



Key Ontario Soccer rules for U19 House League soccer

Game Format and Structure

- **Format:** 11V11 (including a goalkeeper).
- **Scores/Standings:** Scores are recorded, and league standings are maintained.
- **Duration:** Maximum game duration is 90 minutes, played as two 45-minute halves.
- **Ball Size:** Size 5

Rules of Play

- **Retreat Line:** There is no retreat line for this age group.
- **Offsides:** Offside rules are applied at the U19 level.
- **Restart (Sidelines):** Players use throw-in only.
- **Fouls and Misconduct:** Indirect or direct free kicks as per Fifa laws.
- **Substitutions:** are allowed on goals, goal kicks, and own throw-ins. Teams may piggyback on substitutions, this means the team doing the throw-in must start the substitutions then the other team may also sub.
- **8 second rule for Keepers:** the other team is awarded a corner kick.
- Home team changes colour if there is a conflict
- Yellow and red cards can be handed out to players and coaches

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 goal keeper.
- **Safety:** The use of shin guards is mandatory. Jewelry is NOT allowed.