

SPORT. ÉDUCATION. FIERTÉ.

IRSEQ®

LAVAL

SPECIFIC RULES 2026-2027



MULTISPORTS MINI-LEAGUE MINI-SOCCER



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ACTIVITY PROCEDURE

ARTICLE 1 Officiel rules

1.1 Game rules

- 1.1.1 For all rules not specified in this document, you must refer to the game rules approved by Soccer Québec.
- 1.1.2 However, RSEQ Laval's specific rules have priority on the rules of the federation.
- 1.1.3 The administrative rules of Sports Laval must be respected by all the participating schools.

ARTICLE 2 Identification of categories

2.1 Category

2.1.1

Category	Grade
Mosquito	5 th and 6 th grade

- 2.1.2 Upgrades are permitted.

ARTICLE 3 Team composition

3.1 Composition

- 3.1.1 Each team is mixed.
- 3.1.2 Each team must have a minimum of ten (10) players.

3.2 Substitutions

- 3.2.1 Substitutions can be made when the game is stopped. The player on the field exit completely the playing area before the substitute player enter the field.
- 3.2.2 Substitutions are unlimited (free substitution).

ARTICLE 4 Installations and equipment

4.1 Sports installations

- 4.1.1 The dimension of the court used are those of a seven (7) player soccer field, either between 45 to 60 m in length and between 40 to 45 in width.
- 4.1.2 The goal area (penalty area) is a rectangular zone in front of the goal where the goalkeeper can touch the ball with his hands. A white line delimits the area.

4.1.3 The goal used is the specific soccer goal for seven (7) players.

4.1.4 Corner flags are installed at each corner of the field.

4.2 Equipment

4.2.1 The official ball is a soccer ball size 4.

4.2.2 Balls will be provided by Sports Laval.

4.2.3 Participating schools must have a t-shirt or pinnies of the same color for each player.

4.2.4 Participating schools must have shin guards with socks for all the players (mandatory to play).

4.2.5 Soccer cleats are prohibited.

4.3 Security

4.3.1 Before each game, the coach must make sure that no player is wearing jewelry (necklaces, bracelet, earrings, facial piercing, etc.)

4.3.2 For safety reasons, only sports glasses are permitted.

ARTICLE 5 Games

5.1 Game format

5.1.1 The games are played with six (6) players on the field and one (1) goalkeeper.

5.1.2 There must be a girl on the field at all times. If the girl is the goalkeeper, you need to have another girl on the field. If a team does not have a girl, they must play with one less player on the field.

5.1.3 The game format is competitive. There will be a round robin period where each team will be played. After, there will be an elimination round with the quarter-finals, semi-finals and the final.

5.1.4 For the round robin period, if there is a tie, there will not have overtime. A win game is three (3) points, a tie game is one (1) point and a loss game is 0 point.

5.1.5 If there is tiebreak after the round robin period, the procedure to apply is :

- (a) Total points : how many points have each team. The team who have more points moves on;
- (b) If two (2) teams are involve in a tiebreaker, the team who win the game will moves on;
- (c) The team who have the less goals conceded moves on;

(d) Calculate the point differential in all the games of the round robin period (goals scored – goals conceded = differential). The team with the biggest differential moves on;

(e) If the differential is tie, the team who scored most goals moves on.

5.1.6 For the elimination round, tie games will go in overtime. Each team will select three (3) players for penalty kick. If it is tie again, they will continue with another player until a goal is scored.

5.2 Playing time

5.2.1 The game will consist of two (2) halves of twelve (12) minutes (running time). There will be a two (2) minute break at halftime.

5.2.2 No time-outs are allowed.

5.3 Refereeing

5.3.1 The referees will be determined by Sports Laval.

5.3.2 A coin toss determines which team will have the ball at the start of the game. After the half-time break, the faceoff will be the other team.

5.4 Score

5.4.1 Each goal is one (1) point.

5.5 Score differential

5.5.1 If there is 8 points separates the 2 teams, the score will be final for the match sheet. The teams can still play for pleasure.

ARTICLE 6 Awards

6.1 Banners

6.1.1 Each team will receive a participation banner. The teams in final will receive a finalist banner and champion banner.

HOW SPORT WORKS

ARTICLE 7 Specific rules

7.1 Game progress

7.1.1 There is no off-side. All the players are free.

7.1.2 The game will be stopped when there is a goal kick, a goal or a injured player.

7.2 Kick-off

- 7.2.1 At the start of the game and at the half, the ball is placed on the center spot for a kick-off.
- 7.2.2 After a goal, the play resumes with a kick-off by the team against which the goal was scored.
- 7.2.3 After the half, the team will change of sides and the kick-off will be given by a player of the team who did not benefit from the kick-off at the start of the game.
- 7.2.4 It is possible to score a goal directly from a kick-off.
- 7.2.5 All players must be in their own half of the field. Players of the team who did not benefit from the kick-off must be at least six (6) m from the ball until it is in play.
- 7.2.6 The referee always gives the signal for the kick-off.

7.3 Ball in and out of play

- 7.3.1 The ball is out of play when it has completely passed the touch or goal line and when the play is stopped by a referee.
- 7.3.2 At any other moment, the ball is still in of play including the following cases :
 - (a) if the ball rebounds into the field after touching a goalpost, a goal crossbar or a corner flag ;
 - (b) if the ball rebounds into the field after touching a referee inside the field.

7.4 Restarting play

- 7.4.1 In all restarts of play, opposing players must respect a regulation distance of six (6) metres from the ball until it is in play.
- 7.4.2 There are several ways to put the ball back into play depending of the situation : throw-in, corner kick, goal kick, goalkeeper clearance and dropped ball.
- 7.4.3 **Throw-in :**
 - (a) When the ball exits the field by the sidelines, the ball is put in play by a throw-in the closest where the ball exited the field.
 - (b) The possession of the ball goes to the team that did not touch the ball at last.
 - (c) The throw-in is carried out by foot.
 - (d) The player making the throw-in can pass the ball on the ground to a teammate or play the ball for himself upon entering on the field (dribbling).

- (e) A goal cannot be scored directly from a throw-in.
- (f) If the throw-in is not correct, the throw-in is retaken.

7.4.4 Corner kick :

- (a) When a defensive player kicks the ball over the goal line in his own area, the ball is awarded to the offensive team.
- (b) For a corner kick, the ball is placed in the quarter-circle (where the corner flag is) at the corner the closest to where the ball exits.
- (c) The corner flag cannot be move.
- (d) The player making the corner kick can pass the ball to a teammate or play the ball for himself upon entering on the field (dribbling).
- (e) A goal can be scored directly from a corner kick.

7.4.5 Goal kick :

- (a) A goal kick is awarded when the ball, last touched by a player of the offensive team, completely crosses the goal line, but the referee does not award it.
- (b) During goal kicks, the team not in possession of the ball must retreat to the retreat line at five (5) m from the midfield line.
- (c) The opponent team can advance and cross the retreat line as soon as the kick is executed.

7.4.6 Goal clearance :

- (a) When the goalkeeper has the ball in his hands, he must restart the play by passing with his hands or by putting the ball back on the ground.
- (b) No clearances on the fly are permitted. If the goalkeeper does, the referee will stop the play and give back the ball to the goalkeeper as a dropped ball in his penalty area for a restart.

7.4.7 Dropped ball :

- (a) A dropped ball is a way to put back the ball in play after the referee has momentarily stopped the game for any reason not mentioned in the rules.
- (b) The referee drops the ball where it was when the play was stopped and gives the ball to the team that last touched the ball.
- (c) If the play has been stopped inside the penalty area, the referee will drop the ball on the penalty area line parallel to the goal line, at the point nearest to where the ball was when the play was stopped.

7.5 Fouls

- 7.5.1 A player make a foul when :
- (a) he kicks or try to kick an opponent ;
 - (b) he tripped up an opponent, that is to say knocking or trying to knock down a opponent either by the leg or by stooping in front or behind him ;
 - (c) he jumps on an opponent ;
 - (d) he charges an opponent violently or dangerously ;
 - (e) he charges from behind an opponent who is not obstructing ;
 - (f) he hits or try to hit an opponent ;
 - (g) he holds or try to hold an opponent with his hand or with any part of the arm ;
 - (h) he made a tacles or slide tackling ;
 - (i) he handles the ball, that is to say carries, kicks or throws the ball with his hand or with any part of the arm except the goaltender in his own penalty area ;
 - (j) he pushes an opponent with the hand or with any part of the arm ;
 - (k) he touches the ball a second time after a kick-off before it has been touched by another player ;
 - (l) he does not respect the rules, he challenges the referee's decisions, he exhibits unacceptable conduct or rude insults, he deliberately acts against the spirit of the game (ex: stopping an attack by using his hand, make a tripped up to avoid being overwhelmed).
- 7.5.2 When a foul is committed, a free kick will be awarded to the opposing team.
- 7.5.3 Any yellow card or red card will be given by referee.

7.6 Free kick

- 7.6.1 All free kicks are direct meaning that a goal can be scored directly.
- 7.6.2 All free kicks are made from where the fouls occurred.
- 7.6.3 For all free kicks, the ball must be completely still before putting it in play.
- 7.6.4 The player takes the free kick and must wait until another player has touched the ball before he can touch it for a second time.
- 7.6.5 All players of the opposing team must keep a distance of at least six (6) m from the ball until it is in play.

- 7.6.6 When a player takes a free kick inside his own penalty area or to the defensive team, all players of the opposing team must stay outside the penalty area until the ball is in play. The ball will be in play as soon as it leaves the penalty area. If the ball is not kick into the play beyond the penalty area, the kick must be retaken. The goaltender can not receive the ball in hand to put it back into play.
- 7.6.7 When a player of the offensive team takes a free kick, the ball must be placed on the penalty area line parallel to the goal line at the point closest to where the foul was committed.
- 7.6.8 If a player takes a free kick outside his own penalty area, all players of the opposing team must keep a distance of at least six (6) m from the ball until it is in play, except when they are standing on their own goal line between the goalposts.
- 7.6.9 The execution of the free kicks must be delayed if a player of the opposing team walks in the penalty area or approaches less than six (6) m from the ball.

7.7 Penalty kick

- 7.7.1 A penalty kick is awarded when a foul is committed by a player or the goalkeeper in their own penalty area.
- 7.7.2 A penalty kick is given from the penalty spot, located nine (9) m from the goal line.
- 7.7.3 During the execution, all players except the opposing goalkeeper must stand inside the field, but outside the penalty area and at least six (6) m from the penalty spot.
- 7.7.4 The opposing goalkeeper remains on his own goal line between the goalpost without moving his feet until the kick is executed. The player who makes the kick must throw the ball forward and must wait until another player has touched the ball before he can touch it for a second time.
- 7.7.5 The ball is considered in play as soon as it is kicked. The goal can be awarded following a penalty kick.
- 7.7.6 The goal is awarded when following a penalty kick, the goalkeeper touches the ball before it enters in the goal before the whistle signaling the end of the first half or the game.
- 7.7.7 If a foul is committed by the player who takes the penalty kick or one of their teammates, the penalty kick must be retaken if the ball had crossed the goal line. If the ball does not cross the goal line, play will restart with a free kick to the opposing team.

- 7.7.8 If the foul is committed by the goalkeeper or one of their teammates, another penalty kick is awarded if a goal has not been scored. If a goal was scored, the goal is awarded.