



USC
URBAN SPORTS CLUB

OUTDOOR SOCCER 11 on 11 WITH GC LEAGUE RULES

Last Updated: July 23, 2011



Table of Contents

1. Recent Revisions and Updates	8. Rosters/Subs
2. Sportsmanship	9. Facilities
3. Waivers	10. Equipment
4. Weather	11. Reporting Results
5. Defaults	12. Standings
6. Schedules	13. Playoffs
7. Games Coordinators (GCs)	14. League Specific Rules

1. RECENT REVISIONS & UPDATES

Last Updated

July 23, 2011

- Rosters & Subs (Section 8): Changed minimum number of players from 8 to 7
- League Specific Rules (Section 14) -
 - Expectations of Player: If a player gets a red card, they must leave the field.
 - Substitutions: Clarified when teams can make changes and how many players can be substituted at any one time.
 - Penalties: Deleted this section as most of the items are addressed in FIFA Rules. Changed the title to Serious Offenses
 - Penalty – Reckless Play: Deleted this section as most of the items are addressed in FIFA Rules.
 - Penalty – Unsportsmanlike Play: Deleted some of the items in this section as they are addressed in FIFA Rules. Clarified that Slide Tackling is not allowed.
 - Penalty – Threatening Behaviour Towards an Opponent: Deleted this section as most of the items are addressed in FIFA Rules.
 - Penalty – Disrespecting a GC: Deleted reference to Minor and Major penalty and replaced it with a 5 min cool down period.
 - Penalty – Disrespecting a GC: Clarified that physically threatening a GC will not be tolerated.
 - Penalties and Players on the Field: Deleted this section as most of the items are addressed in FIFA Rules.

2. SPORTSMANSHIP

USC encourages a fun-first, winning-second attitude in all leagues. All players are expected to abide by USC sportsmanship policies, any player or team who does not will be subject to suspensions or league expulsion.

ZERO TOLERANCE POLICY

In order to promote a safe and sportsmanlike environment for its players, USC has clarified its stance on unsportsmanlike behaviour. All players must understand the expectations for playing in USC leagues. Games Coordinators are required by USC to ask players to leave the gym/field if they are involved with any of the following acts:

- Swearing directly at another player or the Coordinator.
- Intentionally pushing, shoving or making physical contact with another player or Coordinator.

WWW.URBANSPORTS.CA

(905) 893-0482



- Making comments to instigate an altercation with another player or Coordinator.

In addition to being dismissed from the game, a one week suspension (or more) may be assigned by USC to the involved player or team.

REPORTING SPORTSMANSHIP CONCERNS

- If during the game you have a concern with the other team, address the issue respectfully with the Games Coordinator at the appropriate time (during play on the sidelines or at halftime).
- If at the end of the game you do not feel that the issue has been resolved, report the details of the issue to USC by 5pm the next day by using the online complaint form - [Click here.](#)

Click on the links below for full details on the following topics:

- [Full sportsmanship policy](#)
- [How USC handles complaints](#)

3. WAIVERS

- All players must sign a [waiver](#) every season before playing their first game. The waiver can only be completed online.
- Any player that subs in (even if only for one game) must fill out a waiver prior to playing. Captains are responsible to ensure that this is done.
- The waiver outlines USC's liability and sportsmanship policies.

4. WEATHER POLICY

USC office is not open on weekends so all Saturday and Sunday games are subject to the rain or shine policy!

Weeknight games are played in most weather conditions and are rarely canceled. In the event that USC deems the fields unplayable, the weather update bulletin on USC website will be updated no later than 5:00pm on game day. If games are canceled, USC will do their best to re-schedule. If the website states that the games are "on", the rain or shine policy will apply.

RAIN OR SHINE POLICY

- Teams must report to their field regardless of weather conditions, or be subject to default rules.
- If it is raining or snowing at game time, USC requires teams to wait it out for at least 20 minutes before deciding to call the game.
 - If poor weather or slippery field conditions are still a factor after 20 minutes, you must discuss rescheduling options with your opponent prior to leaving the field.
 - USC will help with rescheduling but the teams must provide two potential dates that both teams can play on. Dates must be on a day other than your regular league night and must be minimum one week prior to the start of playoffs.
- On nights with poor weather, when games have not been canceled by USC, if less than half the teams in a division play their games then USC will automatically reschedule all games from that night via a double-header or a season extension. For games that were played, where both teams want their score to count, they will not need to re-play that game.
- If there are multiple rainouts in one season, USC may be required to shorten the season.
- USC may not always be able to reschedule the games (due to field availability and amount of notice time) so teams cancel at their own risk.

For complete details on the weather policy, please [click here.](#)

OUTDOOR SOCCER SPECIFIC WEATHER GUIDELINES

WWW.URBANSPORTS.CA
(905) 893-0482

[Back to top](#)

- If poor weather causes the game to be stopped before the first half is completed, the teams must wait at least 20 minutes for the weather to pass. If the first half cannot be completed, the game will be rescheduled and replayed at a later date.
- After the first half is completed, the game is eligible for a win or a loss in the standings. If after the first half is completed conditions become unplayable, the two captains can meet and decide to:
 - Call the game and the score will stand as is. The team leading when the game is called records a victory. If the score is tied when the game is called, a tie is awarded.
 - Wait out the rain for 20 minutes and then re-evaluate the situation.
 - The referee will make all final decisions about calling the game due to weather.

It can be very difficult to reschedule games! Don't call games without good reason. Be prepared to play through some poor weather!

5. DEFAULTS

- All teams are to be at the facility 15 minutes before their scheduled game time.
- At game time any teams not meeting the minimum player requirements will default the game.
- Defaults are recorded as 3-0. 1 point will also be deducted.

6. SCHEDULES

- Schedules are posted online 48 hours prior to the first game.
- If the schedules are not posted you may assume the schedule has not been completed. Please do not contact USC regarding your schedule until after it has been posted.
- Games can be played anytime between 6:00pm-11:00pm on weeknights and 8:30am-11:00pm on weekends.
- Singles team are assigned by USC office staff. All individuals' will be advised of their team name.

7. THE GAMES COORDINATOR

Games Coordinators (GCs) are USC employees, they are also referees. They are there to encourage sportsmanlike play and to help to keep the games running smoothly. The roles of a GC include:

FIELD MANAGER

- Facility Liaison – Set up the field and uphold facility standards.
- Game Set-Up – Make sure all required equipment is ready for game time.
- Manage the Time – Start the clock at the scheduled start time and manage the time for the remainder of the game.
- Keep Score – Keep track of the score throughout the game using a score clock or score sheets. Team Captains must confirm the final score and report a sportsmanship rating for their opponent to the GC before leaving the field.

PLAYER LIAISON

- Pre-Game Meeting – Call in both captains for introductions, clarify sportsmanship/game play expectations and provide facility or league updates. Team Captains are to communicate their expectations to both the GC and their opponent. At the end of the pre-game meeting Team Captains are required to communicate all information with their players.
- Report Player Comments – Ensure that ideas and recommendations from players are communicated to USC staff.

MEDIATOR

- Halftime Meeting – Act as a mediator for the Captains at half time for any discussions regarding play or sportsmanship. The GC will also provide feedback and re-establish expectations to both teams at this time. Team Captains are expected to communicate all issues to their teammates.

WWW.URBANSPTS.CA
(905) 893-0482

- Enforce Sportsmanship Policy – The GC is required to eject players who are a threat to the fun or safety of their opponents. Players who jeopardize the safety or enjoyment of other players or the GC will not be allowed to continue playing and must leave the field before the game will resume.
- Call Penalties – Call any violations. All penalties are recorded on the game sheet and reported to USC.
- Disagreements – If there is a disagreement between teams during a game, both teams are expected to show respect to each other and the GC. Any disputes will be resolved by the GC if the teams cannot agree. Once the GC has made a call, play will resume without further discussion. If a player has a question regarding the rules, the Team Captain should address it with the GC either at the half or at the end of the game.

GAME REPORTER

- Game Report – Submit game summary inclusive of the scores, sportsmanship ratings, notes on penalties, recommendations and comments regarding the sportsmanship of each team.

WHAT HAPPENS IF THERE IS NO GC AT THE FIELD

- If no GC is present at the game, players must keep time and score. Captains should confirm the score often during the game to make sure that there are no discrepancies.
- Team Captains must e-mail in their scores and sportsmanship rating to info@urbansports.ca by noon the next day.
- It will be the player's responsibility to call THEIR OWN fouls and handballs in the spirit of good sportsmanship should there not be a referee at the field.

If you would like to learn more about the benefits of being a GC, [click here](#).

8. ROSTERS & SUBS

- When registering a full team, there is no maximum limit to the number of players that you can have on the roster.
- A full team on the field consists of 11 players with a minimum of 4 females (including the goalie). The goalie does not count towards the female minimum.
- The minimum amount of players required in order to not default is: 7 players including at least 2 female players.
- If you recruit a sub, it is your responsibility to ensure they are ready to play (know the rules, will play at the proper level and have submitted a waiver).
- A team may bring in subs that are not listed on the roster. They must fill out a waiver prior to playing.
- In the spirit of sportsmanship, captains are expected to replace players with a person of a similar skill level. Bringing in "ringers" for regular season and particularly playoff games is discouraged.
- If you are playing in a league where there are other USC teams playing before you, your team may borrow players under this condition: to increase your team to a minimum full line-up. USC considers it to be an unfair advantage if a team borrows players to bolster their line-up.
- Individual team rosters will be e-mailed out 48 hours prior to game one.
- Subs in Playoffs:
 - Subs are expected to play at the same skill level of the player that they are replacing.
 - Teams can only bring in subs that have played at least five games in the regular season.

9. FACILITIES

- USC rents facilities from Parks and Recreation or private establishments. As tenants, players must respect the standards and rules of each facility.
- Consumption of alcohol is not allowed at the fields; players caught violating this by-law are subject to fines from the Town and/or USC.
- Most fields do not have a port-a-potti or washroom. Players must not urinate on public property.
- Any player who causes USC to receive a complaint regarding a field rented by USC will face a \$100 fine and may be ejected from the league. For full details on the Facility Complaint Policy, please [click here](#).
- Players are expected to clean up after themselves, please do not leave any garbage behind.
- Any player who causes USC to receive a complaint regarding a facility may be ejected from the league.

WWW.URBANSPO RTS.CA
(905) 893-0482

- Facilities are chosen based on quality and location. Some leagues utilize many facilities; USC always tries to ensure a fair distribution of locations throughout the city in each division.
- USC asks all players to arrive 15 minutes prior to the game start time. This 15 minutes should be used to change shoes, stretch and any other pre-game preparations.
- Players are responsible for property damage.

10. EQUIPMENT

Team Captains are **not** required to pick up equipment prior to the start of the season. The GC will bring the equipment to each game.

The GC will set-up the field as per the [field set-up instructions](#).

- Metal cleats are not allowed.
- A player cannot wear anything which is dangerous to another player. This includes earrings, hairclips, rings or other jewellery.
- Shin guards are mandatory. When wearing shin guards, the player must have them fully covered with socks.
- All players are required to bring a light and dark shirt to each game. You can wear a team colour, but you still need to bring an opposite coloured shirt in the event that your opponent wears a similar team colour.
- It is the responsibility of each team to bring a good quality soccer ball to each game.

11. REPORTING RESULTS

- After the game, captains must confirm the scores with the GC and it is the GC's responsibility to report the scores to USC.

12. STANDINGS

For all USC sports, scores are to be reported by the GC/Team Captain (as applicable) to the office by 5pm the day after the game. USC admin staff will process scores and post the updated standings to the website within 72 hours of the games. Each set of USC standings will display notes at the bottom outlining how the standings are calculated.

RECREATIONAL, RECREATIONAL PLUS and HIGHER

- 1st criteria: Total Points are derived from 2 points for a win and 1 for a tie.
- 2nd criteria: Differential of goals scored vs. goals allowed.

13. PLAYOFFS

- All teams are guaranteed 1 playoff game. The top 4 teams will play for the league championship.
- League champs receive t-shirts and need to attend the Season Ending Party to pick them up.
- For rules regarding subs in playoffs, please see Section 7: Rosters and Subs.
- There are no ties in playoffs.
- If the score is tied at the end of regulation time, penalty kicks will be taken.
 - When penalty kicks are taken, the initial five players will have a three male maximum and after that, the shooting team must alternate males and females. If all females have shot once, they must shoot a second time.
 - Five players from each team will alternate shots from the penalty-mark at one end of the field (refer to the section on penalty kicks).
 - At the end of the ten shots if the score is still tied, then penalty-shots will continue with the remaining players on the team (a player is not allowed to take a second shot if there are players on his/her team that have not yet shot).
 - As soon as one team has a higher score and both teams have taken the same number of shots, that team will be the winner.

14. LEAGUE SPECIFIC RULES

EXPECTATIONS OF PLAYERS

All players participating in USC co-ed leagues are expected to play with respect and a "fun first" attitude. In Outdoor Soccer, there is an emphasis on the players to know the rules and manage their own actions on the field.

- All players participating in USC leagues are expected to play with respect for everyone at the field and with a "fun first" attitude. Outdoor Soccer can be an intense and physical sport however, USC Outdoor Soccer leagues must be a fun, non-threatening environment.
- All players are expected to know the rules and manage their actions on the field.
- Players should promote fun and safety throughout the game by: trying to control their kicks in front of vulnerable players; talking to their players who are not following the rules.
- Promote sportsmanship throughout the game. Let the GC know if you are enjoying an opponent, congratulate your opponent on fun and fair play throughout the game.
- Players that are concerned about a player on the opposing team are required to talk to their Team Captain so he/she can address the issue with the GC at the appropriate time.
- Players are expected to act in a respectful manner if approached by a GC or an opposing Team Captain regarding their style of play and to make any requested changes.
- Players should be mindful of how hard they kick the ball, especially if an opponent is directly in front of them. This applies to goalies when trying to quickly move the ball to the other team's end.
- At any time the GC may request your name or a name of someone on your team to record on the game report sheet. Providing a false name to the GC is a serious offence and will result in suspension from USC.
- If a player receives a red card or are suspended from a game, they must leave the field immediately and cannot stay on the sidelines. Play will resume once player has left.
- Teams are expected to cheer for their opponents at the end of a game. It is also encouraged to give an additional cheer for the GC and thank them for GC-ing the game.
- Players can provide constructive feedback to USC as needed, regarding field conditions, unsportsmanlike play, or helpful comments.

GAME PLAY EXPECTATIONS

- Before the game, the captains will meet with the GC to introduce themselves, discuss field specific restrictions and rules or sportsmanship issues that need to be emphasized.
- Team Captains are to communicate their expectations to both the GC and their opponent. At the end of the pre-game meeting Team Captains are required to communicate all information with their players.
- At halftime, the Team Captains meet with the GC to discuss any issues that arose in the first half. It is the responsibility of each captain to communicate these issues to their teammates before resuming play.
- At the end of the game, all players shake hands. The GC and the Captains meet up to discuss any issues with the game.
- Team Captains confirm the score with the GC.

GAME FORMAT

- Arrive 15 minutes prior to the scheduled game time to allow for warm-up. There may be a game taking place when your team arrives, be sure to warm up on the sidelines or on an area that is not being used by other players.
- Outdoor soccer is played 11 on 11 with a minimum of 4 female players on the field for each team at all times.
- Arrive 15 minutes prior to the scheduled game time to allow for warm-up. There may be a game taking place when your team arrives, be sure to warm up on the sidelines or on an area that is not being used by other players.
- 60 minute games consist of 5 min for warm up, 3 minutes for half time and two 26 min halves
- 75 minute games consist of a 5 min warm up, 3 minutes for half time, and two 33 min halves.

SCORING

WWW.URBANSPORTS.CA
(905) 893-0482

- What happens if, after regulation, the game is tied?
 - In Regular season: The game is a tie, no extra time is played.
 - In Play-offs: See Section 13 above.

START OF PLAY

- To decide which team will have the first kick-off, team captains will either flip a coin or do 'rock, paper, scissors'. The winner can decide whether they want to kick-off or choose the end that they would like to start on.
- To start the second half, teams will switch sides and the team that did not kick-off in the first half will have the will do so in the second.
- After each goal, the team that was scored on will kick-off to re-start the game.
- Kick-offs may be put into play only in a forward direction and may not be touched by the kicker again until the ball has been contacted by another player.
- During any kick-off the opposing team must stay 15 feet away from the ball until it has been put into play.
- A goal cannot be scored directly from a kick-off.

SUBSTITUTIONS

- Substitutions are only allowed when the play has been stopped. Referee must be informed when making substitutions.
- On throw-ins only the team who has possession of the ball is allowed making substitutions.
- Substitutions can be made by both teams on Goal Kicks, Goals and Kick-off.
- No substitutions are allowed on Corner Kicks.
- Substituting a goaltender can only occur during a stoppage in play however the Game Coordinator must be notified.
- Substitutions on all other players can happen at any time as long as the leaving player is on the sidelines before the replacement steps on the field of play. All substitutions must be made at centre line on the side where the player bench is located.
- When a team is making substitutions they can change as many players as they wish at any one time.
- Unlimited substitutions are permitted at any one time throughout the game.
- If a player is injured, a substitution will be allowed at that time.

SERIOUS OFFENCES

Serious offences in USC Outdoor GC'd Soccer are plays that may or may not be intentional, but they are dangerous and/or considered unacceptable. When these occur, the play will stop and the player will be advised of their penalty by the GC.

Penalties **can include:**

- **5 Minute** Cool Down Penalty - result in the player sitting off for five minutes and the team is not short-handed. These will result in a penalty kick (see below) if they occur in the goal area.
- **Yellow Card** depending on the offence.
- **Red Card** depending on the offence. This will result in the offending player being ejected from the field. Player must leave the field of play and the park. If a player is suspended during a game, they will also miss the next game.
- On all Serious Offences, after the GC stops the play they should announce to the players why the play was stopped and who got the penalty.
- After any serious offence other than those that would result in a penalty kick, an indirect free kick will be awarded to the opposing team from the location of the offence.
- If the same offence is being repeated by the same player(s), the GC has the discretion to rectify the situation as appropriate (e.g. stopping the game and talking to the team or calling a game misconduct).
- In recent years, USC has become aware of smaller players being aggressive because they think that they are exempt from the rules. All players must abide by the same guidelines.

Serious Offences - Unsportsmanlike Play

WWW.URBANSPORTS.CA

(905) 893-0482

Unsportsmanlike play is not tolerated in USC Outdoor Soccer leagues and encompasses playing in an overly aggressive or intense manner, or showing a lack of respect to anyone at a game.

- A player's first offence will result in a 5 minute **Cool Down** penalty.
- A second offence by the same player will result in a **game misconduct**.

- Unsportsmanlike play includes:
 - **NO Slide tackling** is allowed in any USC Soccer league. Slide tackling includes any player, including the goalkeeper, who leaves the ground in a feet-forward motion towards the ball or another player in a dangerous manner. Any sliding is a safety concern for yourself and your opponent and is considered reckless play.
 1. Goalkeepers are allowed to make sliding saves inside the goal area, as long as it is not done in a dangerous manner. Goal keepers that make sliding saves outside the goal area are considered dangerous and play will be stopped and an indirect free kick will be given.

Penalty - Disrespecting a GC

USC GCs are valuable assets to the sports programs and without them there would be no Outdoor Soccer leagues. As with all other USC participants, GCs should be treated with respect. Players may disagree with the way a GC is calling their game, but must refrain from challenging a GC during the game. The GC's decision is final no matter if is right or wrong.

- A player's first offence will result in a penalty or a game misconduct depending on the severity of the actions. The GC is responsible for deciding on the appropriate penalty. An review will be done by the Club and further action may be taken.
- Disrespecting the GC includes:
 - Challenging calls: any player that disagrees with a call and tries to make the GC change their call. Once a GC has made a call, the play will resume with no further discussion.
 - Players on the sidelines discussing the GC in a negative manner.
 - Players questioning the integrity of the GC: all GCs are trained in the same manner and are neutral.
 - Swearing at a GC: this will result in an automatic game misconduct.
 - Physically threatening or confronting a GC: this is considered unacceptable, a red card will be issued and the player will be severely dealt with as per the decision of the review committee.
 - Ignoring a GC as they are giving feedback or having a discussion: these conversations can happen before, after or during a game.

ALL OTHER RULES

- As per FIFA Rules and Regulations