



MPSA U11 Kickin' It for a Cause – Rules and Regulations



1. Team Registration & Structure

- Teams must register in Tier 1, Tier 2, or Tier 3 classifications.
- Each team must consist of a minimum of 10 and a maximum of 15 players.

2. Game Format

- Matches are played **7v7** (6 field players + 1 goalkeeper).
- No player may play more than **50% of the game in goal** or more than **two consecutive shifts** in goal.
- A team must have at least **6 players** dressed to begin a match. Dropping below 6 players at any point will result in a **forfeit**, and the opposing team will be declared the winner by default.
- All games will use a **size 4 soccer ball**.
- Games consist of **two 24-minute halves** with a **5-minute halftime break**.
- Each half will be divided into **three 8-minute shifts**. A whistle will signal the end of each shift for player changes.
- Coaches may also substitute players **one at a time on the fly**.

3. Player Participation & Positioning

- **Fair playing time** is expected for all participants; all players must be given opportunities to play.
- Coaches are encouraged to rotate players through multiple positions.
- Time spent in goal counts as a regular shift and must be shared among players.

4. Field Specifications

- **Retreat Line Rule:** Set approximately one-third of the field from each goal line. Opponents must retreat behind the line during a goal kick and may cross it only once the ball is touched or after 3 seconds.
- **No offside rule** will be applied.
- Field and net sizes follow **Canada Soccer LTPD** (Long-Term Player Development) guidelines:
 - Nets shall not exceed **6.5 ft x 18 ft**.
 - Fields will measure approximately **60–70 yards long x 40–45 yards wide**.

5. Playing Rules

- All kicks are **indirect**. Opponents must be **8 meters** from the ball.
- Fouls committed inside the penalty area result in an **indirect free kick** from the edge of the area (no penalty kicks awarded).
- Goals cannot be scored directly from **kick-offs, goal kicks, or corner kicks**.
- A goalkeeper drop-kick resulting in an own goal will not be counted.



- **Slide tackling is prohibited.**
- Second attempts on throw-ins are **not permitted**.
- All other **FIFA Laws of the Game** apply.

6. Discipline & Misconduct

- **No cards will be used.**
- Minor offenses: players will receive a **verbal warning** in the presence of their coach.
- Serious offenses (e.g., violent conduct, abusive language): the player will be **removed from play** and may not return, though the team may substitute another player.
- **Denial of an obvious goal-scoring opportunity** is cautionable only.
- Referees will report all serious incidents to tournament organizers.
- Coach misconduct, or refusal to support referee discipline, will result in **game suspension** until resolved by the field marshal.

7. Equipment & Safety

- **No jewelry** is permitted, except medical alert bracelets.
- Players with open wounds or bleeding must leave the field immediately and may only return once the bleeding has stopped, the wound is covered, and referee approval is given.
- Any player with **blood on their uniform** must change before returning.
- Each team must have at least **one coach certified in first aid**.

8. Coaching Guidelines

- A maximum of **three (3) coaching staff** are allowed on the bench.
- Only **one coach may stand and provide instructions** at a time.
- Coaches must remain in their designated technical areas and are **not permitted to coach from behind the goal** or enter the field of play.

9. Uniforms

- In the event of similar or identical jersey colors, a **coin toss** will determine which team must wear pinnies.

10. Referee Authority

- Referees have **full authority** over the match from arrival to departure.
- All referee decisions are **final** and must be respected by players, coaches, and spectators.
- Referees may **stop, suspend, or terminate** play for rule infractions, interference, or safety concerns.
- Referees may eject any **player, coach, or spectator** for serious misconduct.