

Burlington Youth Soccer Club  
Recreational  
&  
Development  
  
Policies  
&  
Procedures

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## SECTION ONE - GENERAL

### 1.1 BYSC RULES AND REGULATIONS

All games shall be played in accordance with the F.I.F.A. Laws of the Game as observed by Ontario Soccer (OS) with the exception of a number of rules specific to the Burlington Youth Soccer Club (BYSC).

### 1.2 MANAGEMENT RIGHTS

The BYSC reserves the right to add or modify rules during the season in the best interest of player safety and / or long-term player development.

The BYSC reserves the right to restrict Player movement and (re)align Teams in any Division based on game performance and / or assessment of individual or group skill.

The BYSC reserves the right to suspend or remove Players, Teams or Coaches that are not displaying the appropriate behaviour and / or sportsmanship that reflects the image of the Club.

### 1.3 COACHES MEETING

ATTENDANCE BY THE DESIGNATED COACH OR ASSISTANT IS MANDATORY.

Prior to each season, the BYSC will facilitate one (or more) Coaches meeting(s) to discuss expectations, review rule or policy changes, introduce staff members, field questions, and distribute rosters and a preliminary schedule. All Coaches (or a designated Assistant Coach) must pick up and sign for their Coach's package.

### 1.4 COACHES RESPONSIBILITIES

All coaches will sign, acknowledge and abide by the 'Code of Conduct' as established by the BYSC. The Coach must also comply with the rules and by-laws of the Club, OS and the Peel-Halton Soccer Association (PHSA). Any Coach violating any of the rules and by-laws, or the items of the Code of Conduct shall be subject to discipline, suspension and/or removal as a coach.

- Coaches will be responsible for the conduct of their players, team officials, their players' family and their teams' supporters.
- Coaches will ensure that all players are notified in a timely matter of all team games, practices and other activities.
- Coaches must ensure that FULL Club supplied uniforms are worn at all games.
- Coaches are only allowed to play players properly registered to his/her team or call-up players as outlined in the Call-Up player section. Coaches playing ineligible players will be subject to discipline.
- Coaches will print game sheets and present them to the Referee before the start of each game. All players must be properly registered on each game sheet.
- Coaches and their teams (U9 and older) will be on the opposite side of the field from the spectators. No coaches or other team officials will be allowed to coach from the other side of the field.
- Coaches and other team officials will be restricted to the side-lines between the 'centre line' and eighteen (18) yard line (penalty areas) and one yard from the touch line, on their 'bench' side of the field.
- Teams will have no more than 2 persons (Coach and 1 assistant) on the bench and ALL must print and sign their names on the game sheet. Assistant coaches must abide by all conditions of clause 1.4.
- The Coach must notify his/her Convenor of his/her forthcoming absence and of his/her appointee for the duration prior to his/her departure.
- Coaches will wait at the end of practices or games to ensure that all players are picked up by parents or guardians.
- The Coach will file ratings for ALL the players on his/her team by the end of the regular season.

- The Coach will return all BYSC equipment to the Club at the conclusion of the season.

### **1.5 PERSONAL PROPERTY**

The League accepts no responsibility for lost or stolen personal property. We strongly suggest that no valuables be taken to the field.

### **1.6 NOTICES**

All Coaches and Players should check the League Announcements located online at [www.burlingtonsoccer.com](http://www.burlingtonsoccer.com) for any postings concerning game changes, standings and League news.

### **1.7 ACCIDENTS**

All accidents and injuries must be reported to the League Convenor or Recreation Administrator. An incident report must be completed and forwarded to the BYSC.

## **SECTION TWO - LEAGUE ADMINISTRATION**

### **2.1 ELIGIBLE PLAYERS**

Only Players registered with the Recreational League may participate. All Players participating in a League game must be registered to the appropriate age division with the exception of official Call Up players (see Call-Up Procedure, pg.9).

Coaches using ineligible players will be subject to discipline and may have their teams' points forfeited.

### **2.2 PLAYING TIME**

- **House League:** All players in the house league program will have equal playing time in all divisions. For shift change recommendations, please see Duration of Games and Game Formats on Page 6.
- **Development Program**  
All players in the development program will have equal playing time in the all exhibitions, tournaments and game days. This includes Indoor and Outdoor seasons.

### **2.3 EQUIPMENT & UNIFORMS:**

A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewellery). Hard casts are not permitted for any game.

All players must wear their Club-supplied soccer uniform for each game. No changes or alterations shall be made to the uniform without written permission from the Club. All players must wear soccer shoes or running shoes. It should be noted that in all divisions, metal cleats, hard shoes or any footwear constituting a hazard to other players will not be permitted. Footwear may be inspected on a request from either coach or referee any time prior to or during a game.

Shin guards must be worn and must be entirely covered by the socks.

Recreational goalkeeper jerseys will be provided and must be returned to his/her coach after each game.

In cold weather players may wear other attire under their complete uniforms at the discretion of the Referee.

**2.4 TEAM COLOURS:**

The two teams must wear colours that distinguish them from each other. Each goalkeeper must wear colours that distinguish them from the other players. Coaches should have an alternate colour jersey or pinnie in case of conflict.

**2.5 HOME TEAM RESPONSIBILITIES**

Game balls are supplied to all Teams. The home team (the first one listed on the schedule) will be responsible for supplying the game ball. Substitutions of the approved game ball may be made with the approval of the referee.

**2.6 SOCCER BALL SIZES:**

U3-U8 – Size # 3 Soccer Ball

U9U-12 - Size # 4 balls or light size # 5

Under 13+ - Size # 5 balls.

**2.7 REPORTING GAME RESULTS:****House League:**

Referees will file game results within 24 hours of completion of the game. Where there is no official referee, coaches will submit results to the Recreation Administrator.

The following information will be reported:

- The game result and score
- Who scored the goals for BOTH sides
- Whether or not there was an assigned referee at the game

Points awarded:

3 points for a win
1 point for a tie
0 points for a loss

Standings will be kept for age divisions U13 and above only.

All forfeited games will be recorded as a 2-0 score, and reported to the club head referee

No score will be registered with a greater than 5 goal difference (i.e. an 8-0 victory would be recorded as 5-0)

**Development Program:**

U8-U12 – No Scores/No Standings

13+ - Referee will input the scores to the game sheet and submit to the appropriate league.

Points awarded:

3 points for a win
1 point for a tie
0 points for a loss

## 2.8 DURATION OF GAMES & GAME FORMAT:

BYSC is committed to the Long Term Player Development (LTPD) plan set out by the Ontario Soccer Association (OSA). In a continued effort to follow the LTPD plan, BYSC has made changes to the Recreational Outdoor structure as noted on Page 7.

BYSC Recreational Outdoor Format									
	U3	U4/5	U6	U7/8	U9/ U10	U11	U12	U13	U14-U21
Playing Format	Parent and	Parent and	3v3	4v4	7v7	9v9	9V9	11v11	11v11
	Child	Child	(No GK)	(No GK)	(including GK)	(including GK)	(including GK)	(including GK)	(including GK)
Throw-in or Kick- in	N/A	Kick-In or Dribble in	Kick-In or Dribble in	Kick-In or Dribble in	Kick in or Dribble in	Throw- Ins	Throw- Ins	Throw-Ins	Throw-Ins
Corners	N/A	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Kick-offs	N/A	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Goalkeepers	N/A	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Field Size	N/A	1/8 Field	1/8 Field	1/6 Full Field	Full Mini	Full Small	Full Small	Full	Full
Retreat line	½ field	½ field	½ field	1/2 field	1/3 field	1/3 field	1/3 field	N/A	N/A
Duration of Game	Session 45 min	30 min	30 min	2x20 min	2x25 min	2x30 min	2x30 min	2x40 min	2x45 min
Substitutions	N/A	Unlimited		Unlimited	Unlimited with referee permission				
		(every 3-4 min)		(every 5 min)					
Practices	In session	20 Min prior	20 Min prior	20 Min Prior	Separate	Separate	Separate	Separate	Separate
		to game	to game	to game	Night	Night	Night	Night	Night
Goal Size	N/A	Pugg Net	Pugg Net	Far Post Net	6ft x16ft	6 x 18ft	8ft x 24ft	8ft x 24ft	8ft x 24ft
Ball Size	Size 3	Size 3	Size 3	Size 3	Size 4	Size 4	Size 4	Size 5	Size 5
Offsides	N/A	No	No	No	No	Yes	Yes	Yes	Yes
Referee/ Game Leader	N/A	Game Leader	Game Leader	Game Leader	Referee	Referee	Referee	Referee 2 AR's	Referee 2 AR's
Season Length	7 weeks	9 weeks	9 weeks	14 weeks	14 weeks	15 weeks	15 weeks	15 weeks	15 weeks

### Development Program:

Ontario Soccer Development Matrix U8-U12:

[https://cdn1.sportngin.com/attachments/document/0112/8096/Development\\_MATRIX\\_Outdoor\\_Feb132018.pdf](https://cdn1.sportngin.com/attachments/document/0112/8096/Development_MATRIX_Outdoor_Feb132018.pdf)

## **2.9 PROTESTS:**

*It should be noted that Referee's or appointee's decisions relating to the actual Laws of the Game are not suitable grounds for protest.*

- To protest a game, it must be reported to the referee before the start of the 2<sup>nd</sup> half. The referee will make not of this on the game sheet.
- All protests must be accompanied by a cheque for \$50.00 to be included with the letter of protest.
- To protest a regularly scheduled league game the protest must be submitted within two (2) business days to the Recreation Administrator.
- Should any protest be upheld, the coach will have his/her \$50.00 returned.
- Should any protest be disallowed, the \$50.00 will be allocated to the BYSC Player Assistance Fund.
- Action will be taken by the Discipline Committee and all parties involved will be notified by the Office in writing.

## **2.10 ABANDONED GAMES:**

If a game is abandoned due to inclement weather with less than ten (10) minutes of the second half played, the game is not complete. The game will only be replayed if it has an impact on determining the League Champions.

If ten (10) minutes or more of the second half has been played, the score will be considered complete.

If a game is abandoned for any other reason, the matter will be brought to the Recreation Administrator.

## **2.11 FORFEIT OF POINTS:**

Game points will be forfeited for any of the following reasons,

- Failure of a team to appear for a game.
- If a team delays the start of a game by more than fifteen (15) minutes
- If a team has less than seven (7) players.
- Playing of illegal player or players not registered.
- Failure to complete a game without the referee's permission.

It should be noted that if a team has a full complement of players, that team may play the game using their full complement e.g. eleven (11) against eight (8).

## **2.12 TIE-BREAKER PROCESS**

In the event that teams are tied in points, the standings will be determined by the following, in order:

- Results of head to head competition (does not apply if three (3) or more teams tied).
- Team with the most wins.
- Total goals scored, minus goals against, calculated for each game (maximum of +5 or -5 per game).
- Least number of goals allowed.
- Most number of goals scored.
- Most shutouts.
- Most games scoring a goal.
- Knockout competition according to F.I.F.A. penalty kicks procedure.

### **2.13 CALL-UPS:**

Over the course of a season situations arise that challenge Coaches to field a team with an adequate number of players. In many cases this causes the game to be unbalanced and, in some cases, teams to forfeit games because of not having the minimum number of required players. In an effort to avoid cancelling games or playing unbalanced games, the Club has adopted a Call-Up Procedure for House League divisions for U11 and up.

#### **PROCEDURE**

- a) Upon registration, all players will be asked if they would like to be "Call-Up player" for the outdoor season on the registration questionnaire.
- b) The Call-Up List of players for each division who have opted-in will be provided to Coaches through their online profiles.
- c) To access this list, Coaches must follow the steps below:
  - Go to [www.burlingtonsoccer.com](http://www.burlingtonsoccer.com) and click Coaches & Referees.
  - Log in using your email address and password provided to you by Recreational Administrator.
  - Select Season (2016 Outdoor Season).
  - Select Tools ☐ Mass Emailer.
    - Please select YOUR division under the Call-Up List header from the drop down menu (i.e. U11 Coach Selects U11 Call up List).
    - You may only call up players from your own call up list.
    - Coaches who do not abide by these rules will be subject to discipline.
  - Coach will send an email request for player(s) to their Call-Up list for a specific game. Please provide as much detail as possible.
  - At least 24 hours' notice should be given by the coach.
  - Click Submit when the email is complete.

#### **RULES & REGULATIONS**

- Players may be called up to establish a maximum roster of fourteen (14) players. Any team that cannot field seven (7) players from their original roster will forfeit the game.
- No team may exceed five (5) Call-Ups per game.
- A Call-Up player can participate in a maximum of three (3) games per team per season.
- No call up player may play more minutes than a regular team player (unless required due to injury or medical condition).
- Call-Ups may be used for Regular Season games only.
- Players with the same shirt colour of the requesting team are first priority.
- A suspended player may not be called-up during their suspension.
- Names of Call-Up players must be added to the game sheet prior to the start of the game. All players who are not in attendance must be crossed off the game sheet by the Coach.
- When reporting games, Call-Up players are to be noted on the game sheet.



## **2.14 OFFICIAL DOCUMENTS**

All communications regarding Referee's and / or injuries must be submitted using an Official Form in order to have matters tended to by the Club. This includes General Feedback as well that will help improve the League or its operation. These documents can be found on the Club website under Recreational, Official Documents.

# **SECTION THREE - GAME OFFICIALS**

## **3.1 REFEREE QUALIFICATIONS**

All Referees' will complete an OS sanctioned referee training course prior to officiating any games with the BYSC. All Referees' must write and pass a written test of the Laws of the Game and achieve minimum required by OS.

A Referee may only take part in games for which his / her classification permits.

## **3.2 REFEREES**

Referees will be assigned by the BYSC Head Referee or designated assignor. Mini and youth Referees' may only take part in games in which the age classification of the teams involved in the game are a minimum of 2-years younger than the Official.

If a neutral referee is not available at game time, each coach or his appointee will referee one half of the game. This appointee will NOT coach while assuming the role of referee.

## **3.3 LEARN TO TRAIN ASSISTANT REFEREES**

For U9 to U12 Divisions each team must provide a Linesperson on their side of the field. The Linesperson will only assist the Referee in calling balls that have gone out of play. The Linesperson will NOT coach while assuming their duties.

For U13 Divisions and above, the BYSC Head Referee will assign Assistant Referees.

# **SECTION FOUR - DISCIPLINE**

## **4.1 DISCIPLINE:**

All players, team officials, and Club officials may be subject to discipline, as outlined in the OS and BYSC Policy & Procedures for Discipline.

All persons appearing before the Discipline Committee have the right to bring witnesses. All suspensions and reprimands will be noted in the discipline record of the Club.

The BYSC shall make available to the Discipline Committee, the discipline record of any player who has appeared before the Discipline Committee. A decision will be given in writing within 14 days, and if the player is suspended, the suspension will start with his/her team's next regularly scheduled League game and last through any regular League games until his/her suspension is deemed to be over. This can continue into the next season of play, if necessary. Indoor discipline will carry over to the next indoor season, and summer outdoor to the following outdoor season.

Discipline meetings will be held every Friday during the season or as required and as deemed necessary by the Discipline Chairman. Should any Coach or Player not attend the required disciplinary meeting, the Coach or Player will be indefinitely suspended until they do appear before the Disciplinary Committee.

#### **4.2 DISCIPLINE COMMITTEE:**

The Discipline Committee will consist of: The Discipline Chairman and two neutral parties. All decisions will be given in writing.

Any Member of the Discipline Committee who is personally involved in a particular discipline case shall not be allowed to stand on the Committee hearing that case. Decisions may be appealed as defined in the Appeals section.

#### **4.3 APPEALS:**

Any registrant of the Club directly affected by a decision of the Club may appeal such decision.

A decision of the Club may be appealed to the PHSA which is the District Association the Club is affiliated with. The appeal shall be conducted in accordance with the OSA's and PHSA's published rules.

## **House League and Development Age Specific Information**

### **U4/U5 – ACTIVE START**

At this age, success will be to simply engage the children's "first steps, first kicks" in the wonderful world of soccer and all done in a fun, safe, interactive environment.

Coaches are encouraged to gain the Active Start certification for coaching kids ages U4-U6.

#### Coaching Certification

<https://www.ontariosoccer.net/active-start> - Ontario Soccer Active Starts Certification Info.

#### Active Starts Grassroots Practices

<https://www.ontariosoccer.net/grassroots-practices> - Grassroots Practices provided by Ontario Soccer.

All sessions will be run by volunteer coaches who are trained by BYSC technical staff. The division will be monitored by a technical coach and convenor.

#### **Players:**

- Each team will have a maximum of 8 (eight) registered players on the roster.
- Games will be played with 3 or 4 players per team on the field of play with no goalkeeper. Coaches may agree to play 3 or 4 players depending on player attendance at a particular game. 3 v 3 is recommended.
- Each player will receive equal playing time.
- If you are short players, please share with the opposing team.

**The Field:**

- Active Start (U4/U50 will divide fields into approx. 18x22 yard grids. Field Convenors and Coaches will be utilized to ensure that field is set up correctly (U4/5).
- Pugg Nets will be used as goals.
- Cones will mark the field boundaries.
- Teams will play at the same field every week.

**Duration of Session:**

Warm Up/ Practice- 10 Minutes
Break- 5 Minutes
Game- 30 Minutes
Cool Down- 5 Minutes
Total 45 Minutes

**Roll in's:**

- Coaches will carry soccer balls during the game and when the ball leaves the boundaries of the field, the coach will roll a new ball into play. This will ensure that the game flows and the players stay within their own field boundaries.

**Retreat Line:**

- A retreat line (half way between two nets) has been introduced to allow players to learn and gain confidence as they build an attack opposed to kicking the ball aimlessly up the field. After the ball crosses the goal line, the attacking team must fall back to the retreat line in order for the other team to begin their attack.

Ontario Soccer Retreat Line Information:

[https://www.ontariosoccer.net/news\\_article/show/744861?referrer\\_id=3069015](https://www.ontariosoccer.net/news_article/show/744861?referrer_id=3069015)

**U6/U7/U8 – FUNdamentals**

The FUNdamentals age group is the second stage of soccer development. However, we have to recognize that in this stage there are players who are participating in soccer for the first time. The most important focus at this age is the continued development of physical literacy and the recognition that development of individual technique is paramount. Skill development at this stage should be well structured, positive, FUN and should concentrate on developing the ABC's of Agility, Balance and Coordination plus the basic skills.

**Coaching Certification:**

All coaches are encouraged to gain the FUNdamentals certification.

<https://www.ontariosoccer.net/fundamentals> - Ontario Soccer FUNdamentals Certification.

**FUNDamentals Grassroots Practices**

<https://www.ontariosoccer.net/grassroots-practices> - Ontario Soccer Grassroots Practices.

**Players:**

- U6 teams will have a maximum 6 registered players on the roster
- U7 teams will have a maximum of 8 registered players on the roster.
- U8 teams will have a maximum of 10 registered players on the roster.
- U6 games will be played with 3 players and no GK
- U7 games will be played with 4 players per team with no GK.
- U8 games will be played with 5 players per team including GK.
- Each player will receive equal playing time.
- If you are short players, please share with the opposing team.

**Game Format:**

- U6 – 3v3 (No GK)
- U7 – 4v4 (No GK)
- U8 – 4v4 (No GK or 5v5)

**The Field:**

- U6/U7/8's will play on approx. 30X36 yard fields.
- Far Post Nets will be used as goals.
- Cones will mark the field boundaries.

**Duration of Session:**

U6 Division	U7 Division	U8 Division
Warm Up/Practice – 10 Minutes	Warm Up/ Practice- 10 Minutes	Warm Up- 10 minutes
1 <sup>st</sup> Half – 15 Minutes	1 <sup>st</sup> Half- 15 Minutes	1 <sup>st</sup> Half- 15 Minutes
Break – 5 Minutes	Break- 5 Minutes	Break- 5 Minutes
2 <sup>nd</sup> Half – 15 Minutes	2 <sup>nd</sup> Half- 15 Minutes	2 <sup>nd</sup> Half- 15 Minutes

**Training Duration:**

U6 – 45 Minutes  
 U7 - 45 Minutes  
 U8 – 45 Minutes

**Game Leader's**

U6/U7/U8 games will be refereed by the coaches who will be certified as game leaders through Ontario Soccer.

<https://www.ontariosoccer.net/grassroots-game-leader> - Ontario Soccer Game Leader Information.

**Kick In/Dribble In:**

- When the ball crosses the touch-line, either in the air or on the ground, the ball will be kicked in or dribbled in from the point where it left the field of play by a member of the opposing team.
- A goal may not be scored directly from a kick-in.

**Retreat Line:**

- A retreat line (half way between two nets) has been introduced to allow players to learn and gain confidence as they build an attack opposed to kicking the ball aimlessly up the field. After the ball crosses the goal line, the attacking team must fall back to the retreat line in order for the other team to begin their attack.

[https://www.ontariosoccer.net/news\\_article/show/744861?referrer\\_id=3069015](https://www.ontariosoccer.net/news_article/show/744861?referrer_id=3069015) – Retreat Line Information from Ontario Soccer

**U9/10 – LEARN TO TRAIN**

At this age, skill development should be well structured, positive and FUN and should concentrate on developing the ABC's of Agility, Balance and Coordination plus basic skills, dribbling, passing and shooting. Players are encouraged to take part in unstructured play, every day, with their friends.

Coaches are encouraged to gain the Learn to Train Ontario Soccer Certificate:

<https://www.ontariosoccer.net/learn-to-train>

**Coach Resources:**

Ontario Soccer Learn to Train Practices:

<https://www.ontariosoccer.net/grassroots-practices>

**Coach to Player Ratio:**

- U9/U10 – Maximum 12 players:1 Coach

**Players:**

- Each team will have a maximum of 12 registered players on their roster.
- Games will be played with 7 players per team on the field of play including a goalkeeper.
- Each player will receive equal playing time.
- There must be a minimum of 5 players, including a goalkeeper, or the game will be considered a forfeit. The referee will allow up to 10 minutes' grace time for players to arrive.
- If possible, when one team does not have enough players, the referee will officiate a 'practice' game
- All players will have equal playing time.

**Practice Duration:**

- 50 Minutes

**The Field:**

- U9/10's will play on a full size "mini" field.
- Fields will be properly lined.
- Permanent goals on field.

**Duration of Session:**

Warm Up/ Practice- 10 Minutes
1 <sup>st</sup> Half- 25 Minutes
Break- 5 Minutes
2 <sup>nd</sup> Half- 25 Minutes

**Kick In/Dribble In**

- When the ball crosses the touch-line, either in the air or on the ground, the ball will be kicked in or dribbled in from the point where it left the field of play by a member of the opposing team.
- A goal may not be scored directly from a kick-in.

**Free Kicks:**

- All free kicks are indirect

**Referees:**

- As per OSA guidelines, U9/10 games will have assigned referees.
- Goal kicks, corner kicks, free kicks and penalty kicks will be enforced.
- No offside calls in U9/10 divisions

**Substitutions:**

- Unlimited substitutions.
- All substitutions are at the discretion of the referee.
  - After a goal by either team,
  - At a goal kick by either team,
  - At the beginning of the second half,
  - On a team's own pass in,
  - If a team substitutes on their pass in, the other team may also substitute
  - To replace an injured player.

**Goalkeepers:**

- The goalkeeper is the only player allowed to use his/her hands to handle the ball inside of the penalty area. The goalkeeper cannot handle the ball outside of the penalty area.
- If the goalkeeper handles the ball outside of the penalty area, a free kick will be awarded to the attacking team where the offence occurred.

**Retreat Line:**

- A retreat line, 1/3 the distance from the goal line, has been introduced to allow players to learn and gain confidence as they build an attack opposed to kicking the ball aimlessly up the field. After the ball crosses the goal line, the attacking team must fall back to the retreat line and may not cross the retreat line until the ball is in play in order for the other team to begin their attack.
- The ball is considered 'in play' when:
  - A second member of the kicking team has touched the ball
  - The ball has passed the retreat line
  - The ball has gone out of play

Ontario Soccer Retreat Line Information:

[https://www.ontariosoccer.net/news\\_article/show/744861?referrer\\_id=3069015](https://www.ontariosoccer.net/news_article/show/744861?referrer_id=3069015)

**U11/12 – LEARN TO TRAIN**

At this age, skill development should be well structured, positive and FUN and should concentrate on developing the ABC's of Agility, Balance and Coordination plus basic skills, dribbling, passing, receiving, support and shooting. Players are encouraged to take part in unstructured play, every day, with their friends.

All Coaches are encouraged to gain the Ontario Soccer Learn to Train Certification:

<https://www.ontariosoccer.net/learn-to-train>

**Coaches Resources:**

Ontario Soccer Grassroots Practices:

<https://www.ontariosoccer.net/grassroots-practices>

As per LTPD requirements, scores will not be kept in these age groups.

**Coach to Player Ratio:**

- U11/U12 – Maximum 16 players:1 Coach

**Players:**

- U11 teams will have a maximum of 16 registered players on their roster.
- U11 & U12 games will be played with 9 players per team on the field of play including a goalkeeper.
- A minimum of 6 players, including a goalkeeper, are required
- Each player will receive equal playing time.

**Practice Duration:**

- 70 minutes

### **The Field:**

- U11/U12's will play on a full small field (50x70) -
- Fields will be properly lined.
- Permanent goals on field.

### **Duration of Session:**

Warm Up/ Practice- 10 Minutes
1 <sup>st</sup> Half- 30 Minutes
Break- 5 Minutes
2 <sup>nd</sup> Half- 30 Minutes

### **Throw In's:**

- When the ball crosses the touch-line, either in the air or on the ground, the ball will be thrown in from the point where it left the field of play by a member of the opposing team.
- A goal may not be scored directly from a throw-in.
- The player taking the throw-in will face the field of play, use both hands and deliver the ball from behind and over his/ her head. The player cannot cross the touch-line when taking a throw-in and both feet must be on the ground.

### **Referees:**

- As per OS guidelines, U11/12 games will have assigned referees.
- All games shall be played in accordance with the FIFA Laws of the Game and Ontario Soccer (OS) except those superseded by rules outlined in this section.

### **Substitutions:**

- Unlimited substitutions.
- All substitutions are at the discretion of the referee.
  - After a goal by either team,
  - At a goal kick by either team,
  - At the beginning of the second half,
  - On a team's own throw in,
  - If a team substitutes on their throw in, the other team may also substitute
  - To replace an injured player.

### **Goalkeepers:**

- The goalkeeper is the only player allowed to use his/her hands to handle the ball inside of the penalty area. The goalkeeper cannot handle the ball outside of the penalty area.
- If the goalkeeper handles the ball outside of the penalty area, a free kick will be awarded to the attacking team where the offence occurred.

### **Retreat Line (U11/12):**



- A retreat line, 1/3 the distance from the goal line, has been introduced to allow players to learn and gain confidence as they build an attack opposed to kicking the ball aimlessly up the field. After the ball crosses the goal line, the attacking team must fall back to the retreat line and may not cross the retreat line until the ball is in play in order for the other team to begin their attack.
- The ball is considered 'in play' when:
  - A second member of the kicking team has touched the ball
  - The ball has passed the retreat line
  - The ball has gone out of play

Ontario Soccer Retreat Line Information:

[https://www.ontariosoccer.net/news\\_article/show/744861?referrer\\_id=3069015](https://www.ontariosoccer.net/news_article/show/744861?referrer_id=3069015)

### **Lightning Safety / Severe Weather Policy**

The safety of players, coaches, management and spectators is the primary concern in any weather event that occurs during all matches sanctioned by the CSA.

By understanding and following the information below, the safety of everyone shall be greatly increased.

Ultimately the referee has the final say over delaying or restarting a match due to weather. Waiting to stop play or not waiting to start play may result in a serious injury or loss of life. Referees are expected to act responsibly when dealing with such events during matches they are controlling

When lightning is detected, you can determine the distance of lightning in your area by counting the number of seconds between the flash and the first sound of the thunder and dividing by five(5). This will give you the distance in miles from your location. Remember, if you are in a higher elevation, the lightning can come upon you much quicker and your reaction time is greatly hindered.

### **30/30 RULE**

When you see lightning, count the time until you hear thunder. If this time is thirty (30) seconds or less, seek proper shelter. Wait thirty (30) minutes or more after hearing the last thunder before leaving the shelter. The game may be terminated if the referee and coaches agree. If you cannot see the lightning, just hearing the thunder is a good back up rule.

### **Players Wearing Casts Policy**

This CSA policy document is designed to reduce inconsistencies in rulings over players wearing casts. All referees are expected to follow these policies in all matches sanctioned by the CSA.

Law 4 states that a player may not use equipment that is dangerous to himself or another player. This is further expanded upon in the Interpretations of the Laws of the Game whereby it is advised that players may use equipment that has the sole purpose of protecting the individual physically providing that it poses no danger to the individual or any other player.

Modern protective equipment made of soft, lightweight, padded materials are not considered dangerous and are therefore permitted.

Hard casts are considered to pose a danger to both the wearer and other players and are not permitted to be worn. The practice of padding a hard cast does not reduce the element of danger.

Players wearing a soft cast will be permitted to play if the cast does not present a danger to the individual or any other player.

The referee or Supervisor of Officials (if one has been appointed to the match/tournament) will make the final decision as to the acceptability of any cast.

Any player who uses a cast with the intent to intimidate or injure an opponent shall be cautioned or sent off.

### **Safety - Jewellery**

A player must not use equipment or wear anything that is dangerous.

All items of jewellery (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. Using tape to cover jewellery is not permitted.

The players must be inspected before the start of the match and substitutes before they enter the field of play. If a player is wearing or using unauthorised/ dangerous equipment or jewellery the referee must order the player to:

- remove the item
- leave the field of play at the next stoppage if the player is unable or unwilling to comply

A player who refuses to comply or wears the item again must be cautioned.