

Northumberland Soccer Club
House League Rules Summarized
June 2025

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Micro Soccer (U3-U6)

Starting Time

- 6:00pm – 6:30pm (Practice)
- 6:30pm – Games Begin

Match Duration

- 15-minute halves with a 5 minute halftime interval

Numbers of Players

- 4 v 4 with **no goalkeepers**

Equipment

- Equipment: Ball: A size 3 ball will be used.
- Shin pads: All players must wear shin pads.
- Footwear: Soccer cleats are recommended, but running shoes are permitted.

Restart of Play

- Kick-ins or Dribble-ins

Small Sided Soccer (U6(Port Hope)-U7/U8)

Starting Time

- 6:00pm – 6:30pm (Practice)
- 6:30pm – Games Begin

Match Duration

- U6 (Port Hope) two 15-minute halves with a 5-minute halftime interval
- Two 20-minute halves with a half time interval of 5 minutes

Numbers of Players

- 6 v 6 with **goalkeepers**

Equipment

- Equipment: Ball: A size 3 ball will be used.
- Shin pads: All players must wear shin pads.
- Footwear: Soccer cleats are required.
- **NO JEWELRY (NO TAPING)**

Restart of Play

- Kick-ins
- Retreat line is the halfway line

Small Sided Soccer (U9/U10)

Starting Time

- 6:00pm – 6:30pm (Practice)
- 6:30pm – Games Begin

Match Duration

- Two 25-minute halves with a half time interval of 5 minutes

Numbers of Players

- 7 v 7 with **goalkeepers**

Equipment

- Equipment: Ball: A size 4 ball will be used.
- Shin pads: All players must wear shin pads.
- Footwear: Soccer cleats are required.
- **NO JEWELERY (NO TAPING)**

Restart of Play

- Retreat Lines are marked at 1/3 of the field
- Kick-ins or Dribble-Ins

Small Sided Soccer (U11/U12)

Starting Time

- 6:00pm – 6:30pm (Practice)
- 6:30pm – Games Begin

Match Duration

- Two 35-minute halves with a half time interval of 5 minutes

Numbers of Players

- 9 v 9 with **goalkeepers**

Equipment

- Equipment: Ball: A size 4 ball will be used.
- Shin pads: All players must wear shin pads.
- Footwear: Soccer cleats are required.
- **NO JEWELERY (NO TAPING)**

Restart of Play

- Retreat Lines are marked at 1/3 of the field
- This law provides a distinction between being in an offside position (OP) and the infraction of offside. A player is in an OP if: they are nearer to their opponents' goal line than both the ball and the second last opponent at the time the ball is kicked. It is not illegal to be in an OP. For the player to be called offside and an IFK to be awarded, the player must interfere with play typically by playing or attempting to play the ball. Or interfere with an opponent as to make him less able to play the ball, or by gaining an advantage for their own team.
- Throw-Ins

Entry Level U13 & Up

Starting Time

- 6:00pm – 6:30pm (Practice)
- 6:30pm – Games Begin

Match Duration

- U13 - Two 40-minute halves with a half time interval of 5 minutes
- U15 & Up – Two 45 minutes halves with a half time interval of 5 minutes

Numbers of Players

- 11 v 11 with **goalkeepers**

Equipment

- Equipment: Ball: A size 5 ball will be used.
- Shin pads: All players must wear shin pads.
- Footwear: Soccer cleats are required.
- **NO JEWELRY (NO TAPING)**

Restart of Play

- This law provides a distinction between being in an offside position (OP) and the infraction of offside. A player is in an OP if: they are nearer to their opponents' goal line than both the ball and the second last opponent at the time the ball is kicked. It is not illegal to be in an OP. For the player to be called offside and an IFK to be awarded, the player must interfere with play typically by playing or attempting to play the ball. Or interfere with an opponent as to make him less able to play the ball, or by gaining an advantage for their own team.
- Throw-Ins