



OSHAWA KICKS SOCCER CLUB

Oshawa Kicks Adult Soccer League – Playing Rules and Regulations

Game Sheet

A completed game sheet with all players listed must be given to the referee prior to the start of each game. The winning team must email the league coordinator within 24 hours of the end of the game. adultleague@oshawakicks.com. In the event of a tie, the home team is responsible for this. **(Not applicable to indoor as game sheets are given to the referee)**

Game Length - Outdoor

Ladies 7v7- each game consists of 2x30 minutes halves (total of 60 minutes of game time), a total of 5 minutes will be given for half time
Co-ed- each game consists of 2x30 minutes halves (total of 60 minutes of game time); a total of 5 minutes will be given for half time

Game length - Indoor

Men's 7v7- each game consists of 2x25 minutes halves (total of 50 minutes of game time), a total of 5 minutes will be given for half time
Ladies 7v7- each game consists of 2x25 minutes halves (total of 50 minutes of game time), a total of 5 minutes will be given for half time

Team Reps/Coaches/Managers

Team Reps/Coaches/Managers are responsible for the following team duties:

- Ensuring the well-being and conduct of players
- Ensuring that all players are aware of scheduled games
- Ensuring that all players are equipped properly
- Completing a game sheet prior to each game
- Handing in the game sheet as per game sheet requirements

Player Lateness

Any player participating in a game must be on the field fully dressed at the start of the second half. Late players are required to be on the game sheet.



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Defaulted Games

- Games shall start and be played at the times and dates as indicated on the schedule provided by the league
- A grace period of not more than 5 minutes shall be allowed before a game is defaulted (THIS DOES NOT APPLY TO INDOOR, GAMES MUST START ON TIME)
- A team must field at least 4 players and a goalie otherwise the game is a default (co-ed, ladies 7v7, men's 7v7)
- Co-ed teams- at least 3 of the 6 non-goalie players must always be female. Should a team have less than 6 players, the number of female outfield players must be equal to the number of men outfield players. At no time, may there be fewer female players than men.
- A game shall be defaulted, and a 3-0 loss registered against a team if it cannot field the required players within the 5-minute grace period
- Players must be on the roster to play. If there are any concerns, players are to provide ID to show they are on the roster. The convenor and each team captain will always carry a copy of the roster.

Cancelling Games

- Referees, city employees and the league coordinator may cancel games at the field due to weather or field conditions. Cancelled games WILL NOT be made up
- Games called by the referee prior to full playing time shall be declared a final is played 1 minute or more past the halfway mark of the second half. If the game is called before second half, the game may be replayed
- Teams cancelling must give the league coordinator 48 hours notice to give the other team enough notice. A team rep must advise the league coordinator by phone or email if games are cancelled

Substitutions

OUTDOOR 11v11- Substitutions may be made only on own throw ins, the other teams throw in if they substitute first, goal kicks, goals, half time and injured players at the discretion of the referee

OUTDOOR 7V7- Substitutions are made on the fly at the discretion of the referee

INDOOR 7V7- Substitutions are made on the fly, at the discretion of the referee



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Uniforms

Players shall wear uniforms as supplied by their team. When a colour conflict occurs, the home team must wear alternate colours as per the OSA guidelines. Failure to make the change will result in a defaulted game. Pinnies are ok.

Equipment for Games

OUTDOOR:

The home team is responsible for providing the following

- Game ball
- Game sheet
- Putting up one net
- 2 corner flags

The away team is responsible for providing the following

- Game sheet
- Putting up one net
- 2 corner flags

INDOOR:

- The home team is responsible for providing the game ball.
- Both teams are to provide the referee with a FULLY COMPLETED game sheet

League Standings

- Points standings shall be determined from game results as follows:
 - Win 3 points
 - Tie 1 point
 - Loss 0 points
- Any team who wins by default will be awarded a 3-0 win
- If teams are tied at the end of a league/play off play the following guidelines will be used to break a tie:
 1. Head-to-head record
 2. Least goals against
 3. Goals for minus goals against
 4. Most goals for
 5. Flip a coin



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- During final playoff game – if tied at the end of regulation time then 2 ten-minute halves will be held (sudden death)—if no score then penalty shots. Only individuals on the field at end of sudden death are eligible to shoot. At the end of a shoot out, if still tied then 5 new shooters are chosen—sudden death shootout
- League standings are published at convenient times on the Oshawa Kicks Website

Goal Differential

The maximum game goal differential for any regular season game is 8 goals (i.e. if the final score is 12-0, the official game score will be 8-0). The rule is in place to de-emphasize the need to run up the score

Throw-ins are to be used for both indoor and outdoor for the OKSC League

Code of Conduct

This is a Recreational Soccer League. Please remember to treat officials, opposing players and facility staff with fairness and respect.

During the game, the referees' decisions are FINAL.

A sample of some of the behaviours that will not be tolerated on City property include but are not limited to:

- Verbal abuse
- Profane language
- Threatening
- Physical contact
- Acts of aggression
- Acts of frustration
- Unsportsmanlike conduct

Infractions of the Player Code of Conduct may result in expulsion or suspension from the league for the current season and future seasons for both individual players or the team



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as a whole. Interpretation of all infractions is at the discretion of the Oshawa Kicks Soccer Club and City of Oshawa.

The Authority of the Referee

Each match is controlled by a referee who has full authority to enforce the Rules and Regulations of the Game in connection with the match to which he has been appointed

The decisions of the referee regarding facts connected with play, including whether a goal is scored and the result of the match, are final.

The referee may only change a decision on realising that it is incorrect or, at their discretion, on the advice of the league convenor, if they have not restarted play or terminated the match.

Powers and Duties

The Referee:

- enforces the Rules and Regulations of the Game
- controls the match in cooperation with the league convenor
- ensures that the players' equipment meets the requirements as indicated under player's equipment
- acts as timekeeper and keeps a record of the match
- stops, suspends or abandons the match, at his discretion, for any infringements of the rules and regulations
- stops, suspends or abandons the match because of outside interference of any kind
- stops the match if, in his opinion, a player is seriously injured and ensures that he is removed from the field of play. An injured player may only return to the field of play after the match has restarted
- allows play to continue until the ball is out of play if a player is, in his opinion, only slightly injured
- ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped
- allows play to continue when the team against which an offence has been committed will benefit from such an advantage and penalises the original offence if the anticipated advantage does not ensue at that time



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- punishes the more serious offence when a player commits more than one offence at the same time
- takes disciplinary action against players guilty of cautionable and sending-off offences. He is not obliged to take this action immediately but must do so when the ball next goes out of play
- takes action against team officials who fail to conduct themselves in a responsible manner and may, at his discretion, expel them from the field of play and its immediate surrounds
- acts on the advice of the league convenor regarding incidents that he has not seen
- ensures that no unauthorised persons enter the field of play
- indicates the restart of the match after it has been stopped
- provides the appropriate authorities with a match report, which includes information on any disciplinary action taken against players and/or team officials and any other incidents that occurred before, during or after the match

Fouls and Misconduct

Free Kicks

A free kick is awarded to the opposing team if a player commits any of the following seven offences in a manner considered by the referee to be careless, reckless or using excessive force:

1. • kicks or attempts to kick an opponent
2. • trips or attempts to trip an opponent
3. • jumps at an opponent
4. • charges an opponent
5. • strikes or attempts to strike an opponent
6. • pushes an opponent
7. • tackles an opponent

A free kick is also awarded to the opposing team if a player commits any of the following three offences:

8. • holds an opponent
9. • spits at an opponent
10. • handles the ball deliberately (except for the goalkeeper within his own penalty area)



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A free kick is taken from the place where the offence occurred

Slide Tackling vs. Sliding

No player can touch the turf with any part of their body (other than their feet), when they are within 1-2 strides of the ball. If a defender slides and blocks a ball from entering the goal, a Shoot Out will be awarded. Goalies are permitted to slide tackle while making a save, if they are in the crease area and if the slide tackle is not considered by the referee to be reckless or dangerous.

Penalty Kicks

A penalty kick is awarded if any of the above ten offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

Disciplinary Sanctions

The yellow card is used to communicate that a player has been cautioned.

The red card is used to communicate that a player has been sent off.

Only a player may be shown the red or yellow card.

The referee has the authority to take disciplinary sanctions from the moment he enters the field of play until he leaves the field of play after the final whistle.

A player who commits a cautionable or sending-off offence, either on or off the field of play, whether directed towards an opponent, a team-mate, the referee, or any other person, is disciplined according to the nature of the offence committed.

Cautionable Offences

A player is cautioned and shown the yellow card if he commits any of the following six offences:

1. • unsporting behaviour
2. • dissent by word or action
3. • persistent infringement of the playing rules and regulations
4. • delaying the restart of play



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5. • failure to respect the required distance when play is restarted with a corner kick, free kick or throw-in
6. • slide tackles or attempts to slide tackle

Sending-off Offences

A player is sent off if he or she commits any of the following seven offences:

1. • serious foul play
2. • violent conduct
3. • spitting at an opponent or any other person
4. • denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
5. • denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
6. • using offensive, insulting or abusive language and/or gestures
7. • receiving a second caution in the same match

A player who has been sent off must leave the vicinity of the field of play and the technical area immediately.

Discipline penalties shall be issued in conjunction with the OSA guidelines, which can be reviewed on their website at www.ontariosoccer.net

All protests and appeals arising from the league will be directed to the club administrator and the appropriate steps taken.



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