



**Youth Outdoor
House League
U5 & U6 Active Start
Rules & Regulations**

U5-U6 ACTIVE START HOUSE LEAGUE RULES

The Field

- U5-U6 Active Start soccer will be played on a full field that will be divided into 22 x 18 grids. Facilitators (U5/U6) will ensure each field is set up appropriately.
- Maximum Goal Size: (3ft x 5ft); PUG nets will be used
- Cones will be used to mark the field.

The Ball

- Size 3 balls will be used at all times.
- Multiple balls may be used during the U5-U6 games per OSC's Active Start 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 and socks
- Cleats or running shoes
- Team jersey
- Pinnie
- Shorts
- 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.

OSC Facilitator/Program Lead Facilitator

- Each Active Start session will be run by an OSC Facilitator and volunteer coaches.
- The role of the OSC Facilitator/Program Lead Facilitator will be to work with all players and help develop the volunteer coaches.

Duration of the Game & Playing Time

- The total time allocated for each session is fifty (50) minutes and is structured as follows:

Age Group	Warm Up	Physical Literacy	Technical Development	Small Sided Game
U5	5 minutes	15 minutes	10 minutes	20 minutes
U6	5 minutes	5 minutes	15 minutes	25 minutes

- **Each player must receive equal playing time.**
- No player shall be left on for the entire game (if one team is short players, the teams should share with the opposing team).
- Players will receive water breaks throughout the fifty (50) minutes as required.
- Snack will be at the end of the fifty (50) 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 [Long Term Player Development \(Ontario Soccer\)](#).

Coach Roll-Ins

- The coaches 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 and to ensure the game flows.
- 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.

Infringements

- All infringements, such as tripping and handling the ball, shall be managed by both coaches, using common sense.
- There are no offsides in the Active Start program.
- There are no retreat lines