



HANDBOOK FOR COACHES, PLAYERS & PARENTS

2026 SEASON



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SPECIAL NOTES FOR PARENTS

Please note these guidelines are for your child's safety and enjoyment:

1. **All children must have shin guards and cleats or running shoes to play.** This is compulsory. For older age groups (Under 10 and up) cleats are recommended. Shin guards are to be worn under the socks (not over the socks).
2. Bring water and snacks to the game, especially on hot days because kids can get quite exhausted. Organization of snacks is up to the discretion of the individual coaches.
3. Hats and jewelry are not to be worn during play. Chewing gum during play is also not permitted. This is for your child's safety, the safety of others, and league insurance purposes.
4. Don't forget your sunscreen and bug repellent.
5. Please remember our referees are also young and learning the game. Mistakes will be made – but their decision is the one that counts and must be respected. Your encouragement will only help them develop.
6. This is also a learning experience for many coaches who offer their time to organize your child's team and may be involved for the first time. They are looking for your help not criticism.
7. Sometimes games get cancelled due to weather, air quality, and field conditions. Games usually go ahead during most rain showers, unless damage to the field is likely.
8. Hard casts are not permitted on the field. Hard casts are considered to pose a danger to both the wearer and to other players. The practice of padding a hard cast does not reduce the element of danger. Players wearing a soft, lightweight cast will be permitted to play if the cast does not present a danger to either the individual or any other player. (CSA Policy)



Treating Children with Dignity and Maintaining Boundaries

All staff/volunteers must:

- Treat all children with respect and dignity
- Establish, respect, and maintain appropriate boundaries with all children and families involved in activities or programs delivered by the organization

It is important to monitor your own behaviour towards children, and pay close attention to the behaviour of your peers to ensure that behaviour is appropriate and respectful, and will be perceived as such by others.

All of your interactions and activities with children:

- should be known to, and approved by the board, where applicable, and the parents of the child
- tied to your duties , and
- designed to develop the child's skills in the sport program

Always consider the child's reaction to any activities, conversations, behaviour or other interactions.

If at any time you are in doubt about the appropriateness of your own behaviour or the behaviour of others, you should discuss it with your League Convenor.

Examples of unacceptable behaviour toward a child:

- embarrassing
- shaming
- blaming
- humiliating
- putting them down



WMSA Weather Policy 2025

Notice: At any time, a parent/guardian can withdraw their child from play if they feel the weather, temperature, humidity, air quality, or field conditions are not safe.
Always use your own caution over WMSA policy.

Rain = Play On!

- Soccer is played in the rain.
- WMSA will **not** issue cancellations due to forecasted rain during games/practices.

Local Lightning Strikes

- Lighting strike forecasts can change at a moment's notice.
- Game cancellations due to local lightning strikes are made on field. If there are lightening strikes in the local area, games / practices will be cancelled.
- Reminder: *at any time*, a parent/guardian can withdraw their child from play if they feel the weather is threatening.

Heat & Humidity (Feels Like)

- 34°C or above; inclusive of wet-bulb globe temperature (humidex)
 - 6:00PM Games (checked @ 4:00PM)
 - If the temperature/humidex forecast will be 34°C or higher, 6:00 PM games will be announced as cancelled.
 - 7:15/7:30PM Games (checked @ 5:00PM)
 - If the temperature/humidex forecast will be 34°C or higher, 7:15 PM games will be announced as cancelled.

Air Quality Health Index (AQHI)

- AQHI Forecast Maximums 7 or above, strenuous activities outdoors not advised.
 - 6:00PM Games (checked @ 4:00PM)
 - If AQHI forecast is 7 or higher, 6:00PM games will be announced as cancelled
 - 7:15/7:30PM Games (checked @ 5:00PM)
 - If AQHI forecast is 7 or higher, 7:15/7:30PM games will be announced as cancelled

Field Conditions - City of Greater Sudbury (CGS)

- The City of Greater Sudbury will advise WMSA when there may be damage caused to the fields due to wet conditions, or when the fields are not safe for play.
- All games scheduled that night will be announced as cancelled.



FIELDS

Naughton Community Centre:

Located on the south side of Regional Road 55 in Naughton between Mary and Kathleen Streets.





Kinsmen Sports Complex

Hillcrest Drive, Mikkola Subdivision, off Hwy 55

A field: Closest to the baseball diamond

B field: Central field

C field: South end, left at the stop sign on Hillcrest (C for “Clubhouse”)





GUIDELINES FOR COACHES

- The equipment provided to you is the property of Walden Minor Soccer Association. Please look after it and return it at the end of the season.
- The coach of each team is responsible for the safety and well-being of the players on his/her team and must ensure that all activities the team or individual players are involved in must adhere to WMSA policies for insurance purposes.
- Never ridicule or yell at players for making mistakes or for losing. Remember that sometimes a raised voice can be mistaken for yelling instead of cheering.
- Coaches must give all players equal field time at all games, including during play-offs.
- The home team is responsible for the game ball. Please contact your Convenor if you need a new ball for this purpose.
- For Mini Soccer the coach has the right to enter the field of play during the game without the referee's permission if he or she feels that the condition of a player needs to be addressed.
- For Full Field soccer the coach has to obtain the permission of the referee to enter the field of play game if he or she feels that the condition of a player needs to be addressed.
 - At this time the referee will stop the play to allow the coach to attend to an injured player.
 - Only the players and referees are allowed on the field during play.
- In the case of a penalty kick, a player on the field at the time of the infraction must take the penalty kick.
- Game scores: It is your responsibility as coaches to phone the Convenor for your age group with the game results.
- Please encourage your team to shake hands in a sportsmanlike manner with the other team when the game finishes.
- We would like to stress that bullying (verbal or physical) will not be tolerated at our soccer events.
- If bullying is recognized by the referee or coach, then a game expulsion may be handed out.
- A repeat offense may result in suspension from our league.



BEFORE THE FIRST GAME

These pointers will help you create an enjoyable atmosphere in your games. Please stress these points to your players:

- No touching the ball with your hands
- Demonstrate how the proper throw-in technique then practice them (kick-ins for U6 and U8)
- No pushing or rough play and stress fair play at all times
- Shake hands with the other team at the end of the game

Try to get as many parents as possible on your team involved as Assistant Coaches or volunteers (treat scheduler, game sheet coordinator).

With the permission of your parents, consider issuing a list of names and phone numbers of all players on your team.

Remind parents of their role as a positive role model for players (i.e., no smoking on the fields or yelling at referees and children). As Coach, you will be the mediator of your parents, spectators, team fans and team supporters.

MEDICAL CONDITIONS

Please note any special medical conditions of players on your team. This may include food allergies such as nuts or citrus. Please discuss these conditions with the child's parents to determine what type of team awareness is best.

FIRST AID & EMERGENCY PLAN

- Parents should ensure that the coach is aware of any special medical condition and what actions may be required. In some cases, the parent may have to be at every game. (Please note that WMSA is a recreational league and coaches are not responsible for children at the field. It is the parent's responsibility to supervise children at all times.)
- If puffers are used, please discuss with the Coach appropriate use, to avoid overuse by players. Food allergies should be communicated in private with the Coach so that other parents are aware of appropriate food to bring.
- Coaches and parents should know what actions would be taken in the event of a serious accident or injury.
- If a player cannot move a joint, do not move it for them. Let them move on their own. If in doubt, keep in a stationary position and call an ambulance.



EVERYONE NEEDS TO BE REGISTERED

Coaches have been provided with a list of all those on their team who have been registered and paid. No one else is allowed to play. Because a player's registration must be entered into the Ontario Soccer Association database, new players cannot be allowed on the field until the coach has been formally advised by the Convenor.

Anyone who helps on the field must complete the *Registration Form for Coaches & Assistants Coaches* and be formally registered in the OSA database. Coaches should be encouraged to have one or two of the parents complete the registration form if there is a chance they may be asked to fill in as coach for even one game this season.

Please contact your Convenor for more copies of the form or download it at www.waldenminorsoccer.ca.

HARASSMENT POLICY

Walden Minor Soccer Association will not tolerate harassment of any kind. We support the *OSA Harassment Policy*, and encourage all coaches to review it. Our goal is to act in ways that strive to protect the health and well-being of all players, coaches, and officials.

All coaches, assistant coaches and other officials shall follow these guidelines:

- Shall never be alone with a player
- Shall be a role model – no drugs, alcohol, smoking or abusive language at practices/games
- Shall demonstrate, set and maintain standards for players (e.g. respect, self-discipline, fair play)
- Shall ensure a supportive and positive atmosphere for players, where all contributions and skill levels are respected and all players are given equal field time
- Shall be aware of the rules of the game and comply with these rules
- Shall respect the officials and ensure players do the same
- Shall adhere to all OSA and WMSA policies, values and principles



DISCIPLINE PROTOCOLS

U3 to U10: These age groups will not be using formal soccer discipline practices. Any kids who are rough and bully must be spoken to by the coach and removed from the field if they don't understand what cannot be tolerated. Referees will stop the game for this opportunity to consult with the player.

U12 and up: These age groups will use formal soccer discipline practices. Referees will issue a yellow card (caution) for inappropriate actions (bullying, dangerous play, repeated handballs by the same player, etc.). Repeated offences by the same player could result in a red card being issued (sending off). The sent off player cannot be replaced, and the team will play shorthanded for the rest of the game. Any red or yellow cards (U12 and above) will be subject to a discipline hearing, which may include additional games lost depending on the offence (i.e., fighting).

The WMSA will not tolerate abuse of referees by coaches or team parents.

Please note coaches and assistant coaches (all age groups) are also subject to disciplinary action should the referee feel that such actions are warranted.

INSURANCE COVERAGE

Our insurance policy covers only those events related to regular soccer activities. Anything planned with your team before or after the game, practices or games that are not sanctioned are not covered by our insurance policy. Also, parents cannot take part in scrimmage games.

In the event of a serious injury to a player (sprain, broken limb, other notable bodily injury) you will need to fill in the Injury Report forms. Your Convenor must also be notified that same night.



COACH SCREENING & TRAINING

WMSA requires coaches in all the divisions to have police checks every 3 years.

1. Review of [WMSA Coach's Resources](#)

Without your help, WMSA could not be the successful league that we are. Thank you for committing your time and energy to helping kids have fun and learn soccer in Walden.

WMSA Coaches are to review and be familiar with the WMSA Coach's Resources (<https://waldenminorsoccer.ca/coaches>).

2. Coaching & Assistant Coaching Registration Form

Coaches are **required** to complete the WMSA Coaching & Assistant Coaching Registration Form. For the purposes of insurance for the Coach and the League, Walden Minor Soccer Association is required to provide a registry of all coaches and coaching assistants, including the required following information, to the Ontario Soccer Association.

Coaches are not permitted to instruct players or take the field until these steps are completed for League Insurance purposes.

3. Police Vulnerable Sector Check

All WMSA Coaches are required to have a valid Police Vulnerable Sector Check (PVSC), **issued within the last 3 years**. Coaches can check their Greater Sudbury Police record check issue dates, or complete the Police Vulnerable Sector Check (PVSC) online:

<https://www.gfps.ca/en/request-for-information/police-record-checks.aspx>

Note the following:

- Level 3: Vulnerable Sector Check (VSC) - Volunteer (\$28), Expedited Volunteer (\$68)
- WMSA will reimburse all Coaches via e-transfer payments to the Coach's email address
- When the completed and verified Vulnerable Sector Check is received, send it to your League Convenor, and update the WMSA Coaching & Assistant Coaching Registration Form.

Coaches are not permitted to supervise, interact with players until these steps are completed.



4. Ontario Soccer Coach Training

In harmony with the Club licensing update with respect to Safe Sport, Canada Soccer also introduced the “Modified” Safe Sport Roster, which identifies changes to coach education requirements.

The requirement ensures coaches receive the minimum standard of training and education, thereby ensuring all players have a safe environment in which to participate, regardless of age, stage or level.

All WMSA Coaches are required to complete the following two (2) training:

- **Respect in Sport - For Activity Leaders**
- **Canada Soccer Grassroots Coach Education – Coaching Soccer in Canada Module**

Respect in Sport - For Activity Leaders

Ontario Soccer has partnered with the Respect Group to provide online education for coaches, referees and parents to help create a safe, healthy, and positive environment for children and youth involved in soccer. The Respect in Sport Program assists coaches, referees, trainers and managers with identifying and dealing with abuse, neglect, harassment and bullying in sport.

The online course costs \$30, is divided into six modules, and can be completed at the user's own pace.

<https://ontariosoccer.respectgroupinc.com/>

Register account with:

- Association
 - Sudbury Regional Soccer Association
 - Walden Minor S.C.

Walden Minor Soccer Association does not provide pre-registration codes for the course.

Once the course is completed, send it to your League Convenor, and update the WMSA Coaching & Assistant Coaching Registration Form. WMSA will provide e-transfer reimbursement, once proof of certification is submitted to your League Convenor.

Further directions for the *Respect in Sport - For Activity Leaders* follow in the next sections.



Canada Soccer Grassroots Coach Education – Coaching Soccer in Canada Module

The Coaching Soccer in Canada Module is available only as the introduction module to any of the Grassroots Coach Education Program (GCE) workshops. These workshops are accessible here:

<https://canada-soccer.myshopify.com/collections/grassroots-coaching-education-program>

- Active Start (for coaching players aged U4-U5)
- FUNdamentals (for coaching players aged U6-U9)
- Learn to Train (for coaching players aged U9-U12)
- Soccer for Life (for coaching players aged U13+)

Note that:

- WMSA Coaches can select any of the four (4) GCE modules above, and are not required to select the applicable coaching age range
- access to the Coaching Soccer in Canada Module, is from selecting **any** of the 4 GCE workshops.
- WMSA coaches / assistant Coaches only need to complete the **Coaching Soccer in Canada Module**: which is only the first third of any of the 4 GCE workshop.

Coaches are welcome to complete the other modules and participate in on-field training **at their own cost**. Greater Sudbury S.C. is hosting practical components of courses the Lionel Lalonde Centre in Greater Sudbury (Azilda). Interested coaches can sign up at: Coach Centre, with payment to info@gssc.ca.

Once the mandatory Coaching Soccer in Canada Module (the first part) is completed, send it to your League Convenor, and update the WMSA Coaching & Assistant Coaching Registration Form. WMSA will provide e-transfer reimbursement, once proof of certification is submitted to your League Convenor.

Further directions for the *Canada Soccer Grassroots Coach Education – Coaching Soccer in Canada Module* follow in the next sections.



Offside and Other No-No's!

Offside - Called against the offense when one of its players moves without the ball behind the last line of defense, with only the goalie separating the player from the goal. When a teammate passes the ball forward to this player or shoots on goal, the violation occurs and results in an “indirect” free kick for the defense.

Hand Ball - No player, other than the goalie, may touch a ball in play with his or her hands or arms. This violation awards the opposing team a “direct” free kick.

Holding and Tripping - If a player deliberately holds or uses any part of his or her body to trip an opposing player, a direct kick is awarded to the fouled player.

High Kick - A violation on a player who swings his or her foot close to and above the waist of an opposing player. This foul generally results in a direct kick.

Free Kick (Indirect or Direct) - Awarded as the result of a foul. Depending on the degree and severity of the foul, and at the discretion of the referee, a direct or indirect kick is taken by the non-offending team. Generally, a free kick is taken from the spot where the foul occurred, and no opposing player may be within ten yards of the ball before it is kicked.

Indirect Kick - A free kick awarded for less serious rule infractions such as an offside. A goal may not be scored off an indirect kick until the ball touches at least one other player from either team.

Direct Kick - Awarded on more serious or deliberate infractions such as tripping and holding. It is a free kick aimed directly at the goal. The player taking the kick may score a goal without the ball first touching any other player.

Penalty Kick - A kick awarded to the attacking team when a defending player commits a major foul or a hand ball within his or her own 18-yard penalty area. The resulting shot is taken from the penalty mark; only the kicker and goalie may be in the penalty area during this kick. The goalie may not move off the goal line until the ball has been touched by the kicker.

Yellow Card - A caution warning issued by the referee to any player who commits a severe foul or plays in an unsportsmanlike manner.

Red Card - If a player has already received a yellow card or commits an overly aggressive foul, the referee will issue a red card, removing that player for the duration of the game. The player receiving a red card may not be replaced, and his or her team must play with one less player for the remainder of the game.



LEAGUE CONVENOR - COMPOSITION OF TEAMS

The following Convenor rules will apply to the composition of teams and special requests for children to play together:

1. Children of Coaches and Assistant Coaches will play on their parent's team.
2. Children of individuals who own businesses sponsoring a team will be permitted to play on the team sponsored by the parent's business.
3. Siblings in the same division will play together on the same team.
4. All requests for players to move up a division **MUST** be approved first by the Convenor, then by WMSA Board, providing the player is a major (upper year) in their own division. See also '[TEMPORARY PLAYING IN OLDER AGE GROUPS](#)'
5. Convenors will adhere to the maximum number of players & team caps as set by WMSA Board for the season. Late registrants past the closing date will **NOT** be accepted.
6. Convenors will recruit & align at least 2 Coaches per team, **PRIOR** to the commencement of team compositions. Convenors will also be held accountable to ensure that **ALL** Coaches have a valid vulnerable sector police check & have completed the required coaching courses **PRIOR** to stepping on the field.
7. For team composition, Convenors' first priority will be to have teams **BALANCED** by following the terms below in the specific order:
 - a. Gender (male, female)
 - b. Age (minors, majors)
 - c. Player Overall Assessment Score (Rating 1-5, based on the previous Coaches' and/or the beginning of season evaluations for divisions U10 and up.)
 - d. School Attended (Each team will have a mix of students from different schools. However; in the case when there are only 3 or less students from the same school in the same division, then these students will be placed on the same team.)
 - e. Special Requests (General friend requests by parents or Coaches will **NOT** be permitted. Only IF the request does **NOT** cause a significant team imbalance & the circumstances of the request are truly exceptional; such as custody arrangements, restraining orders, or for medical reasons, then the decision to grant the special request will be at the final discretion of the Convenor.)



Games

A ten (10) minute grace is allowed before a game is forfeited by a team for not showing up.

When a game is forfeited by one team, the score shall be recorded as a 1-nil loss for the forfeiting team; when a game is forfeited by both teams, the score shall be recorded as a loss for each team.

Three points will be awarded for a win, one point for a tie and no points for a loss. The final standings will be decided on head-to-head record between the tied teams (number of wins) then on goals conceded for all games during the regular season.

The following lengths of game are recommended:

Under 3:	Development only, 45 minutes, no games
Under 4:	Development only, 45 minutes, scrimmage games
Under 6:	30 minutes practice/30 minutes game
Under 8:	20 minute practice/2x20 minute halves
Under 10:	2 x 25-minute halves
Under 12:	2 x 30-minute halves
Under 15:	2 x 35-minute halves

The normal complement of players to be fielded is:

Under 3:	Development Only
Under 4:	Scrimmages Only
Under 6:	7 players (6 + 1 goalkeeper)
Under 8:	7 players (6 + 1 goalkeeper)
Under 10:	7 players (6 + 1 goalkeeper)
Full fields:	11 players (10+1 goalkeeper)

A team must field a minimum numbers of players, or the game is forfeited:

Under 3:	Development only, no games
Under 4:	Development only, no games
Under 6:	6 players (5 + 1 goalkeeper)
Under 8:	6 players (5 + 1 goalkeeper)
Under 10:	6 players (5 + 1 goalkeeper)
Full fields:	7 players (6 + 1 goalkeeper)



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1. When a team has fewer than the normal complement and more than the minimum but less than the opposing team, the coaches may agree that the team with fewer players can sit out 1 or more spares with each team playing equal numbers. When the coaches cannot agree, the team with fewer players shall play all players present. The team with a full complement can choose to play a full complement even when the other team is short. The team with the shorter complement can choose to forfeit the game and play a scrimmage, using players of the opposite team to equalize their number of players.
2. It is the responsibility of the home team coach to prepare the score sheet, have the visiting team fill it in and give it to the referee for the starting time of the game.
3. It is the responsibility of the winning coach (or designate) to phone in the score of a game to the Division Convenor within 24 hours where possible. If the score has not been reported within 7 days of the game being played, then BOTH teams will receive zero points for the game in question.
4. In the event of a tied game, BOTH coaches (or designates) must phone the score of a game to the Division Convenor within 24 hours where possible. If the score has not been reported within 7 days of the game being played, then BOTH teams will receive zero points for the game in question.
5. It is the responsibility of the referee to deliver the score sheet to the Referee-In-Chief or Treasurer to ensure payment for the game.
6. If the game is to be cancelled for any reason, the Coach must call the Division Convenor as early as possible.
7. If the referee, at his or her sole discretion, cancels a game due to threatening weather prior to completion of the 1st half, the game will be recorded as a tie.
8. If the referee, at his or her sole discretion, cancels a game due to threatening weather during the 2nd half or overtime, the game shall be deemed complete and the score at the time the game is called shall be the final score.
9. If a play-off game in progress is cancelled due to threatening weather, or is cancelled due to weather, an attempt will be made to reschedule the game. If the game cannot be rescheduled, a tie will be awarded for both teams.
10. Unlimited substitutions may be made at the discretion of the referee at any time there is an out-of-bounds or stoppage in play except when a corner kick has been awarded.
11. When there is 3 minutes or less left in either half the referee has the right to refuse a substitution if, in his or her opinion, the request is an effort to waste time.



PLAYOFF FORMAT

Round Robin format

Where possible, the format employed for playoffs prior to finals day will be of the round robin format and the following guidelines will apply:

1. Teams are to be divided into one or more groups as deemed necessary by the Convenor;
2. Each team is to play the other teams in the same group at least once;
3. Three points will be awarded for a win, one point for a tie, zero points for a loss;
4. A team that defaults will be considered to have lost and receive zero points;
5. There will be no overtime played during round robin format;
6. If a game cancelled by weather cannot be rescheduled, the game will be considered a tie with one point awarded to each team.
7. Final standings will be determined as follows:
 - Total points
 - Goals difference (goals for less goals against)
 - Goals for
 - Head-to-head result
 - Toss of a coin between coaches performed by Division

Games Requiring a Winner

If a playoff game requiring one team to win (semi-final, final, consolation final) is tied at the end of regulation time, then “sudden death” becomes effective, and the following rules will be observed:

1. A 5-minute rest period shall be held.
2. Substitutions will be allowed throughout the overtime period.
3. Teams are to play with a full complement of players.
4. Overtime will be settled by a sudden death goal (golden goal) or on penalty kicks if there is no decision in the overtime period.
5. Teams are to change ends at the end of regulation time and at the end of each half of the overtime period.
6. The following time periods will be played:
 - For mini field games two x 5-minutes halves
 - For full field games two x 10-minute halves
7. If there is no deciding result at the end of the overtime period, then the game will be decided on penalty kicks.
8. Each coach is to select five players (which may include the goalkeeper) to take penalty kicks. Penalty kicks are to take place at the same end of the field.
9. All non-participating players are to remain in the centre circle area of the field.



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10. Each team will alternate penalty kicks until all five players have taken their kicks or until it becomes clear that it is not necessary to take all five.
11. If the score is still tied each coach will nominate one extra player for alternating sudden death kicks until one team scores and the other misses. The players selected cannot be repeated until all available players have taken kicks.

TEMPORARY PLAYING IN OLDER AGE GROUPS

If a coach in a higher age group seeks to fill his/her team's complement with children playing in a lower age group, the following must apply:

- This option can only be used for OCCASIONAL games to fill vacations etc.
- The opportunity to play up must be afforded to all children who have shown an interest in wanting to do so.
- A player registered in one age group can play a maximum of three games in an older age group.
- Players who are registered in a team in an age group up from their eligible age cannot play back down in the younger age group even if they are eligible to do so.
- The Division Convenor must be informed before this happens and the Convenor will decide on who is available to play up.

MINI FIELDS

Players in the Under 6, Under 8 and Under 10 age groups play on mini fields, where some of the rules are different than in soccer that is played on full fields. Please note the following differences:

1. There are no off-sides in mini soccer.
2. There are no throw-ins in U6 or U8. When the ball goes out of bounds along the sides, the ball shall be kicked in from the point where it left the field of play by a member of the team opposing that of the player who last touched it.
3. No pass back infractions to the goalkeeper will be called.
4. In U6 and U8, all kicks will be indirect, which means the ball must be touched by a player other than the kicker before going in the net.
5. There will be no penalty kicks in U6 and U8.
6. No handballs will be called in U6 unless there is a deliberate attempt to stop a clear scoring opportunity.
7. In U6 and U8, in the event of long periods of play with no stoppage opportunity to make substitutions, the referee may stop play in midfield when there is no clear advantage to one team or the other to allow a substitution and resume play with a dropped ball from the same location.

In 2011, WMSA introduced a U4 Development division, and in 2024 WMSA introduced a U3 Development division.



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Soccer contributes to the well-being of children by engaging them in the sport while teaching them the basic movements. At this introductory level, the objective is to get moving and to keep active.

Physical – Provide the environment for learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching.

Technical – The player and the ball – dribbling, kicking and shooting.

Tactical – None.

Mental – Fun, fascination, and passion for play.

1. No games will be played in U3/U4 (no referees). 3 vs 3 scrimmages are permitted.
2. Maximum of 8 children per team.
3. Only children who are 4 years old in the year are eligible for this division.
4. Children who are 4 years of age will not be permitted to play up one division.
5. As a development league, children will work on gross motor skills and play games to encourage a future love of soccer.
6. All children are encouraged to bring a ball to games, to ensure that there is enough equipment for everyone.
7. Coaches will focus on games which may not seem directly related to soccer. A coaching manual will be provided with lesson plans to assist our coaches in being successful with this age group.
8. Development will be at the Kinsmen Sports Club on the A Field/
9. For more information and examples of drills to be used in the U4 Development league, please visit: [Active Start Website](#)