



**YOUTH OUTDOOR  
HOUSE LEAGUE  
U4-U5 ACTIVE START &  
U6 FUNDAMENTALS  
RULES & REGULATIONS**

Revised February 2019

## U4-U5 ACTIVE START & U6 FUNDamentals HOUSE LEAGUE RULES

### The Field

- U4-U5 Active Start and U6 Fundamentals soccer will be played on a full field that will be divided into grids 22 x 18 (yards). Facilitators will be utilized to ensure each field is set up accordingly.
- Goals will be pop up goals.
- Cones should be used to mark the field.

### The Ball

- Size 3 balls will be used at all times.
- Multiple balls may be used during the game as per OSC 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
- 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/Game Leader

- Each U4/U5/U6 session will be run by an OSC Facilitator and volunteer coaches
- The role of the OSC Facilitator/Program Lead Facilitator/Game Leader will be to work with all players and help develop the coaches.

### Duration of the Game & Playing Time

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

Age Group	Warm Up	Physical Literacy	Technical Development	Small Sided Game
U4	5 minutes	25 minutes	0 minutes	20 minutes
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 [Ontario Soccer's LTPD Recreational Matrix](#)

**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. It will also ensure that the game flows.
- At U4-U5, 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

**Retreat Line – U6**

- To allow our young players to learn and gain confidence in how to play the ball out from the back and build an attack. The opposing team will retreat to their own half to allow the attacking team with the ball to advance unopposed.

**Infringements**

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