



**Youth Outdoor  
House League  
U3-U6 Active Start  
Rules & Regulations**

Revised May 2022

## U3-U6 ACTIVE START HOUSE LEAGUE RULES

### The Field

- U3-U6 Active Start soccer will be played on a 7v7 field that will be divided into 2 mini fields 22 x 18 (yards). Coaches will set this field up along with the coach from the team that they are playing that day
- 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 MHYSC Curriculum.

### Number of Players

- Each team roster has a maximum of ten (10) 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.
- U3-u6 Coaches will run fun activities with the players for the first 20 minutes of the session that come from the [MHYSC curriculum](#).

### Duration of the Game & Playing Time

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

Age Group	Fun Activities	Small Sided Game
U3	20 minutes	35 minutes
U4	20 minutes	35 minutes
U5	20 minutes	35 minutes
U6	20 minutes	35 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 should be rotated every 2 minutes
- Players will receive water breaks throughout the session/game as required
- If players are wanting to bring snacks, this should happen at the end of the 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 U3-U6, 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

**Infringements**

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