



**YOUTH OUTDOOR HOUSE LEAGUE  
U10-11 LEARNING TO TRAIN  
RULES & REGULATIONS**

**Revised June 2, 2022**

**WATERLOO MINOR SOCCER CLUB  
HOUSE LEAGUE RULES & REGULATIONS  
U10-U11 LEARNING TO TRAIN**

*All Coaches within the Learn to Train 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:**

- Learning to Train Soccer games shall be played only on fields designated and assigned by the Waterloo Minor Soccer Club (WMSC) for the Learning to Train soccer program.
- Field width: 30-36m
- Field length: 40-55m
- Goal Size: 6ft x 16ft

**The Ball:**

- Size 4 balls will be used at all times.
- The home team shall supply the game ball.

**Number of Players:**

- Each U10-U11 team roster has up to 11 registered players.
- WMSC reserves the right to over roster depending on registration numbers.
- The U10-U11 Learning to Train soccer game is played with seven players per team on the field (one goalkeeper and six outfield players.)
- All players must experience and rotate through all positions.
- The minimum numbers of players a team is permitted to play with is five, including the goalkeeper.

**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**

**Match Officials:**

- As per Ontario Soccer, a Match Official will be assigned to each game
- Match Officials shall explain infractions to the offending players.
- Match Officials shall collect game sheets prior to the start of the game.

**Duration of the Game & Playing Time:**

- The U10-U11 soccer games shall be played with 2 x 25-minute halves.
- All games will have a half-time break of five minutes.
- **Each player must receive equal playing time.**

### **Postponement, Abandonment & Rescheduling of Game:**

- Games may be postponed only when:
  - Ordered by the Match Official;
  - Both coaches, in the absence of a Match Official, agree that weather and/or field conditions are unsafe.
- If a game is abandoned after the first half has been played, the game is official and deemed to be complete.
- If a game is abandoned due to unforeseen circumstances before the first half has been played, the game may be rescheduled at the discretion of WMSC. The coaches must advise the convenor of this occurrence and submit the game sheets. The Match Official must indicate on the game sheet the time and reason the game was abandoned and/or submit a Special Incident Report.

### **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 Match Official blowing his/her whistle.
- 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.
- Should the player taking the kickoff play or touch the ball a second time before it has been played or touched by another player, a free kick shall be awarded to the opposing team.
- 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 Match Official shall restart the game by dropping the ball at the place where it was when the play was stopped, unless play was stopped in the penalty area. In this case, the ball shall be dropped on the penalty area line at the point nearest to where the ball was when 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 Match Official.
- The ball is **in** play:
  - At all other times, including when it rebounds into play from a goal post, a crossbar or Match Official 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 Match Official 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 Match Official 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 7v7 game.

**Player Substitutions:**

- Unlimited substitutions are permitted at the following times by notifying the Match Official:
  - On a throw-in for either team.
  - After a goal is scored by either team.
  - At a goal kick by either team.
  - At the start of the second half.
  - To replace an injured player.

**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:**

- For any infringement of the rules when the ball is in play, the Match Official may award a free kick to the non-offending team. The free kick shall be taken from the place where the infringement occurred. If the infringement occurs within the offending team's penalty area, a penalty kick will be awarded to the attacking team. See the penalty kick procedure, outlined below, for further detail
- At the taking of a free kick, the ball shall be stationary and all opponents shall not be less than 5.5m from the ball until it has been kicked. The ball shall be in play when it is kicked and has moved.
- A player taking a free kick within his own penalty area shall kick the ball into play beyond the penalty area. The ball shall be in play when it has been kicked and has moved outside of the penalty area. All opponents shall be outside the penalty area and not less than 5.5m from the ball until it has been kicked. For any infringements of this rule, the free kick shall be retaken.
- 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.
- A goal may not be scored directly from a free kick.
- All free kicks are indirect.

**Penalty Kick:**

- A penalty kick shall be taken from the penalty mark. All players, except for the defending goalkeeper and the player taking the kick, shall be outside the penalty area, behind the ball but within the field of play, and not less than 5.5m from the ball until it has been kicked.
- The goalkeeper shall remain on the goal line, facing the kicker, and between the goal posts until the ball has been kicked.
- The player taking the penalty kick must kick the ball forward. The ball shall be in play when the ball is kicked and has moved forward. The player 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.
- If necessary, the time of play shall be extended to allow a penalty kick to be taken.

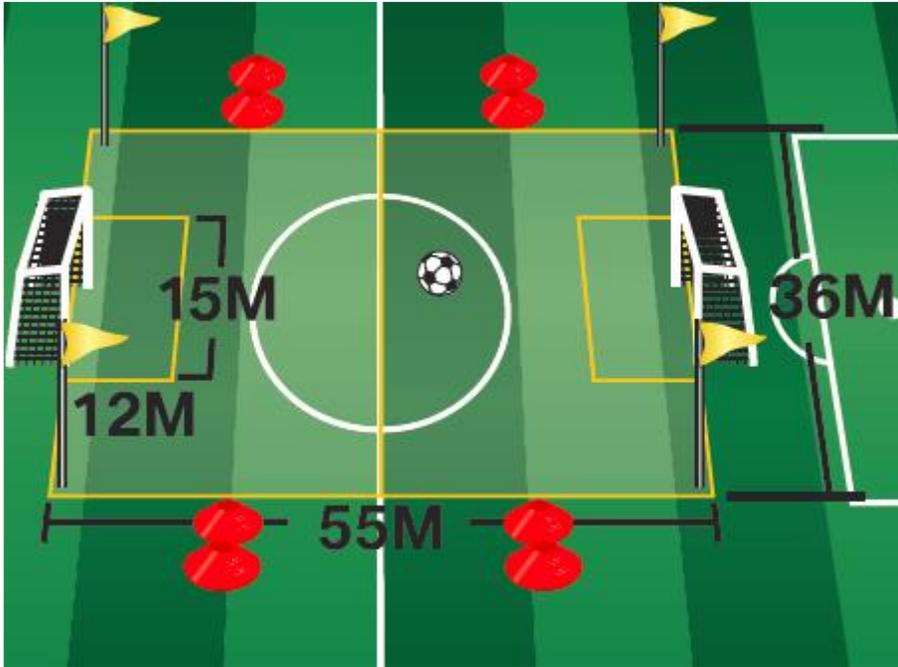
**Fouls and Misconduct:**

- A player who, in the opinion of the Match Official, 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.
- Should a player commit one of the above offences within his/her own penalty area, a penalty kick shall be awarded.

**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 a third 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.
  - 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 7v7 game the retreat line will be at the one-third line of each team's respective half.
- The Match Official 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 Kicks:

- 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 or dribble-in, all opponents shall be behind the retreat line.
- If the player taking the goal kick plays or touches the ball a second time before it has been played or touched by another player, a free kick shall be awarded to the opposing team
- A goal may not be scored directly from a goal kick.
- Only the goalkeeper is to restart play from a goal kick. This will provide the goalkeeper with both the practice and confidence in playing out of the back.

#### Corner Kicks:

- When the whole of the ball has crossed the goal line, either on the ground or in the air, excluding the portion between the goal posts, having last been played or touched by a member of the defending team, a corner kick shall be awarded to the attacking team.
- The corner kick shall be taken from within the corner-arc nearest to where the ball crossed the goal line. All opponents shall not be less than 5.5m from the ball until it has been kicked.
- The ball is in play when it is kicked and has moved.
- If the player taking the corner kick plays or touches the ball a second time before it has been played or touched by another player, a free kick shall be awarded to the opposing team.
- A goal may be scored directly from a corner kick.

### **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 six-second rule will not be called on the goalkeeper, allowing the goalkeeper to run up to the line before releasing the ball.
- Drop kicks are permissible, however goalkeepers should be encouraged to play the ball out from the back.

### **Extreme Heat:**

- When the weather is deemed extremely hot, the Match Official 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 2<sup>nd</sup> 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.