



Excellence through Development

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Rules and Regulations Updates August 2026

Rule	Change	Rationale
Rule 302	Update small-sided game formats and rosters sizes	Match Canada Soccer Grassroots Standards
Rule 303	Update Field and Goal Properties	Match Canada Soccer Grassroots Standards
Rule 305	Update Game Length and Ball Size	Match Canada Soccer Grassroots Standards
Rule 306	Update General Description of Small Sided Games	Match Canada Soccer Grassroots Standards
Rule 307	Update Offside rules to include retreat line and offside introduced	Match Canada Soccer Grassroots Standards
Rule 308	Updated Throw-in/Kick-in procedures for U11 and below. Includes restriction to pass the ball below knee height on Kick-ins	Match Canada Soccer Grassroots Standards. Encourage teams to maintain possession instead of kicking long/ directly into the penalty area
Rule 309	Updated goal kick procedures to introduce restrictions on goal kicks over the centre line	Encourage teams to maintain possession and build play out of the back.
Rule 310	Updated corner kick procedures for U7-11 to remain below knee height	Aligns with LISA's heading restrictions
Rule 311	Updated Penalty Kick procedures to "no penalty kicks" U11 and below	Match Canada Soccer Grassroots Standards
Rule 312	Updated Free Kick procedures to U11 and below to indirect Free-kicks only	Match Canada Soccer Grassroots Standards
Rule 313	Updated "Retreat Line" ages to include U6-U9 halfway line, and U10-U11 at the 1/3 field marking	Match Canada Soccer Grassroots Standards

Rule 317	Updated Heading restrictions to U11 and below and allow introduction of heading after the ball has made contact with the ground (on the bounce)	Allow balls to be headed after contact with the ground at U12 to introduce heading and allow players to control the ball/ avoid high foot penalties
Rule 319	Canada Soccer Non-Game Day Requirements (season length, practice to match ratios, match minutes per day, and memorable events per season)	Match Canada Soccer Grassroots Standards