

EOSL Indoor Rules Summary
Updated January 2024

Ball Size	4
Offside	No
Slide Tackles	Not permitted
Kick-Ins and Dribble Ins	U9 and U10 Kick-In or Dribble in U11 and U12 Kick In only
Pass back to Keeper	U9 ONLY - all pass-backs permitted. U10-U12 – deliberate pass-backs not permitted. If a deliberate pass-back occurs and originates inside the penalty area, result is an indirect free kick from edge of the penalty area, NOT a penalty kick.
Goal Kicks	For U9-U12 the Opposing Team will retreat to 1/3 of the field on goal kicks and its players may not play the ball until a player from the Kicking Team, other than the player who take the kick, has played it or the ball crosses the line of retreat. The line of retreat also applies after a save when the ball is in the Goalkeeper's hands. If the Goalkeeper chooses to drop the ball to his/her feet, the ball is live, whether the opposing team has fully retreated. Violations result in a re-kick for the Kicking Team.
Goal Size	16x16
Game Duration	2 x 25 min halves 3min halftime Games will kick-off on the hour. Have your team ready to start.
Maximum Number of Players on Game Sheet	14
Minimum Number of Players on The Field	5
Maximum Number of Players on The Field	7
Free kicks	All Free Kicks are indirect, unless a foul committed in the penalty area results in a penalty shot
Distance From ball on Restarts (yards)	6
Red Cards	U9 & U10 – No (See note 2) U11 & U12 – Yes (Player cannot take part any further in the game and can be substituted for)
Yellow cards	Yes + 5-Minute Suspension to the Player (Player can be substituted for)
Substitutions	Any Stoppage of Play at the Referee's discretion Yellow Card Suspension

Notes:

- 1. All other rules of Ontario Soccer for the relevant competition (indoor or outdoor) will apply as written.**
- 2. In cases of extreme conduct, the Coach is expected to keep the player off the field for the remainder of the game.**