



**Youth Outdoor U11-U12
House League
Learn to Train
Rules & Regulations**

Revised May 2022

LEARN TO TRAIN (U11-U12) HOUSE LEAGUE RULES

The Field (50 x 70)

- Learn to Train Soccer U11/U12 games shall be played only on fields designated and assigned by the Mount Hamilton Youth Soccer Club (MHYSC) for the Learning to Train Soccer program

The Ball

- Size 4 balls will be used at all times
- The home team shall supply the game ball

Number of Players

- Each team roster has sixteen (16) registered players
- OSC reserves the right to over roster depending on registration numbers
- The U11-U12 Learn to Train soccer game is played with nine (9) players per team on the field (1 goalkeeper, 8 outfield players)
- All players are encouraged to rotate through all positions
- The minimum number of players a team is permitted to play with is six (6), including the goalkeeper

Match Officials

- As per Ontario Soccer, U11 – U12 games do have Match Officials assigned to them
- Match Officials shall explain infractions to the offending players

Duration of the Game & Playing Time

- The U11-U12 soccer games shall be played with two 30-minute halves
- All games will have a half-time break of 5 minutes.
- **Each player must receive equal playing time.**
- Games may be postponed only when:
 - Ordered by the Match Official
 - In the absence of a Match Official, both coaches agree that the weather and/or the field conditions are unsafe
 - The City of Hamilton withdraws the grass field permit
- If a game is abandoned after the first half has been played, the game is official and deemed to be complete
- If a game is abandoned due to unforeseen circumstances before the first half has been played, the game **MAY** be rescheduled at a later date at the discretion of MHYSC. The Match Official must indicate to the Club that the game was abandoned and reason.

Start of Play

- At the beginning of a game, choice of sides 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 team that lost the toss 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 Match Official blowing his/her whistle.
- 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
- Should the player taking the kick-off play or touch the ball a second time before it has been played or touched by another player, a free-kick shall be awarded to the opposing team
- 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
- After the first half of play, the teams shall change sides. The second half kick-off shall be taken by a player of the team that did not start the game.
- For any stoppage not mentioned elsewhere in these rules, the Match Official shall restart the game by dropping the ball at the place where it was when play was stopped, unless play was stopped in the penalty area. In this case, the ball shall be dropped on the penalty-area line at the point nearest to the where the ball 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

Ball In and Out of Play

- The ball is **out** of play:
 - When the whole of the ball has crossed the goal-line or touch-line, whether on the ground or in the air
 - When the play has been stopped by the Match Official/coach
- The ball is **in** play:
 - At all other times including when it rebounds into play from a goal post, a cross-bar, Match Official and remains in the field of play

Offside

- The offside rule applies to all 9v9 outdoor games

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 Match Official 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 Match Official shall restart the game by dropping the ball.
- There are no scores or standings as per [Ontario Soccer's LTPD Recreational Matrix](#)

Substitutions

- Unlimited substitutions are permitted at the following times by notifying the Match Official:
 - On a throw-in for either team
 - After a goal is scored by either team.
 - At a goal kick by either team.
 - At the start of the 2nd Half.

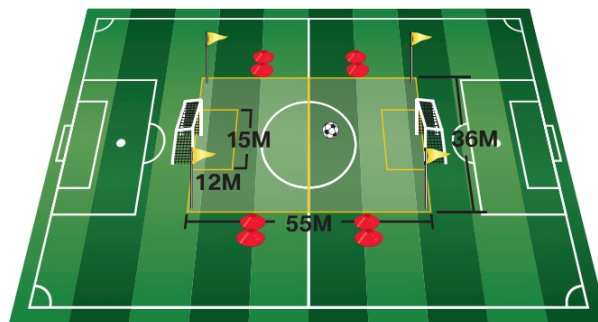
- To replace an injured player.

Throw Ins (U11+)

- When the whole of the ball has crossed the touch-line, either on the ground or in the air, the ball shall be thrown-in from the point where it left the field of play, by a member of the team opposing that of the player who last played or touched it.
- The player taking the throw-in shall:
 - Face the field of play
 - Have part of each foot on the touch line or in the ground outside the touch line,
 - Use both hands, and
 - Deliver the ball from behind and over her/his head
- If the player fails to throw the ball in correctly, she/he shall be permitted a second attempt. If the second attempt is unsuccessful, a throw-in shall be awarded to the opposing team
- The ball will be in play immediately after it enters the field of play
- If the player taking the throw-in plays or touches the ball a second time before it has been played or touched by another player, a free-kick shall be awarded to the opposing team
- At the taking of a throw-in, all opponents must be at least 2 meters from the ball
- A goal may not be scored directly from a throw-in

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 goalkeeper has the ball at a goal kick or after making a save the opposing team members would “retreat” to a third of the field
 - Once all the opposing players have retreated to the line the goalkeeper can successfully throw or 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 9 v 9 game the retreat line will be at the one-third line of each team’s respective half
- The Match Official should ensure the retreat line is visible and in the correct location



Goal Kick

- A goal kick 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, 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, a free kick shall be awarded to the opposing team.
- A goal may not be scored directly from a goal kick
- Only the goalkeeper is to restart play from a goal kick. This will provide the goalkeeper with both the practice and confidence in playing out of the back.

Corner Kick

- When the whole of the ball has crossed the goal line, either on the ground or in the air, excluding that portion between the goal posts, having last been played or touched by a member of the defending team, a corner kick shall be awarded to the attacking team.
- The corner kick shall be taken from within the corner arc nearest to where the ball crossed the goal line. All opponents shall be not less than 6 yards (5.5m) from the ball until it has been kicked.
- The ball is in play when it is kicked and moves
- If the player taking the corner kick plays or touches the ball a second time before it has been played or touched by another player a free kick shall be awarded to the opposing team
- A goal may be scored directly from a corner kick

The Goalkeeper

- The goalkeeper is the only player allowed to use his/her hands to handle the ball in the penalty area.
- The goalkeeper cannot handle the ball outside the penalty area
- If the goalkeeper handles the ball outside the penalty area, a free kick will be awarded to the attacking team and taken at the location where the offence occurred
- The goalkeeper may put the ball back into play within the penalty area either by kicking or throwing the ball. The 6 second rule will not be called on the goalkeeper, who can, therefore, run up to the line before releasing the ball. Drop kicks are permissible; however we encourage our goalkeepers to play the ball out from the back.

Offside

- There are no offsides in the U9/U10 Learn to Train soccer program

Extreme Heat

- When the weather is extremely hot, The Match Official 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 purpose.

