

House League Rules : H.E.A.D.S.

Under 10 Girls/Boys

FIFA Laws of the game apply but some of the laws have been modified for the age level of children. Coaches should familiarize themselves with the Ontario Soccer Association (OSA) rules for mini-games as HEADS strives to move towards compliance.

Referees – The club will appoint referees for this age level, coaches shall assist the referee and ask a parent or siblings of the team to be lines people to indicate if the ball is out of play only. The emphasis at this age level shall be fun, fair play, safety, and the teaching of the basics of soccer. Any infractions of the laws, (fouls, handball etc) shall be explained to the players to teach them the correct sporting behavior. The referees decisions shall be adhered to and are final.

Playing time – The game shall consist of two equal halves each lasting 30 minutes with a break at half time of five (5) minutes. A water break may be taken in the heat of summer for the safety of the players. This break is purely for refreshment and not for additional coaching. This break shall be agreed upon prior to the game commencing.

Number of players – Each team are allowed seven (7) players to be on the field of play at any time, each team shall have one (1) player as a goal keeper and both teams shall always have equal numbers.

Call-ups – Should a coach know ahead of time that their team will not have a sufficient number of players for a particular game; call-ups will be permitted from the HEADS house league age group immediately below their own.

Ball size – Size 4. The home team shall provide the referee with a suitable ball for the game.

Players equipment – Players shall not wear anything which endangers themselves or other players. Basic compulsory equipment shall consist of shorts, socks, shin guards, footwear, and a numbered shirt. Jewelry (necklace, earrings wristwatches, etc) are not to be worn. Goalkeepers must wear colours that are distinguishable from all outfield players and the referee. A player who is asked to leave the field of play because of defective or dangerous equipment may not re-enter the field of play until the referee is satisfied that the equipment is permissible.

Coaches – With the exception of injuries, coaches are not allowed onto the field. All coaching is to be of a positive and respectful manner to all and serve as an example of behaviour to the players and fans. The coaches shall remain in the technical area which is 10 meters long and three (3) meters from the centre line. (Players who are substitutes should also be within this area).

Game sheets – Game sheets are not required for this age group. Scores are not kept. **However, the Coach of the home team shall notify the convener of the game results by email or phone in order to track the league standings and in preparation for the Gala Day games.**

Rain-out games – If a game is called by the referee due to weather, it is the joint responsibility of the teams affected to re-schedule the game for another time. If the game is not re-scheduled, the game will be recorded as a tie game.

Substitutions – Substitutions can be made at any game stoppage to allow equal play for all players. Substitutions shall occur at the centre line of the field.

Ball in or out of play – As per the normal laws of the game. No second chances.

Injured players – Players injured during the course of play shall be attended to firstly by the coach and secondly by the parent. Any player who is bleeding shall be removed from the field of play and can only return when the bleeding has completely stopped.

Offsides – no offsides shall be called at this age. However, players should be encouraged not to “cherry-pick” (stand in a position where the only intent is to score and not join in with the rest of the play).

NEW Goal Kicks – opposing players must retreat to their own half of the field and the ball is not in play until i) outside penalty area and ii) touched by team taking goal kick.

Slide tackles – Are not permitted

Discipline – Any unsporting behavior shall result in the opposing team being given the ball and the game restarted at the point of occurrence, the opposing team shall move away from the ball a distance of eight (8) meters.

Alternate players – For insurance reasons, only registered players are allowed to play, no guests.

Spectators – Spectators are only allowed on the sidelines and not behind the goal lines, a minimum distance of 3 meters should be between the spectators and the side line.

NEW – Start of Game - Players and coaches to exchange sporting handshakes between both teams before each game at the centre of the field. Coaches should shake hands with the referee.

Smoking – There is to be NO smoking near the sidelines or on the bench.

Clean-up - Coaches are responsible to keep the sidelines clean and should encourage the players to place all garbage into the appropriate containers, (failure of the players leaves the coaches to complete the clean up).

Referees - If the referee is absent, please call (519) 993-0891 or email headreferee@headsoccerclub.ca after the game to advise the referee scheduler. Please have a coach or parent fill in.

H.E.A.D.S. reserves the right to change any house league rule or modify the Law of the game.