



TOSL Technical Information U0 & U11

U10 & U11 (7V7) Learning to Train:

Field of Play - the field of play must be rectangular. The recommended field dimensions for U10/U11 are **Width (30 to 36m) Length (40 to 55M)**

The Goal Area: The goal area must be outlined. The area can be identified with markings and/or cones as follows: 2 feet from each goal post and 6 feet from inside of the goalposts extended and joined by a line parallel to the goal line.

Retreat Line: On all goal kicks and/or keeper possession of the ball with his/her hands, squads are asked to retreat to **1/3 of the field** (as indicated by retreat line markers in each attacking end) to allow the squad taking the goal kick to play out of the back. Once the ball is played and has been touched by another player, leaves the field of play, or crosses over the retreat line the opposing squad can advance.
NOTE: If the goalkeeper chooses to play over the retreat line when in possession then the opposing squad can advance.

Match Officials: If the assigned Match Official does not show up, and a qualified Match Official is available, the game shall be played. Conversely, the Team Officials can mutually agree on the Match Official and the game shall be played.

Start of Game by coin toss: At the beginning of the game, choice of halves and the kick-off shall be decided by the toss of a coin. The squad that wins the toss shall decide which goal to attack in the first half. The other squad will take the kick-off. At a kick-off, all players shall be in their own half of the field of play.

Kick Off: is a way of starting or restarting play. It occurs at the start of a match, after a goal has been scored and/or at the start of the second half. A goal MAY be scored directly from a kick-off.

- All players must be in their own half of the field
- The opponents of the team taking the kickoff must be five (5) metres away from the ball until it is in play
- The ball must be stationary on the centre mark
- The referee gives the signal

Goals: After a goal has been scored, the game shall be restarted by a kick-off, taken by a player of the squad against which the goal was scored.

Pass In/Dribble in: The ball shall be passed in or dribbled in. **There is no Throw ins.** On a pass in or dribble in, all opponents must be at least five (5) metres from the ball. *A goal may NOT be scored directly from a kick-in or dribble in.*

Ejections: Players ejected by the referee may not take any further part in the game and must be replaced by squad mate. (a Red Card does not result in playing short-handed)

Free-Kicks: Indirect kicks are awarded for all acts of handballs, fouls and misconduct. (With the exception of penalty kicks). Opponents must be five (5) meters away from the ball when the indirect free kick is taken.

Penalty Kicks: Penalty kicks will be awarded at this age group as outlined in the ONTARIO SOCCER Small Sided game rules (Law 12).
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NO DIRECT KICKS shall be awarded.

(Please see below chart for specific age group information)

Description	Under 10 & 11
PLAYING FORMAT:	7v7 (with goalkeeper) Under 9 Festival Format
Game Day Roster:	Ideal 9/Maximum 12. Callups- Unlimited. Cannot exceed maximum of 3 underage.
SUBSTITUTIONS:	Unlimited (Any stoppage)
GAME DURATION:	2X25 minutes
THROW INS	NO throw ins; PASS in/Dribble in
OFFSIDE	NO OFFSIDE RULE
GAME BALL	SIZE 4 or 5 LIGHT

Players Equipment

- Each player must wear shin Guards
- Players wearing protective devices (cast, braces, etc.) will not be allowed to play, unless written approval is received from the Club Head Referee
- No Jewellery is permitted. Exception = Medical Alert Bracelet
- Notwithstanding – all decisions regarding players equipment are at the discretion of the Match Official.