

Maple Leaf House League Rules

		Game Time	Field Size	Net
U4	4 v 4 No keeper	15 minute of fun drills Game is: 2 x 15 min. ½'s 10 minute ½ time break	20 to 25m by 30 to 36m OR 15 steps x 25 steps	4' Pop-up Net
U6	5 v 5	15 minute of fun drills Game is: 2 x 15 min. ½'s 10 minute ½ time break	25 to 30m 30 to 36m OR 20 steps x 25 steps	6' Pop-up Net
U8	5 v 5	2 x 25 ½'s with a 10 minute break	25 to 30m 30 to 36m OR 20 steps x 25 steps	Blue Nets (5'x8')
U10	7 v 7	2 x 25 ½'s with a 10 minute break	½ field	End Nets
U12	9 v 9	2 x 25 ½'s with a 10 minute break	3/4 Field	Big Nets
U15	11 v 11	2 x 25 ½'s with a 10 minute break	Full Field	Big Nets

Ball size	Age group	# of Players on the field per team (1)	Goalkeeper	Throw-ins from sidelines (2)	Move opposing team back at goal kicks (3)	Incidental Handball called (4)	Off-side called	Slide Tackles
size 3	U4	4	No	No	No	No	No	No
size 3	U6	5	Yes	No	Yes	No	No	No
size 4	U8	5	Yes	No	Yes	No	No	No
size 4	U10	7	Yes	No	Yes	Yes	No	No
size 4	U12	9	Yes	Yes	Yes	Yes	Yes	No
size 5	U15	11	Yes	Yes	No	Yes	Yes	No

(1): Number of players on the field INCLUDES the keeper

(2): U4, U6, U8 players can pass/dribble the ball in. In U12+ if a player does not throw properly, they should be allowed to retake. If an improper throw is made on the 2d attempt, ball is turned over to the opposing team

(3): Opposing team should be moved back mid-way between the goal line and center line, 1/2 way for U6 & U8, 1/3 way for U10, U12 (retreat rule)

(4): In U4, U6, and U8 incidental handball should not be called

www.mlcfc.com > House League (Recreational) > Resources (HL)

Coaching Manual: http://www.mlcfc.com/docs/coaching_guide_U4-U8_display.pdf

Coaching Approach

- All players are to receive equal playing time throughout the season. This is probably the number one complaint we hear through the season. Please ensure that you do everything possible to make it as fair as possible for all players.
- No scores or statistics are to be kept. Make it about the fun of the game.
- Encourage FUN, fair play, respect, and team work.
- Recreational referees are often first year refs. They might not always make the right call but they are trying/learning. Please respect the referees and their calls and ask your parents to do the same.
- Coaches are allowed on the field in the U4 and U6 divisions.
- With the U4 division, in some instances, the parent can accompany the player on the field.
- Encourage all players to remain with their team when not on the field. Some coaches find it helpful to bring a blanket for the players to sit on while they wait for their turn.
- Have fun and enjoy the experience!

Games – 2 x 25 minutes – 10 minute break