



ONTARIO  
FUTSAL  
CUP 2026

March 7-8



# PROGRAM CONTENTS



ONTARIO  
FUTSAL  
CUP 2026

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# Unique Futsal Rules



**Substitutions – Unlimited and on the fly.** Subs must occur strictly within the substitution zone (5m).

The exiting player must fully leave through the zone before the substitute enters, and the pinnie must be handed over (not thrown). Improper substitution results in a yellow card and an indirect free kick for the opponent from the spot where play stopped.

**Accumulated fouls –** Each team may commit 5 direct-free-kick fouls per half. Any foul beyond that (6th or more) becomes either a 10m second-penalty-mark kick or a direct free kick with no wall, depending on the foul location.

**Goalkeeper 4-second rule –** Goalkeepers may only have possession for 4 seconds in their own half.

**Goalkeeper restriction after release –** Once the goalkeeper releases the ball, they cannot receive it again in their own half until it touches an opponent or goes out of play.

**Goal clearance –** The ball is in play immediately when released by the goalkeeper (it does not need to leave the penalty area). It may be thrown beyond the halfway line.

**Sending-off (red card) –** The player cannot return. The team plays short for up to 2 minutes unless the opponent scores before the 2 minutes expire, in which case a substitute may enter immediately.

**4-second restart rule –** All restarts must be taken within 4 seconds, except for kick-offs and 6m penalty kicks.

**Dropped ball –** A goal cannot be scored directly; the ball must touch another player before entering the net.

# Fun Facts on Futsal



Futsal is a fast-paced, small-sided game played on a hard surface. Known for encouraging creativity, quick decision-making, and technical precision, futsal is a vital tool for player development, particularly at the grassroots level. Ontario Soccer is committed to incorporating futsal into our programming, ensuring players have opportunities to grow and thrive on and off the court.

Futsal is more than just a game; it's a developmental powerhouse. Here's how futsal can benefit players at all levels:

- **Enhanced Ball Control:** Players develop close control and precise footwork in tight spaces.
- **Faster Decision-Making:** The speed of play demands quick thinking and reactions.
- **Improved Creativity:** Futsal encourages players to find innovative solutions under pressure.
- **Fitness and Agility:** High-intensity, short-duration games build stamina and coordination.
- **Transferable Skills:** Techniques and tactics learned in futsal translate directly to outdoor soccer.

## Did you know...

The origins of futsal can be traced back to Uruguay in the 1930s, where it was played on basketball courts during the winter months. It quickly spread to other countries in South America, and eventually to Europe and beyond.

# Introducing the MySoccer App

Powered by BMO 



MySoccer

Available on iOS & Android


Play. Inspire. Unite.




## What is MySoccer?


Follow the action and share the passion - whoever and wherever you are. Connect to your roles in teams, clubs & leagues. And follow the teams you care about, as family, friend or a fan.

MySoccer allows you to personalize your experience and follow games live with instant updates like lineups, livenesscores, pictures, livestreaming, stats & standings. Cheer for your team and share your passion for the game with innovative fan engagement features!

 Live Media & Engagement

 Livestreaming + Auto Highlights

 Real-time Stats & Standings

 Lineups & Game Reporting



# Ontario Futsal Cup Champions

## U16 Girls

- 2008 - Oshawa Turul 92**
- 2009 - Etobicoke Energy 94A**
- 2010 - North York Hearts Azzurri**
- 2013 - North Mississauga Panthers**
- 2018 - Caledon FC02**
- 2019 - Glen Shields**
- 2022 - Erin Mills Eagles G2006 Green**
- 2023 - Unionville Milliken SC Strikers U15 Red**
- 2024 - London Whitecaps**
- 2025 - Woodbridge Strikers 2009 OPDL White**



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## Under 16 Girls

- Home Team
- Away Team
- Round-Robin

**Unionville Milliken OPDL Red**

**Unionville Milliken SC IModel**

**Group A**

**March 7, 2026**

**FC Toronto Blue**

**LFC IA Mississauga Team Black**

Second in Group B

Winner of Group A

**Ontario Futsal Cup  
Final**

**Sunday, March 8, 2026  
Pickering Soccer Centre**

**12:30 PM**

**Unionville Milliken OPDL**

**Group B**

**March 7, 2026**

**FC Toronto Red**

**LFC IA Mississauga Team Red**

**Whitecaps London OPDL**

Second in Group A

Winner of Group B

# Group A

TIME	FIELD	HOME	SCORE		AWAY
10:00 AM	1	Unionville Milliken OPDL Red			Unionville Milliken SC IModel
10:50 AM	1	FC Toronto Blue			LFC IA Mississauga Team Black
1:20 PM	1	LFC IA Mississauga Team Black			Unionville Milliken OPDL Red
2:10 PM	1	Unionville Milliken SC IModel			FC Toronto Blue
4:40 PM	1	Unionville Milliken OPDL Red			FC Toronto Blue
5:30 PM	1	Unionville Milliken SC IModel			LFC IA Mississauga Team Black

# Group B

TIME	FIELD	HOME	SCORE		AWAY
11:40 AM	1	Unionville Milliken OPDL			FC Toronto Red
12:30 PM	1	LFC IA Mississauga Team Red			Whitecaps London OPDL
3:00 PM	1	Whitecaps London OPDL			Unionville Milliken OPDL
3:50 PM	1	FC Toronto Red			LFC IA Mississauga Team Red
6:20 PM	1	Unionville Milliken OPDL			LFC IA Mississauga Team Red
7:10 PM	1	FC Toronto Red			Whitecaps London OPDL



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**Sunday March 8, 2026**

**Pickering Soccer Centre**

**Final : 12:30PM**

**Winner of Group A - Second in Group A**

# **2026 Ontario Futsal Cup Champions**

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