

Oakville Soccer Club

2023/2024 Youth Indoor Rules (Fall & Winter)



U8/U9 – Game Leader – No Game Sheet Required

- 10 minute warm up by volunteer coach
- 40-minute game – 2 x 20-minute halves
- Retreat Line set up at ½ way line. At any goal kick the ball must be touched by another player of the same team before opposing team advances
- No corner kicks – ball goes to keeper for a goal kick
- No drop kicks
- Kick in or dribble in (no throw in)
- All free kicks are indirect
- 5 v 5 Game (including Goalkeeper)
- Unlimited substitutions – On the fly

U10 – U12 – Small Sided Game – No game Sheet Required

- 10 minute warm up by volunteer coach
- 40-minute game – 2 x 20 minute halves
- Retreat Line is 1/3 of field (on both ends). At any goal kick the ball must be touched by another player of the same team before opposing team advances
- Corner kicks
- Drop kick allowed if caught by keeper. If the ball is placed on ground then retreat line rule applies
- No offsides
- Kick in (no throw in)
- All free kicks are indirect except penalty kicks
- 7 v 7 game (including Goalkeeper)
- Unlimited substitutions – on the fly

U13+ - Game Sheet required – Send to Leah Sherrett (lsherrett@oakvillesoccer.ca)

- 5 minute warm up by volunteer coach
- 50-minute game - 2 x 25-minute halves
- Corner Kicks
- Drop kick allowed if caught by the keeper
- No offsides
- Kick in (no throw in)
- All free kicks are indirect except penalty kicks
- 6 v 6 game (including Goalkeeper)
- Unlimited substitutions – on the fly

Note:

- GU12/13 play with U12 Rules – no game sheet is required
- No jewelry allowed – this includes bracelets, earrings, necklaces, studs
- Shin pads are mandatory and must be worn inside socks