Division Summaries:

For WCSC U8: play on half a mini field using small portable nets.

* Games run 40 minutes, 2x20 minute halves. 4v4 with out a goalie, or 5v5 with a goalie.
* Teams have unlimited substitutions. Subs happen at stoppages of play and coaches ideally let the referee know they are switching players.

For all other leagues, visit the appropriate league website:

GLSL: https://glsl.ca/laws-of-the-game/

EOSL: https://eosl.ca/league-rules-2/

OCSL: https://ocslonline.ca/rules/