Game Leaders can be found by [clicking here](#).

Duration of the Game & Playing Time:

- The U7-U8 FUNdamentals games shall be played with 2 x 20-minute halves.
- All games will have a half-time break of five 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 the opposing team.
- Water breaks will be provided at the discretion of the Game Leader.
- Players will receive 1 game and 1 training session per week for the duration of the summer season.

Start of Play:

- At the beginning of a game, choice of side and the kickoff shall be decided by a coin toss. The team which wins the toss shall decide which goal to attack in the first half. The other team will take the kickoff.
- At a kickoff, all players shall be in their own half of the field of play. All players opposing the team taking the kickoff shall not be less than 5.5m from the ball until it is kicked off.
- The game shall be started by the Game Leader giving the vocal signal of ``Ready, Set...Go! ``
- The ball will be in play when it is kicked and has moved in any direction.
- For any infringement of this rule, the kickoff shall be retaken.
- After a goal has been scored, the game shall be restarted by a kickoff, to be taken by a player of the team against which the goal was scored.
- After the first half of play, the teams shall change sides. The second half kickoff shall be taken by a player of the team that did not start the game.
- For any stoppage not mentioned elsewhere in these rules, the Game Leader shall restart the game by dropping the ball at the place where it was when the play was stopped. The ball shall be in play as soon as it touches the ground.
- A goal may be scored directly from a kickoff.

Ball in and Out of Play:

- The ball is **out** of play:
 - When the whole of the ball has crossed the touch line or goal line, whether on the ground or in the air.
 - When the play has been stopped by the Game Leader.
- The ball is **in** play:
 - At all other times, including when it rebounds into play from a goal post, a crossbar or Game Leader and remains in the field of play.

Method of Scoring:

- A goal is scored when the whole of the ball has crossed over the goal line, between the goal posts and under the crossbar, provided it has not been thrown, carried or intentionally propelled by hand or arm, or by a player of the attacking team.
- The Game Leader shall be the sole judge as to whether a goal has been scored.
- During the course of play, should any outside agent prevent the ball from passing into the goal or assist the ball into the goal, play shall be stopped. The Game Leader shall restart the game by dropping the ball.

- There are no scores or standings as per the Long-Term Player Development (LTPD) guidelines set out by the Ontario Soccer.

Offside:

- There is no offside in the 5v5 game.

Player Substitutions:

- Unlimited substitutions are permitted ``on the fly`` at any time during the game without having to inform the Game Leader.
- The only exception to this rule is when a goalkeeper is to be changed. In this case it must be done at a stoppage in play.

Pass-Ins/Dribble-Ins:

- 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.

Free Kick:

- The Game Leader may award a free kick to the non-offending team for any infringement of the FUNdamentals soccer rules, when the ball is in play. The free kick shall be taken from the place where the infringement occurred. It is understood that most infringements at this level of soccer are not intentional.
- At the taking of a free kick, the ball shall be stationary and all opponents shall not be less than 1.8 m from the ball until it has been kicked. The ball shall be in play when it is kicked and has moved. A goal may not be scored directly from a free kick.
- A player taking a free kick shall not play or touch the ball a second time until it has been played or touched by another player. For any infringements of this rule, a free kick shall be awarded to the opposing team.

Penalty Kick:

- There shall be no penalty kicks awarded in the 5v5 game.

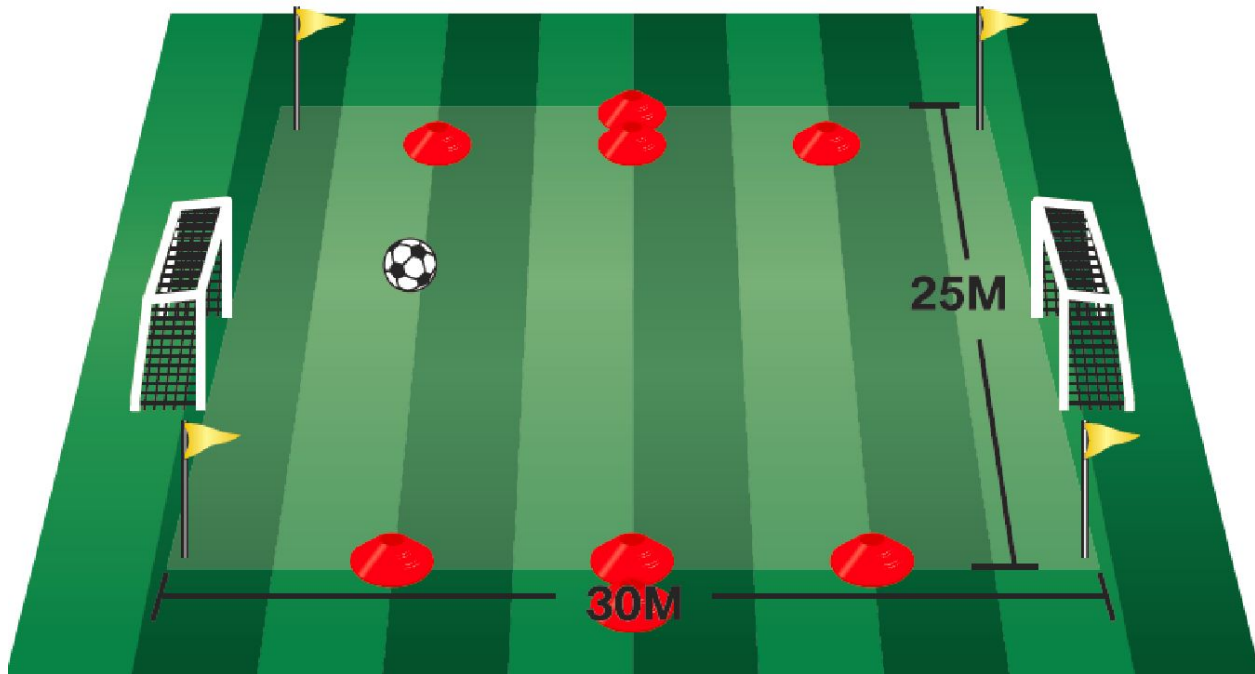
Fouls and Misconduct:

- A player who, in the opinion of the Game Leader, intentionally commits any of the following offences, shall be penalized by the awarding of a free kick to the opposing team:
 - Spits at an opponent,
 - Kicks or attempts to kick an opponent,
 - Trips or attempts to trip an opponent,
 - Jumps at an opponent,
 - Charges an opponent,
 - Strikes or attempts to strike an opponent,
 - Holds an opponent,
 - Pushes an opponent,

- Handles the ball deliberately (except a goalkeeper from within his/her own penalty area), and/or
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.

Retreat Line:

- For our younger players to learn and to 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 to mini-soccer
- The rules are as follows:
 - When the goalkeeper has the ball at a goal kick or after making a save, the opposing team members would ``retreat`` to the halfway line of the field.
 - Once all the opposing players have retreated to the line the goalkeeper can successfully throw or pass the ball to one of his/her teammates. No drop kicks are to be taken.
 - Once the teammate has received the ball, the opposing players can then start to apply pressure to the player with the ball. This gives the player on the ball the time and space required to have a look, receive the ball and choose to dribble or pass to a teammate without being marked or under immediate pressure.
- In the 5v5 game the retreat line is the halfway line. As most temporary 5v5 fields will not have a halfway line, corner flags at the side of the field can act as an indicator to the players where the halfway line is. If flags are not available, three cones laid in line on each side of the field can indicate the retreat line. Note: do not put cones on the field as players may trip or slide on them.
- The Field Ambassador should ensure the retreat line is visible and in the correct location.
- More information on the retreat line can be found by clicking on the following links.
 - [Retreat Line Webinar](#)



Goal Kick, Pass in/Dribble-Ins:

- A goal kick is a method of restarting the play when the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, but not between the goal posts and under the crossbar. The ball shall be kicked into play from a point within the half of the penalty area nearest to where the ball crossed the goal line.
- At the taking of a goal kick, all opponents shall be behind the retreat line.
- A player taking a goal kick shall not play or touch the ball a second time until it has been played or touched by another player. For any infringements of this rule, the Game Leader will allow them to retake the kick and instruct them not to touch it again until a teammate has touched it.
- A goal may not be scored directly from a goal kick.

Corner Kick:

- There will be no corner kicks in the 5v5 game. All balls that roll out of bounds over the goal line will be given to the defending team for a goal kick or dribble-in.

The Goalkeeper:

- The goalkeeper is the only player allowed to use his/her hands to handle ball in the penalty area.
- The goalkeeper cannot handle the ball outside of the penalty area.
- If the goalkeeper handles the ball outside the penalty area, a free kick will be awarded to the attacking team and taken at the location where the offense occurred.
- The goalkeeper may put the ball back into play within the penalty area either by kicking or throwing the ball. The steps/seconds rule will not be called on the goalkeeper, allowing the goalkeeper to run up to the line before releasing the ball.
- If there is no line indicating the penalty area, the Game Leader will use his/her judgement whether the goalkeeper is within a reasonable distance while handling the ball.
- No drop kicks are to be taken.

Extreme Heat:

- When the weather is deemed extremely hot, the Game Leader will provide a **2-minute** water break in the middle of each game half. This is for the sole purpose of giving **only** those players on the field some water. It is **not** to be used for coaching or other purposes.

DISCIPLINE

In the case of an assault, the accused is immediately ejected from the tournament and the game sheet report sent to Waterloo Minor Soccer for possible further action. Referees can issue yellow cards for foul language, reckless actions, or any sign of poor sportsmanship. A player accumulating his/her 2nd caution (yellow card) during the course of the tournament receives an automatic one game suspension. A player ejected (red card) during the course of the tournament receives an automatic one game suspension (including semi-final and final games). Any subsequent red card will result in ejection for the rest of the tournament. Any player receiving 3 yellow cards during the tournament will receive the same penalty as a red card. A coaching official ordered from the field for misconduct during the tournament receives an automatic one game suspension. When a team official or player is ejected from his/her game, the incident report will be sent to the Discipline Committee for any further disciplinary action.

GAME OFFICIAL ASSAULT

Game Official Assault shall mean deliberate physical contact or attempted physical contact, any type of threats or threatening action, any form of violent conduct or attempted violent conduct towards a Game Official.