



Key Ontario Soccer Rules - U10/U11 House League Soccer

Game Format and Structure

- **Format:** 7V7 (including a goalkeeper).
- **No Scores/Standings:** Scores are not recorded, and league standings are not maintained.
- **Duration:** Maximum game duration is 50 minutes, played as two 25-minute halves.
- **Ball Size:** Size 4

Rules of Play

- **Retreat Line:** Mandatory. When the goalkeeper has the ball, or on a goal kick, the opposing team must move back to behind the retreat line which is 1/3 of the field, to allow the team to play the ball out from the back. Players must remain behind the retreat line until the second touch.
- If the keeper chooses not to wait for the opposition to retreat and releases the ball early, the ball is in play, and the opposition may pressure immediately, and a teammate does not need to touch the ball first.
- The goalkeeper should not use a drop kick, rather place the ball on the ground and kick the ball to a teammate or throw the ball to their teammate.
- **No Offsides:** Offside rules are not applied at the U10/11 level.
- **Restart (Sidelines):** Players use a pass-in or dribble-in to restart play. No throw-ins
- **Fouls and Misconduct:** All free kicks are indirect except penalty kicks.
- **Substitutions:** Unlimited substitutions are allowed at any stoppage of play.
- **8 second rule:** corner kick to opposing team
- Home team changes colour if there is a conflict
- Yellow and red cards can be handed out to coaches.
- No slide tackles
- Take 5 (unacceptable spectator Behaviour) First = warning, second = 5 minute timeout, Third = abandon game
- **NEW 5 up rule:** If a team is up by 5 goals the losing team may add another player to the field. If the losing team scores they remove the extra player. If the winning team scores again while the losing team is up a player, then the losing team can add a second extra player. Again once the losing team scores, one extra player goes off.

Player Requirements

- **Playing Time:** Each player must receive equal playing time, and no player should sit out the entire game.
- **Positions:** Players should rotate through all positions, including goalkeeper.
- **Safety:** The use of shin guards is mandatory. Jewelry is NOT allowed.