



**Youth Outdoor
U7 House League
FUNdamentals
Rules & Regulations**

U7 FUNDamentals HOUSE LEAGUE Rules

The Field

Width: 18-22m

Length: 25-30m

- FUNDamentals soccer games shall be played only on fields designated and assigned by the Oakville Soccer Club for the FUNDamentals soccer program.
- Nets will be pop up goals (3ft x 5ft)

The Ball

- Size 3 balls will be used at all times.

Number of Players

- Each team roster has six (6) registered players.
- OSC reserves the right to over/under roster depending on registration numbers.
- The U7 FUNDamentals soccer game is played with three (3) players per team on the field (no goalkeeper).
- All players must experience and rotate through all positions.

Facilitators

- Game Facilitators will be provided for U7. The role of the Game Facilitator is to supervise and encourage the children to play the game correctly, and make it a fun learning environment for the players.
- It is expected that the coaches and Game Facilitators 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 Facilitators will support FIFA Law 4 which is explained in the House League Manual.

Duration of the Game & Playing Time

- The U7 FUNDamentals games shall be structured as follows:
 - Warm-up: 5 minutes
 - Physical Literacy: 5 minutes
 - Technical Development: 15 minutes
 - Small Sided Games: 30 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).
- Water breaks will be provided at the discretion of the Game Facilitator.

Start of Play

- At the beginning of a game, choice of side 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 other team 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 Game Facilitator giving the vocal signal of "Ready, Set...Go!"
- 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.
- 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.
- For any stoppage not mentioned elsewhere in these rules, the Game Facilitator shall restart the game by dropping the ball at the place where it 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 kick-off
- No offsidess

Ball In and Out of Play

- The ball is **out** of play:
 - When the whole of the ball has crossed the goal-line, whether on the ground or in the air
 - When the play has been stopped by the Game Facilitator
- The ball is **in** play:
 - At all other times including when it rebounds into play from a goal post, a cross-bar or Game Facilitator 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 Game Facilitator 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 Facilitator 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 “on the fly” at any time during the game without having to inform the Game Facilitator.

Pass-Ins/Dribble-Ins

- If the ball has crossed the touchline, the kicker can pass or dribble the ball back in to play.
- 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 Fundamental soccer rules when the ball is in play, the Game Facilitator may award a free kick to the non-offending team. 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 be not less than 2 meters

from the ball until it has been kicked. The ball shall be in play when it is kicked and 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 infringement of this rule, a free kick shall be awarded to the opposing team.

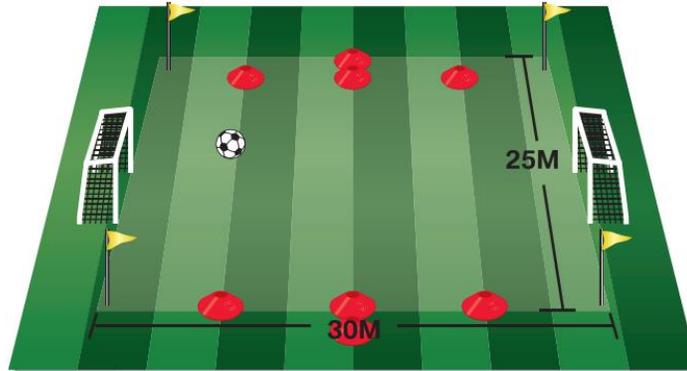
Fouls and Misconduct

- A player who, in the opinion of the Game Facilitator, 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 own penalty area)
 - Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball

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 defending player retrieves the ball from out of bounds (in their own half) the opposing team members would “retreat” to the halfway line of the field
 - Once all the opposing players have retreated to the line the kicker can successfully 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 3v3 game the retreat line is the halfway line. As most temporary 3v3 fields will not have a halfway line, cones at the side of the field can act as an indicator to the players where the halfway line is. 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

See below for an example. The red cones at the halfway line represent the Retreat Line



Goal Kicks/Dribble In

- A goal kick or dribble in 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 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, the Game Facilitator will allow them to retake the kick, instructing them not to touch it again before a team mate has touched it.
- If the player taking the goal kick chooses to dribble the ball in, the opposing team may begin their attack from the retreat line as soon as this player begins his/her advance up the field.
- A goal may not be scored directly from a goal kick.

Corner Kick

- There will be no corner kicks in the 3v3 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 tactic of the defending player to kick the ball out of bounds over their own goal line should be mitigated by the coach.

The Goalkeeper

- There is no goalkeeper in the 3x3 game.

Offside

- There are no offsides in the FUNdamentals soccer program.

Extreme Heat

- When the weather is extremely hot, the Game Facilitator 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.