



EOSL U10 to U13 RULES & REGULATIONS

V1.6 March 2026

1. GENERAL

- 1.01 In this document, the following abbreviations are used:
- DBR for Discipline by Review
 - DLMC for District League Management Committee
 - EOS for the Eastern Ontario Soccer
 - EOSL or League for the Eastern Ontario Soccer League
 - LMS for League Management System
 - OS for Ontario Soccer
 - TRR for Team Roster Report
 - Level refers to the division of play, Development Tier 1, 2 or 3
 - Team Official refers to any Coach, Assistant Coach, or Manager
- 1.02 These rules are compliant with the Ontario Soccer Operational Procedures, including those related to Grassroots standards and competitions.
- 1.03 The DLMC may make changes to the Rules and Regulations. Clubs will be given 14 days' notice before any change takes effect.
- 1.04 A copy of the current Rules and Regulations will be posted on the EOSL website.
- 1.05 In this document, any reference to an age group refers to one of the U10, U11, U12 or U13 age cohorts defined under OS Operating Procedures.

2. TEAM ELIGIBILITY AND ENTRY

- 2.01 All Clubs that are Active Full-Service Members of EOS, according to EOS governing documents, are eligible to enter teams in the league.
- 2.02 Clubs may enter teams into any division within the correct age category, but are limited to a maximum of two teams in the Premier Divisions unless the League provides explicit approval.
- 2.03 Clubs may not enter teams into an older age group.
- 2.04 Female teams may be entered into male divisions. Male teams may not be entered in female divisions.
- 2.05 No single Club player pool (all of the players in a single Club that are the same year of birth) may have more than three (3) players fast-tracked to play up or down.
- 2.06 Team entry fees will be invoiced to Clubs following team registration. Payment of the invoice(s) is due immediately. Late applications may be accepted at the Executive Director's discretion and only upon receipt of a late fee of \$100 per team, to a maximum of \$500 per Club.
- 2.07 Clubs must request team withdrawals through the EOSL LMS

- 2.08 Clubs will forfeit the total fees for each team withdrawn after the posted entry deadline. For each team withdrawn after April 15, the League will assess an additional fee equal to the team registration fee. For each team withdrawn after May 1, the League will assess an additional \$500.00 fee.
- 2.09 Teams must be activated on the LMS by April 15 each season.

3. PLAYER REGISTRATION

- 3.01 All players must be registered with their Club per OS Operational Procedures
- 3.02 No player may register with more than one team in the League
- 3.03 All players must be registered in Ontario Soccer's registration database as development players, e.g. MO Development – U10 – male
- 3.04 Players may only have two transfers within their home District during the current playing season. However, once transferred, a player cannot be transferred back to the team for which they were initially registered.

4. TEAM OFFICIAL REGISTRATION

- 4.01 All Coaches and Assistant Coaches must be fully certified as per the chart below:

Division	RIS*	VSC	CSC	MH	MED and Evaluation	Fun.	LTT	SFL	EAP	Rule of two
U10 District Development	✓	✓	✓	✓	✓		✓		✓	✓
U11 District Development	✓	✓	✓	✓	✓		✓		✓	✓
U12 District Development	✓	✓	✓	✓	✓		✓		✓	✓
U13 District Development	✓		✓	✓	✓		✓		✓	✓

- 4.02 All non-playing individuals on a team's bench must be properly certified as per 4.01 above and be registered with the District in the Ontario Soccer database.
- 4.03 Teams must have a properly certified Coach on their TRR and on their team bench for the entirety of every game.
- 4.04 A Club's Technical Director or Head Coach may be on any Club team bench. They will be included in the limit of five Team Officials on the bench.

5. CALL-UPS AND PLAY-UPS

When a player plays in an older age group for 1 event, that is a Call-up. When they play up for a full season, that is a Play-up.

- 5.01 Call-ups are not permitted. There are no exceptions to this rule.
- 5.02 Players are permitted to play-up a maximum of 1 year and must have a duly signed and approved Fast-Tracking Form per Ontario Soccer Operational Procedures. Such players must be registered in the older age group within the OS registration database and may not play back down in their own age group for the duration of the current registered season.

6. GAME SHEETS

- 6.01 Game Sheets must be generated using the LMS and include the names of all Players and Team Officials on the bench. Handwritten names and OS numbers are prohibited, but jersey numbers may be handwritten on the game sheet. Per the EOSL Fees and Fines Schedule, an administration fee will be assessed to any team that does not follow this rule.
- 6.02 The following chart shows the maximum permitted number of players per team by age group.

U8 and U9	Ideal: 8-10, Maximum: 12
U10 and U11	Ideal: 10-12, Maximum 14
U12 and U13	Ideal: 14, Maximum 18

- 6.03 A maximum of five Team Officials may be listed on the game sheet and be on the team's bench.
- 6.04 If a Club's Technical Director or Head Coach is on a team's bench, their name must be handwritten on the game sheet.
- 6.05 The names of players and Team Officials who are not present at the game must be crossed out on the game sheet. All players and Team Officials whose names appear on the game sheet and are not crossed out will be deemed to have participated in the game, regardless of whether they signed it. They could be subject to disciplinary action for being considered to have participated in the game.
- 6.06 When a game sheet cannot be printed from the LMS due to technical difficulties, the team will email the League to inform them. The League must receive notice of the difficulty before the game starts.
- 6.07 When a game sheet cannot be printed from the LMS due to technical difficulties, the affected team will create a handwritten game sheet, modify a copy of an old game sheet, or use the TRR and add the additional game information. The League will manually verify the registration status and eligibility of the listed players. If the notification has not been sent to the League by email as per 6.06 above, the team will be issued an administration fee per the EOSL Fees and Fines Schedule.
- 6.08 Each team must give the Referee one copy of their game sheet.
- 6.09 The Referee will then retain and use the game sheet for reporting purposes.

7. PLAYER IDENTIFICATION

7.01 Player identification will not be checked in EOSL Grassroots divisions.

8. SUBMISSION OF GAME REPORTS AND SCORES

8.01 There will be no published standings. The League will record scores for fair play enforcement.

8.02 The Referee must enter the game report directly into the LMS, including a copy of all game sheets and reports, within forty-eight hours of the game's completion. A Referee who fails to do this may be subject to disciplinary action. The Referee must also record the game score on the Ref Centre website.

9. EQUIPMENT AND FIELD OF PLAY

9.01 Match Formats:

- U10 and U11 - 7v7
- U12 and U13 - 9v9

9.02 The host Club will ensure that fields are assigned and properly permitted, cleared and safe to play on, i.e., field size, lines and markers.

9.03 The host team will provide game balls acceptable to the referee, put up two sets of nets, and place corner flags in accordance with the Laws of the Game.

9.04 The host team will designate the technical areas for each team on the same side of the field.

9.05 All Team Officials and players (while not playing) listed on the game sheet must remain in the technical area and may not sit on the spectators' side of the field.

9.06 A Club Head Coach or Technical Director may be in the team's technical area. They will be included in the limit of the five Coaches and Team Officials specified above and must sign the game sheet.

9.07 Ball size:

- U10 to U12 - size 4
- U13 - size 5

9.08 Teams are only required to have one set of jerseys. Teams must register the jersey colour with the League by April 15. If the Referee decides that the team colours conflict, the home team will be required to don pinnies, t-shirts, or jerseys, all of which are the same colour, with the player number visible to the Referee.

9.09 All team players except the goalkeeper will wear the same jersey colour, which must be numbered on the back. Players must all wear different numbers, each at least 8 inches high. Player numbers must be recorded on the game sheet and cannot be changed after the start of the game without the Referee's permission.

9.10 The goalkeepers' jersey colour must differ from either team's jersey colour

- 9.11 Players may wear undershirts and/or undershorts. The undershirts must be a single colour, the same colour as the main colour of the shirt sleeve, or white for light-coloured jerseys and black for dark-coloured jerseys. Undershorts/tights must be the same colour as the main colour of the shorts or the lowest part of the shorts, or white for light-coloured shorts and black for dark- coloured shorts. All players on the same team must wear the same colour.
- 9.12 Team jerseys must only bear the name and logo of the club with which they are registered. No other branding is permitted on team jerseys except sponsorship branding. If a sponsor is a Soccer Club, it must be FIFA-recognized.
- 9.13 No team may display banners, posters, or other advertisements for any soccer entity other than the registered club before, during, or after League games, except for banners posted by the facility itself.
- 9.14 FIFA-sanctioned safety or protective equipment may be worn after inspection by the Referee and only if the Referee deems that such equipment will not be a danger to other players.
- 9.15 All spectators must be a minimum of one metre away from the field's touchline. If a fence or similar barrier is within one metre of the field, the spectators must be behind the barrier.
- 9.16 The set-up and operation of any photo or video equipment on the teams' side of the field and behind the goals are prohibited.

10. MATCH DURATION

- 10.01 Matches will be of the following duration:
- U10 and U11: 50 minutes total (2 x 25)
 - U12: 70 minutes total (2 x 35)
 - U13: 80 minutes total (2 x 40)
- 10.02 There will be a 5-minute break at half-time.

11. TEAM OFFICIAL RESPONSIBILITIES

- 11.01 Suspended Team Officials may not be at or near the field for any League game throughout their suspension period.
- 11.02 Team Officials, parents, and spectators may not enter the playing field without the Referee's prior approval.
- 11.03 Teams will ensure that their Team's spectators sit on the side of the field opposite the side where the players and Team Officials are located.
- 11.04 Team Officials may only withdraw their team or any players from the playing field with prior approval from the Referee.
- 11.05 Clubs and Team Officials are always fully responsible for the conduct of their players, other Team Officials, and spectators at and in the vicinity of any game their team participates in, including the parking lot

12. GAME START TIMES AND ABANDONED GAMES

- 12.01 Teams must be at the game field thirty minutes before the scheduled kick-off time. The home team will ensure that the nets, corner flags and other necessary equipment are installed and ready before the scheduled kick-off. Teams must not cause the game to be delayed.
- 12.02 Any team that causes a game to be delayed beyond the scheduled kick-off time will be subject to a fine in accordance with the EOSL Fees and Fines Schedule.
- 12.03 Any team that hasn't presented at the game field twenty minutes after the scheduled kick-off time or hasn't been able to field the minimum five players twenty minutes after the scheduled kick-off time will be considered to have failed to appear for a scheduled game. The game must start immediately upon the fifth player's arrival if they arrive within the twenty-minute grace period.
- 12.04 If the Referee abandons a game before completing three-quarters of the regular playing time, the game will be rescheduled. Games abandoned in the last quarter of the regular playing time will be deemed complete.
- 12.05 In the event of a game postponement or abandonment due to weather conditions, the home team's Head Coach will advise the League within 24 hours of the scheduled start time.
- 12.06 If the Referee abandons a game before the completion of two halves for any reason other than those specified above, then the League will rule on the game's status.

13. SCHEDULES

- 13.01 The season will begin in May on a date determined by the League. Clubs will receive notice of the season's start date by May 1.
- 13.02 The end-of-season date for all divisions will be communicated to Clubs by May 1. All games must be completed by this date, unless the League extends the division's end date.
- 13.03 Game rescheduling will be per the Game Reschedule Policy only. If teams agree to an unauthorized game reschedule, Team Officials from both teams will be subject to fines as published in the EOSL Fees and Fines Schedule.

14. PLAYER SUBSTITUTIONS

- 14.01 Player substitutions will be permitted with the Referee's consent during any stoppage of play.

15. REFEREES

- 15.01 Referees will be assigned using the EOSL Referee Policy.
- 15.02 Referees must be at the assigned game field 30 minutes before the scheduled kick-off time to complete the standard field check and other pre-game procedures. Failure to do so will result in disciplinary action by the District Association.

- 15.03 Referees will be paid for their services in accordance with the EOS Match Official Policy.
- 15.04 If a team objects to field conditions, goalposts, balls, or team colours, the Referee may, at their discretion, require the responsible team to correct the cause of the objection, if possible, without unduly delaying the game's progress. The Referee will be the sole judge of whether the objection is sufficient cause to abandon the game.
- 15.05 If the appointed Referee fails to appear by kick-off time, the home team will make every attempt to contact a replacement Referee. If no certified Referee can be reached, the Team Officials from both teams will proceed with the game under the officiating of a cooperatively chosen individual(s).
- 15.06 The Referee will prioritize the players' well-being over the game's progress and must suspend play or abandon a game, if necessary, where weather conditions, particularly thunder, lightning, or field conditions, put player safety at risk (as per the CSA Severe Weather Policy)

16. DISCIPLINE

- 16.01 All fines resulting from breaches of these Rules and Regulations and the published EOSL Fees and Fines Schedule will be assessed against the Club, not individuals.
- 16.02 Disciplinary action will be taken in accordance with the OS Published Rules for Discipline and the League Discipline Procedures.
- 16.03 Team Officials and players have the right to request an in-person hearing for any game-related offence issued by the Referee. The hearing request, plus a fee of \$100.00, must be submitted to the League within 72 hours of the game where the offence occurred. If a hearing request is not submitted within 72 hours of the game, the offence will be administered using the DBR format. It is the responsibility of the accused person to request a hearing; the League will not offer it. The hearing fee will be reimbursed if the Discipline Panel finds the accused not guilty. An accused who has requested a hearing and fails to appear will forfeit the hearing fee.
- 16.04 Failure to appear at a disciplinary hearing will result in the accused's immediate suspension, and fines will be imposed in accordance with the EOSL Fees and Fines and OS Discipline procedures. The suspension will continue until the accused pays the associated fees, fines, and requests and attends a new hearing.
- 16.05 Accused players must bring an adult Advisor to a hearing. Failing this, the hearing will end, and the player will be suspended per 17.04 above.
- 16.06 The Club is responsible for ensuring that accused players and team/club officials appear for their disciplinary hearing. If, upon being advised of the accused's failure to appear for their hearing, the club fails to meet its responsibility within thirty days of the original hearing, the fine specified in the EOSL Fees and Fines Schedule will be assessed.
- 16.07 Failure of a club to appear at a disciplinary hearing will result in a fine per the EOSL Fees and Fines Schedule.

17. PROTESTS AND APPEALS

- 17.01 When a game is played under protest, the information must be noted on the game sheet. The League will consider the protest only if it has been noted on the game sheet and a protest fee is paid to EOS within forty-eight hours of the game's completion. The protest fee is listed in the EOSL fees and fines schedule.
- 17.02 In dealing with any protest, the League will consider the protesting club or team's possession of any prior knowledge of the facts or allegations contained in the protest, which, if properly used, might have prevented the protest.
- 17.03 The protest fee will be refunded if the protest is upheld.
- 17.04 Correctly submitted protests, delivered within the specified deadlines, will be heard. All other protests will be ruled out of order and will not be heard.
- 17.05 No protests regarding a Referee's decision will be entertained.
- 17.06 Objections to field conditions, goalposts, balls or team colours will not be considered grounds for a protest. Objections of this nature will be brought to the attention of the Referee and noted in writing on the game sheet. If, in the opinion of the Referee, the objections do not constitute a valid reason for abandoning the game, the League will not consider any further action. In all other cases, the League may take appropriate action based on a review of the Referee's written report.
- 17.07 Per OS Operating Procedures, EOS will have jurisdiction over appeals of the League's decisions. Information concerning appeals can be found on the EOS website.

18. CLUB REPRESENTATIVES AND COMMUNICATION

- 18.01 The League will mainly use the LMS to communicate with its member clubs and their Team Officials. Clubs will ensure they always have valid email addresses in the LMS for the following positions, as a minimum:
- President
 - Club Administrator
 - Discipline Representative
 - Scheduler
- 18.02 Unless otherwise specified in these rules and regulations, players, parents, or Team Officials may not communicate with the league. Questions, complaints, concerns, and other matters must be communicated to the appropriate Club representative. If the Club decides that the EOSL should address the matter, the Club will forward the communication to the EOSL and request League action.
- 18.03 Teams will ensure they have valid email addresses in the LMS from May 1 until October 15 of each season for the following positions, as a minimum:
- Head Coach
 - Manager
- 18.04 Notices of suspensions, penalties, or fines levied on a Club, Club Administrator, Team Official, or player as a result of disciplinary hearings will be communicated to the Club.

18.05 The email will be deemed to have been received by the Clubs:

- March 2nd to September 30th, 72 hours after email transmission
- October 1st to March 1st, 7 days after transmitting the email

18.06 The email will be deemed to have been received by teams:

- May 1st to October 1st - 72 hours after email transmission
- October 1 to April 30 - no emails will usually be sent to teams other than for informational purposes

19. PRE-SEASON MEETINGS

19.01 Club Administrators must attend a training session every spring.

19.02 Team Officials will have a mandatory training session every spring. At least one Team Official must attend this meeting.

20. OTHER MATTERS

20.01 All matters not included in these Rules and Regulations will be dealt with per the OS Published Rules

Version	Date	Changes	Author
v1.0	2025.01.14	Finalize 2025 draft and numbered versions	V Lowe and LMC
v1.1	2025.03.06	Add TD to sign the game sheet if attending the game	V Lowe
v1.2	2025.03.13	Add TD name handwritten on the game sheet	V Lowe
v1.3	2025.04.15	Add a rule limiting playups to a maximum of 4	V Lowe
v1.4	2025.05.06	Amend rule regarding play-ups, clarify signing requirements	V Lowe
v1.5	2026.03.14	Separate from U9	V Lowe
v1.6	2026.03.24	Correct game lengths	V Lowe