

Fundamentals Rules (U6-U8 Girls, U6-U9 Boys)

FD4 There will be no tryouts at the u6 and u7 age groups. All programs are open entry.

FD4 The West Ottawa Soccer Club will have 2 streams of play at the U8 age group, a recreational and a development stream. Both streams are open entry and there will be no tryouts before the season begins.

FD5 The following playing formats will be followed by the West Ottawa Soccer Club:

U6: 3v3 (no GK)

U7: 4v4 (no GK)

U8: 5v5

FD7 Players will use a size 3 ball at the u6 to u8 ages (or a light size 4 at u8)

FD8 While sessions may be scheduled for an hour, the training duration will not exceed 45 minutes

FD9 Seasons (outdoor and indoor) for the Fundamentals program will be between 12-16 weeks in length.

FD11 West Ottawa Soccer endorses Ontario Soccer's player development model.

FD13 At the Fundamentals age groups players will select which program they join. These programs are "open development" programs and will not include trials.

FD15 At the Fundamentals age groups playing time will be equal for all player and will not exceed Ontario Soccer's recommended minutes per week.

FD17 Game durations for U6 will be 30 minutes, game durations for U7 will be 40 minutes.

FD19 At the U6-U8 age groups players are permitted to either dribble or pass in.

FD20 At the U8 age group a retreat line will be used for restarts. The retreat line will be the 1/2 way line.

FD21 West Ottawa Soccer utilizes the Ontario Soccer's recommended goals and field sizes for the Fundamental age groups.

FD24 The player to coach ratio will be:

U6 6 players : 1 coach

U7 8 players : 1 coach

U8 10 players : 1 coach