



OMSC Outdoor Rules:

Tiny Tots

- Tiny Tot Coaches will be provided with pop up nets to be returned at the end of the season.

U6 Boys and Girls, & U8 Girls

- All games will take place at the Alder Rec Centre
- Teams will have a maximum of 11 players per team
- There will be no standings posted online for these divisions.
- Length of regular season games – 25 minute halves
- Coaches will be asked to provide a player of the match after each game. Coaches will use the game sheet to indicate the player they have chosen.
- Games will be played 5 v 5 → 4 players + 1 goalie
- For U6 only → Coaches are allowed to be on the field assisting their team for the 1st 5 weeks of the outdoor season. After this time coaches will not be allowed on the field to provide instruction.
- When coaches are on the field providing guidance they are not to enter the last 1/3 of the field on either end while play is ongoing.
- All restarts from the side touch line will be kicked into play. No goal can be scored from a kick in at the side touch line as they are all indirect kicks.
- All goal kicks will take place from the top of the goalie area. This will be the outer box.
- For all goal kicks taken, the opposing team must retreat back to half until the ball is played by the goalie.
- When the goalie has control of the ball the opposing team must retreat back to half.
- All penalty kicks will be taken from the top centre of the goalie area.
- All goal kicks, opposing team must retreat to half until ball is kicked

U8 Boys

- Teams will have a maximum of 13 players per team
- Length of regular season games – 25 minute halves
- All games will be played 7 v 7 → 6 players + 1 goalie
- There will be no standings posted online for this division.
- Coaches will be asked to provide a player of the match after each game. Coaches will use the game sheet to indicate the player they have chosen.
- Goal kicks will be taken from the top of the 18yrd line.
- All restarts from the side touch line will be by kick in.
- Penalty kicks will be taken in accordance with FIFA rules and placement will be counted out by the referee.
- All goal kicks, opposing team must retreat to half until ball is kicked
- When the goalie has control of the ball the opposing team must retreat back to half.

U10 Boys and Girls

- Teams will have a maximum of 13 players per team
- Length of regular season games – 25 minute halves
- All games will be played 7 v 7 → 6 players + 1 goalie
- There will be no standings posted online for these divisions.
- Coaches will be asked to provide a player of the match after each game. Coaches will use the game sheet to indicate the player they have chosen.
- Goal kicks will be taken from the top of the 18yrd line.
- All restarts from the side touch line will be by throw in.



- Penalty kicks will be taken in accordance with FIFA rules and placement will be counted out by the referee.
- All goal kicks, opposing team must retreat to half until ball is kicked
- When the goalie has control of the ball the opposing team must retreat back to half.

U12 Boys and Girls

- All games will be played 9 v 9 → 8 players + 1 goalie
- Length of regular season games – 35 minute halves
- Teams will have a maximum of 16 players per team
- All goal kicks, opposing team must retreat to half until ball is kicked
- When the goalie has control of the ball the opposing team must retreat back to half.

U14 – U18

- All games will be played 11 v 11 → 10 players + 1 goalie
- U14 - Length of regular season games – 35 minute halves
- U18 - Length of regular season games – 40 minute halves
- Teams will have a maximum of 18 players per team
- Standings will be posted online

Game Forfeit - If a game has to be forfeit for any reason the referees will mark the game sheet with the forfeit. If the division has scores and standings a forfeit will result in the recording of a win to the team who is able to play. The referees will get the game sheet signed and leave the field. Coaches are free to play an unofficial scrimmage.

Playoff Format

- All divisions 12 and Under – All divisions 12 and Under – These teams will not have playoffs, instead they will have a Closing Weekend Festival
- U14-U18 divisions – The standings in PowerUp will determine seeding for the playoffs.
- Points: Win = 3 points
- Tie = 1 point
- Loss = 0 points
- Round Robin and Semi-final Game length: U6 – U12 = 25 min halves
U14 – U18 = 30 min halves
- Championship Game Length: U6 – U12 = 25 min halves
- U14 – U18 = 30 min halves
- All games tied at the end of regulation in the round robin will be recorded as a tie game.
- If, at the completion of the Round Robin Games, there is a tie the following will be used to break the tie
- Head to Head (does not count if 3 teams tied)
- Goals for/Goals against
- Total Goals allowed
- Coin Toss
- All games tied at the end of regulation of semi-final games will go to Penalty Kicks in accordance with FIFA rules.
- All Championship Games tied at the end of regulation will immediately go to 10 minute overtime. There is no golden goal. The full 10 minute overtime will be played regardless of the number of goals scored. If the game is still tied then penalty kicks, in accordance with FIFA rules, will be used to determine a winner.