



**Youth Outdoor
U10/U11
House League
Learn to Train Rules &
Regulations**

LEARN TO TRAIN (U10/U11) HOUSE LEAGUE RULES

The Field

- Learn to Train Soccer U10/U11 games shall be played only on fields designated and assigned by the Oakville Soccer club for the Learning to Train Soccer program.
- Width: 30-36m
- Length: 40-55m
- Maximum Goal Side: 6ft x 16ft

The Ball

- Size 4 (or 5 light) balls shall be used at all times.
- The home team shall supply the game ball.

Number of Players

- Each team roster has fourteen (14) registered players.
- OSC reserves the right to over/under roster depending on registration numbers.
- The U9/U10 Learn to Train soccer game is played with seven (7) players per team on the field (1 goalkeeper, 6 outfield players).
- All players must experience and rotate through all positions.
- The minimum number of players a team is permitted to play with is five (5), including the goalkeeper.
- If one team does not have enough players to start (5) they may borrow players from the opposing team.

Match Officials

- As per Ontario Soccer, U10/U11 games have Small Sided Referees assigned to them.
- Match Officials shall explain infractions to the offending players.

Duration of the Game & Playing Time

- The U10/U11 soccer games shall be played with two 25 minute halves.
- All games shall have a half time break of 5 minutes.
- **Each player must receive equal playing time.**
- Games shall be postponed only when:
 - Ordered by the Match Official
 - In the absence of a Match Official, both coaches agree that the weather and/or the field conditions are unsafe
 - The Town of Oakville withdraws the grass field permit
- 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 OSC. The coaches must advise the convenor of this occurrence and submit the game sheet. The Match Official must indicate on the game sheet the time the game was abandoned and reason and/or submit a [‘Special Occurrence’ report form](#).

Start of Play

- At the beginning of a game, choice of sides and the kick off shall be decided by the toss of a coin. The team which wins the toss shall decide which goal to attack in the first half. The team that lost the toss will take the kick off.

- At a kick off, all players shall be in their own half of the field of play. All players opposing the team taking the kick off shall be not less than 6 yards (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 moved in any direction.
- For any infringement of this rule, the kick off shall be retaken.
- Should the player taking the kick off 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 kick off, 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 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 the 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 the kickoff.

Ball In and Out of Play

- The ball is **out** of play:
 - When the whole of the ball has crossed the goal line or touch 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 cross-bar, referee 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 cross-bar, provided it has not been thrown, carried or intentionally propelled by hand or arm, by a player of the attacking team.
- The Match Officials 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 [Long Term Player Development \(Ontario Soccer\)](#).

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 2nd Half
 - To replace an injured player

Pass Ins/Dribble Ins (U10/U11)

- 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 from the point where it left the field of play, by a member of the team opposing that of the player who last played or touched it.
- The player taking the pass in shall face the field of play and pass the ball from on, or behind, the touch line.
- The ball must be stationary and placed on or behind the touch line.
- The ball is in play when it enters the field of play.
- Opposing players must be at least 3 meters away.
- The kicker must first touch the ball into the field of play and pass the ball to a team-mate before scoring
 - If a player scores without the ball being touched a second time, play will restart with a goal kick or corner kick

Indirect 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 procedures outlined below for further detail.
- At the taking of a free kick, the ball shall be stationary and all opponents shall be not less than 6 yards (5.5m) from the ball until it has been kicked. The ball shall be in play when it is kicked and 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 moved and has passed outside the penalty-area. All opponents shall be outside the penalty area and not less than 6 yards (5.5m) from the ball until it has been kicked. For any infringement 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 infringement 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 considered to be indirect with the exception of the penalty kick.

Penalty Kick

- A penalty kick shall be taken from the penalty mark. All players, with the exception of the defending goalkeeper and the player taking the kick, shall be outside the penalty-area, behind the ball but within the field of play, not less than 6 yards (5.5m) from the ball until it has been kicked.
- The goalkeeper shall remain on his own 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 moves forward. The player shall not play or touch the ball a second time until it has been played or touched by another player.
- If necessary, the time of play shall be extended to allow a penalty kick to be taken.

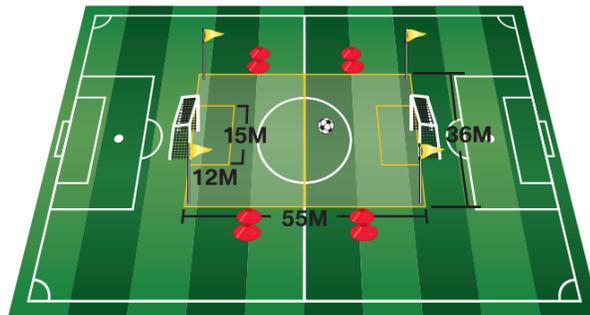
Fouls and Misconduct

- A player who, in the opinion of the Match Official, intentionally commits any of the following offences, shall be penalized by the awarding of an indirect free kick to the opposing team:
 - Spits at an opponent/teammate
 - Bites an opponent/teammate
 - Kicks or attempts to kick an opponent/teammate
 - Trips or attempts to trip an opponent/teammate
 - Jumps at an opponent/teammate
 - Charges an opponent/teammate
 - Strikes or attempts to strike an opponent/teammate
 - Holds an opponent/teammate
 - Pushes an opponent/teammate
 - Handles the ball deliberately, (except a goalkeeper from within his own penalty area)
 - 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 own penalty area, a penalty-kick shall be awarded.

Retreat Line

- 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.
- What would happen is 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 7 v 7 game the retreat line will be at the 1/3rd line of each team’s respective half.
- The Match Official should ensure the retreat line is visible and in the correct location.

See below for an example. The red cones are at the 1/3rd line of the field representing the Retreat Line



Goal Kick

- 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 that 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.
- 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 Kick

- When the whole of the ball has crossed the goal line, either on the ground or in the air, excluding that 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 be not less than 6 yards (5.5m) from the ball until it has been kicked.
- The ball is in play when it is kicked and moves.
- 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 the ball in the penalty area.
- The goalkeeper cannot handle the ball outside 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 offence occurred.
- The goalkeeper may put the ball back into play within the penalty area either by kicking or throwing the ball. The 6 second rule will not be called on the goalkeeper, who can, therefore, run up to the line before releasing the ball. Drop kicks are permissible; however we encourage our goalkeepers to play the ball out from the back.

Offside

- There are no offsides in the U10/U11 Learn to Train soccer program.

Extreme Heat

- When the weather is extremely hot, The Match Official will provide a 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.