

**SOSA DISTRICT STANDING RULES and PLAYING REGULATIONS
TO TAKE EFFECT WITH THE 2026 OUTDOOR SEASON**

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SOSA District Youth League

Standing Rules and Playing Regulations

DEVELOPMENT TEAMS U10 – U13 COMPETITIVE TEAMS U14-U18

#	SECTION 1: GENERAL	FINE
1.01	<p>In this document, the following abbreviations are used</p> <ul style="list-style-type: none"> ● SOSA for Southeast Ontario Soccer Association ● OS for Ontario Soccer ● LMS for League Management System ● STRP for Short Term Registration Permit ● TEP for Temporary Eligibility Permit ● TRR for Team Roster Report ● DBR for Discipline By Review ● DBH for Discipline By Hearing 	
1.02	The current Laws of the Game applicable in the Province of Ontario, as described by Ontario Soccer (OS), will be used, except as noted in the SOSA League Rules Summary in the Appendices of this document.	
1.03	A copy of the current Rules and Regulations must be posted on the SOSA League website.	
1.04	SOSA may make changes to the <i>Rules and Regulations</i> and the <i>Fees and Fines schedules</i> as deemed necessary for the efficient administration of the league. Clubs will be given 14 days' notice before changes take force.	
1.05	All fines resulting from breaches of the rules identified in these Rules and Regulations, including the published SOSA Fees and Fines Schedules, will be assessed against the Club, as opposed to the individual and/or teams.	
1.06	In this document, any reference to 'Development' refers to a team in a U10, U11, U12, or U13 age group. Any reference to 'Competitive' is a team in one of the U14, U15, U16, U17, or U18 age cohorts, or a combined division, as defined under Ontario Soccer (OS) Published Rules.	
1.07	Any NSF cheques used in payments to SOSA will result in a fine, as well as the banking charges.	\$50
#	SECTION 2: TEAM ELIGIBILITY and ENTRY	FINE
2.01	All Clubs and Academies that are active full-service members of SOSA are permitted to operate Youth Development (U10-U13) and Youth Competitive (U14-U18) teams and may enter teams in the SOSA League. Clubs must be represented at the Annual General Meeting and Special General Meetings.	\$100 per missed meeting

2.02	Clubs will enter teams in the SOSA League based on their age category. A Competitive team must have permission from the SOSA League to play in a higher age group. Development teams are <u>not</u> eligible to play in a higher age group. Underaged players must meet the requirements outlined in Section 5.													
2.03	Team entry fees for the outdoor season are due by the date posted on the League Management System (LMS). Late applications may be accepted with approval from the District Administrator, provided a late fee of \$100 per team is paid, up to a maximum of \$500 per club.													
2.04	Clubs must request team withdrawals through the SOSA LMS.													
2.05	For each team withdrawn after the posted entry deadline, the Club will forfeit the full fees paid. For each team withdrawn after May 1 st , the League will assess an additional fine equal to the team registration fee.													
2.06	Competitive-aged teams withdrawing from the League to take an IModel position will forfeit their full entry fee.													
2.07	Club teams from other districts may apply to play within SOSA, but are subject to SOSA and OS policies. All teams whose Clubs are members of districts other than SOSA will require a duly signed Playing Out Permission form as per OS Procedure 15.0 before April 15 th of the current season.													
#	SECTION 3: REGISTRATION OF PLAYERS	FINE												
3.01	All players must be registered with their Club’s respective District Association under OS Operational Procedures.													
3.02	No player may register with more than one team in the SOSA League.													
3.03	All players must have OS identification.													
3.04	The deadline for placing a player on a team roster is July 31 st of each year.													
3.05	<p>Maximum number of players on Roster</p> <table border="1" data-bbox="207 1545 1386 1812"> <thead> <tr> <th></th> <th>U10 – U11</th> <th>U12 - U13</th> <th>U14 – U18</th> </tr> </thead> <tbody> <tr> <td>Maximum players on roster</td> <td>Open rosters</td> <td>Open rosters</td> <td>20</td> </tr> <tr> <td>Maximum players on game sheet</td> <td>14</td> <td>16</td> <td>20</td> </tr> </tbody> </table>		U10 – U11	U12 - U13	U14 – U18	Maximum players on roster	Open rosters	Open rosters	20	Maximum players on game sheet	14	16	20	
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#	SECTION 4: COACHES AND OTHER TEAM OFFICIALS	FINE
4.01	<p>Each team must have a Head Coach, and no team may participate in a league competition without a registered Head Coach on their Team Roster Report (TRR), and a registered Coach or Assistant Coach on the team bench. Per OS Operating Procedures, all coaches <i>and</i> assistant coaches must be fully certified in the following categories:</p> <ul style="list-style-type: none"> ● Soccer for Life (U14+) or Learn to Train (U10-U13) – Online course & Practical Workshop ● Respect in Sport Activity Leader Program ● NCCP Making Ethical Decisions - Course and online evaluation ● NCCP Making Headway ● NCCP Emergency Action Plan ● NCCP Rule of Two ● Must have cleared the Club’s volunteer screening process 	
4.02	All coaches and other Team Officials must be registered with their Club’s respective District Association per OS operating procedures.	
4.03	The Head Coach is responsible for the activation of their team on the SOSA LMS by March 31st. All Team Officials' names and OS numbers must be entered on the team roster on SOSA’s LMS for each season. Changes to the list of Team Officials during the season must be reported to the League Manager.	\$50
	<p>Call Up - this term refers to borrowing a player to fill in due to the absence of rostered players. OS rules do not permit calling up younger-aged players in Development. House League players of the same age <i>only</i> may be Call Ups for a Development team by being added to the Club Roster.</p> <p>In Competitive, players may be called up from younger Competitive teams or House League teams.</p> <p>Play Up - this term refers to a player being rostered to a team of an older birth year <i>in Competitive only</i>. In Development, to play on an older-age team, players must follow the Fast Track program.</p>	
#	SECTION 5: FAST TRACK - FOR <u>DEVELOPMENT</u> PLAYERS (U10-U13)	FINE
5.01	<p><i>Guiding Principles</i> - Decisions are always player-centred, considering their emotional, social, physical, and technical readiness. There must be alignment with the LTPD model to ensure long-term growth rather than early specialization.</p> <p>A player registered in the Under-9 to Under-13 age classifications may play for a team in a higher age classification provided that:</p> <ol style="list-style-type: none"> a) The player is playing for a team within the same Club that is only <u>one</u> birth year older. b) Completion of Fast Track forms https://www.ontariosoccer.net/fast-tracking c) The team has no more than three Fast Track players. 	
5.02	A player registered in the Under-8 or younger age classification may <u>not</u> play up for a team in an older age classification.	

5.03	A player who is registered to a team in a higher birth year may NOT play for a team in their own birth year. (i.e. U10 player who is registered and playing U11, may not be “called down” to play U10.)	
#	<p>SECTION 6: CALL-UPS, TEPs, AND STRPS FOR <u>COMPETITIVE</u> PLAYERS</p> <p>Guiding Principle – Clubs and teams should not gain an advantage by using call-ups. Call-ups are to be used to fill gaps when a team is short of players. A player should not use the Call-Up system to avoid paying Competitive fees.</p>	FINE
6.01	For SOSA League play, players may not be called up if they are registered to an IModel or OPDL team.	
6.02	A player may only play up for other teams a maximum of six (6) times <i>total</i> per season. (i.e., four games with one team and two with another = six games total. NOT six with each team) It is the responsibility of the player’s home Club to track this and ensure it is followed.	
6.03	A player may not be called up if they are on a lower age team of a combined age division. (e.g., A U14 player may not be called up to a U15 team if they are in a U14/15 division for SOSA League play.)	
6.04	The called-up player must be registered to the same Club as the team being called up to. If not, a TEP or STRP can be used.	
6.05	If a U14-U18 player is registered as both a competitive and recreational player, they may only be called up from the Competitive team.	
6.06	Development players may not be called up. This also means that U13 players may not be called up to a U14+ team.	
6.07	The player must not be currently suspended by any league or organization affiliated with OS.	
6.08	The use of call-ups may not exceed the team roster size as approved on the TRR. (i.e., if a team has 16 players on their TRR, they cannot create a game sheet that exceeds 16 rostered and call-up players total.)	
	CALL UP ADMINISTRATION	
6.09	Call-ups are controlled through the League Management System. A Team Official requests a call-up through the LMS, and the Club must then approve the call-up in the LMS. Once approved, the player’s name and OS number will appear on the game sheet with a note that they are a call-up. The jersey number must be written in. A copy of the TRR for the team for which the player is registered must also be presented at the game.	

6.10	For play-ups and TEPs, the age classification of a team is based on its registration with OS. A team playing in a split age division (<i>e.g., Girls U15/U16</i>) may use call-ups who are eligible under their OS team registration age. (<i>e.g., a team registered with OS as a U15 team playing in a Girls U15/16 age division cannot use a U16 player as a call-up.</i>) Teams may choose to maintain a lower age classification in OS registration when playing in a split age division for participation in tournaments.													
6.11	Temporary Eligibility Permits may not be used for SOSA League games after July 31st.													
6.12	Players in possession of a STRP are only eligible to play two (2) games for a registered team during a fifteen-day period. A player may obtain two STRPs during one playing season, but may only be issued one STRP per club. STRPs may not be used after July 31 st .													
#	SECTION 7: GAME SHEETS	FINE												
7.01	Each team is required to provide three (3) copies of its game sheet to the referee. Any team that fails to produce a game sheet will be subject to fines.	\$50 per game												
7.02	The names and OS numbers of all players and Team Officials participating in a game must be printed on the official game sheet as generated from the SOSA League website. Any players approved by their Club as a call-up are automatically printed on the game sheet. Except for players using TEPs or STRPs, no player's or Team Official's name or OS number may be handwritten on the game sheet. SOSA will verify the registration status of the handwritten player(s) or Team Official(s) once the game sheet is received. A Club Technical Director may be written on the game sheet.	\$50 per game												
7.03	Every player must be assigned a unique jersey number. Player jersey numbers should be entered into the LMS and printed on the game sheet. Numbers may be handwritten <i>legibly</i> on the game sheet in exceptional circumstances, with a brief note of explanation added to the bottom of the game sheet to avoid a fine for writing on the game sheet. (<i>e.g. goalie played out, jersey forgotten</i>)	\$50 per game												
7.04	<p>Maximum number of players on Game sheet</p> <table border="1" data-bbox="207 1402 1386 1675"> <thead> <tr> <th></th> <th>U10 - U11</th> <th>U12 -U13</th> <th>U14 - U18</th> </tr> </thead> <tbody> <tr> <td>Maximum number on roster</td> <td>Open Rosters</td> <td>Open Rosters</td> <td>20</td> </tr> <tr> <td>Maximum number on game sheet</td> <td>14</td> <td>16</td> <td>20</td> </tr> </tbody> </table>		U10 - U11	U12 -U13	U14 - U18	Maximum number on roster	Open Rosters	Open Rosters	20	Maximum number on game sheet	14	16	20	
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7.05	Only four (4) Team Officials may be listed on the game sheet, and only those four will be allowed in the technical area. All Team Officials present at the game <u>must</u> sign the team's game sheet; this signature will certify the eligibility of all players whose names appear on the game sheet to participate in that game. Technical Directors or Club Head Coaches who are observing a game may	\$50												

	be written on the game sheet. They are to be included in the count to a maximum of four Team Officials in the technical area.	
7.06	The names of players and Team Officials who are not present at the game must be crossed out on the game sheet. All players and Team Officials, including call-ups, whose names appear on the game sheet and are not crossed out, will be deemed to have played or participated in the game and could be subject to disciplinary actions as they are considered to have participated in the game.	\$25 per name
7.07	When a game sheet cannot be printed from the LMS due to technical difficulties, the team will inform the SOSA League Manager by email before the game's start time.	\$50
7.08	When a game sheet cannot be printed from the LMS due to technical difficulties, the affected team will create a handwritten game sheet, modify a copy of an old game sheet, or use the OS TRR and add the additional game information. SOSA will verify the registration status and eligibility of the listed players when the referee submits the game sheet.	
#	SECTION 8: PLAYER IDENTIFICATION / TEAM ROSTER REPORT (TRR)	FINE
8.01	The official TRR must be available at all times. Any team that fails to produce a game sheet or their TRR will be subject to fines, and the Team Official may also be required to attend a Discipline Meeting.	\$50
8.02	The inspection of ID and the TRR by the opposing team is <u>mandatory</u> for all age divisions and must not delay the scheduled kick-off. See Appendix A for the authorized ID inspection procedure.	\$50 per game
8.03	No protest of the eligibility of a player will be heard if ID is not checked before the game. For further clarity, a notation must be made on the game sheet that the game is being played under protest.	
8.04	A player arriving after the verification is completed may play, but must first report with their valid ID to a representative from the opposing team. <i>Competitive only</i> - A player arriving after the second half of the game has started is ineligible to play, unless there are exceptional circumstances that the Coach has explained to the opposing Coach and Referee before the start of the second half. (e.g., en route but stuck in traffic)	
8.05	In exceptional circumstances where a Team Official who has the team's ID and/or TRR, and any TEPs or STRPs, fails to appear at the inspection of identification 20 minutes before the scheduled kick-off time, the opposing team could agree to play the game under protest, and the protest must be noted on the game sheet.	
8.06	Should the Team Official who has the required ID arrive in time to permit the inspection of identification before the start of the second half of the game, the game will continue, the final results will stand, and the protest will become void.	

8.07	Should the Team Official who has the team ID does not arrive or does not have the required ID before the start of the second half of the game, the opposing team will have the option of letting the game results stand or pursuing a protest.	
8.08	Any player whose name does not appear on the game sheet or who does not have valid ID or applicable TEP/STRP is ineligible to play. Such players must change out of uniform and leave the players' bench or the team's technical area.	
8.09	If an opposing team player who does not have ID, applicable TEP, or STRP participates in a game, the opposing team head coach must note the discrepancy on the game sheet. Failure to protest the player's ineligibility on the game sheet may result in the opposing team's head coach being subject to a fine. The opposing team coach may also be required to attend a disciplinary hearing.	\$100 and disc.
#	SECTION 9: SUBMISSION OF GAME REPORTS AND SCORES	FINE
9.01	Each Head Coach is responsible for entering the game report on the LMS or designating another Team Official to do so. The score, cards issued by the match official, as well as the game feedback, must be entered on the LMS within 48 hours of completion of the game. If the game report is still not entered within seven days of the game, SOSA may utilize the game sheet received from the match official to complete the game report and issue a second fine to the team(s) that failed to enter the game report.	\$100 \$250
9.02	The Match Official must enter the game report directly into the LMS, including a copy of all game sheets, permits, and reports, within 48 hours of completion of the game. A Match Official who fails to submit the required documents and complete the game report electronically within 72 hours of the completion of the game will be reported to the appropriate District Association for discipline. Match Officials should keep all game sheets until the end of the season in case of technical issues.	
#	SECTION 10: EQUIPMENT AND FIELD OF PLAY	FINE
10.01	The host club for a league game will ensure that fields are assigned and properly permitted, cleared, and safe for setup. (<i>i.e., field size, lines, and markers</i>)	
10.02	At each game, the home team will provide game balls that are acceptable to the Match Official, put up two sets of nets, and place corner flags following the Laws of the Game.	\$25 per game
10.03	All teams must register their regular and alternate team colours with the league before the start of the league schedule. Where the Match Official decides that the regular team colours conflict, the home team is required to change to their alternate colours. The goalkeeper's jersey colour must be different from that of either team. It is the responsibility of the coach of the home team to have alternative jerseys available at each game.	\$50

10.04	All players on the same team, except the goalkeeper, will wear matching jerseys, socks, and shorts. Jerseys must be numbered on the back with numbers at least 8 inches in height. No two players may wear the same number. Player numbers must be recorded on the game sheet and cannot be changed after the start of the game without the Match Official's permission.	
10.05	As per OS operating procedures, team jerseys must only bear the name and/or logo of the club with which they are registered. No other branding is permitted on the team jersey, except for sponsorship branding. For clarity, a sponsor may not be a soccer club, which is not recognized by FIFA, whether it is a profit or not-for-profit organization.	
10.06	FIFA-sanctioned safety or protective equipment may be worn after inspection by the Match Official and only if deemed that the wearing of such equipment will not be a danger to other players.	
10.07	No team may display banners, posters, or other advertisements of any soccer entity other than the registered club before, during, or after league games, excluding banners that are posted by the facility itself.	
#	SECTION 11: DURATION OF GAMES	FINE
11.01	Games will be of the following duration: <ul style="list-style-type: none"> ● Under 10 & Under 11 – two 25-minute halves ● Under 12 – two 35-minute halves ● Under 13 – two 40-minute halves ● Under 14-18 – two 45-minute halves 	
11.02	There will be a 5-minute break at halftime.	
11.03	In cases of extreme heat and humidity, water breaks at the halfway point of each half should be offered as per SOSA Policy. <i>See Extreme Heat Policy, Severe Weather Policy, AQI Policy.</i>	
#	SECTION 12: RESPONSIBILITIES OF COACHES AND TEAM OFFICIALS	FINE
12.01	The home team will designate the technical area for each of the teams, which will be on the same side of the field. The technical area will start at 5 meters and end at 10 meters on either side of the centre line. If the technical area is not painted on the field, each team will use cones to designate the technical area.	
12.02	Only the players listed on the game sheet and a maximum of four (4) Team Officials are permitted to be in the designated technical area. All substitute players and Team Officials will confine themselves to their designated technical area. All others must be on the opposite side of the field.	

12.03	The setup and/or operation of video cameras, still or digital cameras, or other similar equipment is permitted for training purposes. SOSA is not responsible for any damage to equipment.	
12.04	A Club Head Coach or Technical Director may be within the team technical area, but they will be included in the limit of four (4) coaches and Team Officials specified above. <i>See also 7.05.</i>	
12.05	No coach or Team Official may enter the field of play at any time without the prior approval of the Match Official.	\$250 to \$500
12.06	No coach or Team Official has the right to withdraw their team or any of their players from the field of play without the prior approval of the Match Official.	Up to \$500
12.07	Each team will ensure that its spectators sit on the side of the field opposite from the side where the players and Team Officials are located. All Team Officials on the game sheet must remain in the technical area and may not sit on the spectators' side of the field.	
12.08	Clubs and Team Officials are always fully responsible for the conduct of their players, other Team Officials, and spectators affiliated with their team in the vicinity of any game in which their team participates, including the parking lot. Any player, Coach, or other Team Official who attempts to or does impede, harass, or otherwise intimidate a Match Official or opposing Team Officials will be subject to discipline and a fine.	Up to \$1000
12.09	Any suspended Team Official may not be present at or in the vicinity of the field for any league game throughout their suspension and will be subject to further discipline and a fine.	\$50 plus disc.
#	SECTION 13: LEAGUE STANDINGS	FINE
13.01	Scores and standings are <u>not</u> kept in Development. In all Competitive league games, three (3) points will be awarded for a win and one (1) point for a tie. The team with the most points in each division at the end of the regular league schedule for the outdoor season will be declared the League Champion for that division. SOSA will provide medals to the League Champions.	
13.02	A team that forfeits or defaults on a game will lose the game by a score of 3-0. Additional penalties and fines may be imposed after review of the circumstances.	Up to \$500 and costs
13.03	If both teams jointly agree not to play a scheduled game, then each team will receive a loss (with no score) and nil points from that game, and the teams will be subject to fines and disciplinary action.	\$500 per team and costs
13.04	In divisions where two (2) age groups play an interlocking schedule, each age group will be deemed to be a separate division for purposes of establishing league standings and determining the division champion.	

13.05	<p>If two (2) or more teams in a division are tied in points at the end of the league schedule, then the tiebreaker to determine the team standings will be determined in the following order.</p> <ul style="list-style-type: none"> a. The team with the most points in the head-to-head games played between the tied teams will be declared the winner of the tiebreaker. b. The team with the fewest goals against in all regular-season games will be declared the winner of the tiebreaker. c. The team with the most wins in all regular-season games will be declared the winner of the tiebreaker. d. The team with the highest goal differential (GF minus GA) in the head-to-head games played between the tied teams will be declared the winner of the tiebreaker e. If steps a, b, c, and d do not break the tie, a playoff game may be offered to the tied teams to be played at a neutral site under the direction of SOSA, following the rules and regulations for the age group of those teams. If the game is tied at the end of the regular time, then the game will be decided by penalty kicks following Law 10 of the FIFA rules. 	
13.06	In cases where the process above has decided the winner of a tie between three (3) or more teams, then the process will be repeated to break the tie between the remaining teams for 2nd & 3rd.	
#	SECTION 14: GAME START TIMES AND ABANDONED GAMES	FINE
14.01	Teams are required to be at the game field at least 30 minutes before the scheduled kick-off time. The home team will ensure that the nets, corner flags, and other necessary equipment are installed and ready before the scheduled kick-off.	\$25
14.02	Any team that causes a game to be delayed beyond the scheduled kick-off time will be subject to a fine.	\$25
14.03	Any team that fails to present itself at the game field within 20 minutes after the scheduled kick-off time or fails to field the minimum 7 players within 20 minutes after the scheduled kick-off time will be considered to have failed to appear for a scheduled game. The team must start the game immediately upon arrival of the minimum number of players if the said players arrive within the predetermined 20-minute grace period.	
14.04	At the end of the grace period, the team will forfeit the game to the opposing team by a score of 3-0 and be fined as per SOSA's Fees and Fines Schedule.	\$200 \$400 Termination
14.05	If a game must be abandoned by the Match Official at any time after the game starts because a team is unable to field the minimum number of players, the team will be deemed to have forfeited the game. The game will be automatically awarded to the opposing team by the score of 3-0 or the actual score at that time, whichever is more advantageous to the opposing team.	Same as 14.04

14.06	If both teams fail to appear for a scheduled game, there will be no points and no score for the game, but each team will have a loss added to its record. Discipline may also occur after review..	\$500 per team
14.07	If a Club has multiple Development teams in one division, the Club Roster should be used flexibly to ensure each team has the minimum number of players required for all games to be played.	
14.08	The League may order a defaulted or abandoned game rescheduled when, in its opinion: <ul style="list-style-type: none"> • The defaulting team(s) benefit(s) from having a defaulted or abandoned game. • A team other than the defaulting team is adversely affected by the default 	
14.09	If the Match Official rules that a game should be abandoned due to adverse or dangerous weather before the completion of $\frac{3}{4}$ of the total regular playing time, the game will be rescheduled. Games abandoned in the last quarter of regular playing time will be deemed complete, and the score at that time will stand as the final score.	
14.10	If a Match Official decides to abandon a game at any time due to the actions of players, officials, or spectators/supporters of a team, said team will be deemed to have forfeited the game. The game will be automatically awarded to the opposing team by a score of 3-0 or the actual score at that time, whichever is more advantageous to the opposing team. The players and the Team Officials may be subject to a disciplinary hearing and will be assessed penalties.	Up to \$1000
14.10	If a game is abandoned by the Match Official at any time because a team removes itself from the field and is found by the League to have ended the game without valid justification, the team will be deemed to have forfeited the game. The game will be automatically awarded to the opposing team by the score of 3-0 or the actual score at that time, whichever is more advantageous to the opposing team. The team Head Coach or the next most senior Team Official present at the game will be deemed to have acted in a manner detrimental to the game, and the applicable penalties as per the OS Operating Procedures will apply.	Up to \$1000 plus disc.
14.11	If a game is abandoned by the Match Official before the completion of the two halves for any reason other than those specified above, then the League will rule on the status of the game.	
14.12	In the event of a game postponement or abandonment due to weather conditions or a Match Official no-show, the home team will be responsible for advising their Club and the League within 24 hours of the scheduled start of the game.	
#	SECTION 15: SCHEDULES	FINE
15.01	The season will begin in May on a date to be determined by the League. Notice of the season start date will be provided to clubs no later than May 1 st .	

15.02	The end-of-season date for all divisions will be communicated to Clubs no later than May 1 st . All games must be completed by this date, except where the League has decided to extend the end date for any or all divisions.	
15.03	The rescheduling of games will follow the Reschedule Policy <u>only</u> . If teams agree to an unauthorized game reschedule, Team Officials from both teams will be subject to fines.	\$100
15.04	Games postponed due to weather or field conditions must be rescheduled within 14 days following the Rescheduling Policy.	\$100 per team
15.05	Teams will be fined for games not rescheduled by the end of the season, or for a scheduled game not being played.	\$500
#	SECTION 16: PLAYER SUBSTITUTIONS	FINE
16.01	Substitutions for all age divisions will take place at midfield unless otherwise expressly permitted by the Match Official.	
16.02	In Development , player substitutions shall be permitted with the consent of the Referee during any stoppage of play.	
16.02	In Competitive , player substitutions will be permitted with the consent of the Match Official during stoppages of play for the following reasons: <ul style="list-style-type: none"> ● Goal Kicks ● Scoring a goal ● To replace an injured player ● Half time or Water breaks ● On a team's own throw-in, at which time the opposing team can also make a substitution 	
16.03	No substitution is permitted for a Competitive player (U14-18) who is ejected by the Match Official.	
16.04	The Match Official has the discretion to deny a substitution.	
#	SECTION 17: GAME LEADERS / MATCH OFFICIALS / REFEREES	FINE
17.01	Match Officials will be assigned by the host club following SOSA's Referee Appointment Policy.	
17.02	Match Officials are required to be at the assigned game field a minimum of 30 minutes before the scheduled kick-off time to complete the standard field check and other pre-game procedures, including facilitation of the compulsory checking of identification. Failure to do so will result in disciplinary action by the appropriate District Association.	

17.03	Match officials and assistants assigned for a league game will be paid by the host club following the SOSA Match Official Payment Policy.	
17.04	If one of the teams raises objections as to field conditions, goalposts, balls, or team colours, the Match Official may, at their discretion, require the responsible team to correct the cause of the objection if this is possible without unduly delaying progress of the game. The Match Official will be the sole judge as to whether the matters that gave rise to the objection by one of the teams are a sufficient cause to abandon the game.	
17.05	If the appointed Match Official fails to appear by the appointed kick-off time, the home team will make every attempt to contact a replacement official. If no certified Match Official can be contacted, the Team Officials from both teams may decide whether to proceed with the game under the officiating of a cooperatively chosen individual(s).	
17.06	The Match Official will ensure that the well-being of the players is given priority over the progress of the game. Consequently, the Match Official must suspend play or abandon the game, if necessary, where weather conditions or field conditions put the safety of players at risk.	
#	SECTION 18: DISCIPLINE GUIDELINES <i>Disciplinary action will be taken following the OS Published Rules and the League Discipline Procedures. The following guidelines will apply:</i>	FINE
18.01	In cases where OS Operating Procedures provide for DBR, the accused individual does not have to appear for a hearing. If the accused person does not request a hearing or does not file an appeal within 72 hours of the game where the offence occurred, then the case will be dealt with by DBR, and if the accused person is found guilty, the applicable penalties and/or fines established by OS for the offence for which they have been charged will apply.	
18.02	Any request for a hearing will be submitted by email to the League Administrator within 72 hours of the game where the offence occurred. A hearing fee, as determined by SOSA, will be applied and must be delivered to the League within 72 hours of the completion of the game. The hearing fee will be reimbursed only if the Discipline Panel finds the accused not guilty. An accused who has requested a hearing and fails to appear for the hearing will forfeit the hearing fee.	
18.03	Failure of an accused player or Team Official to appear at a disciplinary hearing will result in the immediate suspension of the accused, and fines will be imposed. The suspension will continue to be in effect until the accused requests a new hearing.	\$50
18.04	All youth players attending a disciplinary hearing must be accompanied by an adult who will act as an advisor; failing this, the hearing will not proceed, and the player will be suspended until the hearing is held.	

18.05	Clubs will ensure that accused players and team/club officials appear for their disciplinary hearing. If the club fails to meet its responsibility within 10 days of the date of the original hearing upon being advised of the failure of the accused to appear for their hearing, the club will be fined.	\$250
18.06	Failure of a club to appear at a disciplinary hearing will result in a fine as specified in SOSA's Fees and Fines Schedule.	\$250
18.07	Any player or coach receiving a suspension will have a minimum of 7 days' notice before the suspension occurs.	
#	SECTION 19: PROTESTS AND APPEALS	FINE
19.01	Where a game is played under protest, such fact must be noted on the game sheet. The protest will be considered by the League only if SOSA has been noted on the game sheet and a protest fee of \$150 is paid to SOSA within 48 hours of the completion of the game.	
19.02	In dealing with any protest, the League will take into consideration the possession by the protesting club or team of any prior knowledge of the facts or allegations contained in the protest, which, if properly used, might have prevented the protest.	
19.03	Game points may be adjusted based on the decision of the League on a protest.	
19.04	Correctly submitted protests, delivered within the specified deadlines, will be heard. All other protests will be ruled out of order and will not be heard.	
19.05	No protests of decisions of the Match Official will be entertained.	
19.06	Objections to field conditions, goalposts, balls, or the team's colours will not be considered as grounds for a protest. Objections of this nature will be brought to the attention of the Match Official and noted in writing on the game sheet. If, in the opinion of the Match Official, the objections do not constitute a valid reason for abandoning the game, no further action will be considered by the League. In all cases, the League may take appropriate action based on a review of the Match Official's written report.	
19.07	Appeals of any decisions by the League will be the jurisdiction of SOSA following OS Operating Procedures. Information concerning appeals can be found on the SOSA website.	
#	SECTION 20: CLUB REPRESENTATIVES AND COMMUNICATIONS	FINE
20.01	SOSA will mainly use the LMS for all communications with its member Clubs and their Team Officials. Clubs will ensure they have valid email addresses in the LMS at all times for the following positions at a minimum: President, Club Administrator, and Scheduler.	

20.02	Unless otherwise specified in these rules and regulations, communication with SOSA by players, parents, or Team Officials is not permitted. Questions, complaints, concerns, and other matters must be communicated to the appropriate Club representative. If the Club decides that the matter should be addressed by SOSA, then the Club will forward the communication to SOSA, requesting league action. Failure to follow this process will result in the communication being discarded by SOSA without further notice to the originator and may result in a fine to the Club.	\$100 per offence
20.03	Teams will ensure they have valid email addresses in the LMS from May 1 st until October 15 th of each season for the following positions, <i>as a minimum</i> : <ul style="list-style-type: none"> ● Head Coach ● Manager Any changes to Team Officials after the start of the season must be reported to the League Manager.	
20.04	Notices of suspensions, penalties, or fines levied on a club, club administrator, Team Official, or player as a result of discipline hearings will be communicated to the Club.	
20.05	The email will be deemed to have been received by teams and/or Clubs 72 hours after transmittal of the email.	
#	Section 21: Pre-Season Meetings	FINE
21.01	Each March, a mandatory preseason meeting may be held for all administrators from each member club. Clubs without representation will be fined.	\$500
21.02	Each May, before the start of the season, a mandatory pre-season meeting may be held for a minimum of one (1) Team Official from each team. No proxy members will be allowed from another team or club representative. Teams without representation will be fined.	\$100
#	Section 22: Other Matters	FINE
22.01	All matters not included in these Rules and Regulations will be dealt with following OS Operating Procedures.	

Appendix A**PLAYER IDENTIFICATION CHECK PROCEDURE**

In Ontario, player identification in soccer involves verifying player eligibility and identity by comparing the Team Roster Report and game sheet. This process ensures that only registered and authorized players participate in games and protects the integrity of the sport.

1. Inspection Procedure:

- A Team Official from the opposing team inspects the game sheet, comparing the player information to the official team roster.
- They verify the player's name, photo, registration details (including expiry dates), and any relevant discipline information from the game sheet.
- The jersey number on the sheet should also match the number on the player's jersey.

2. Team Official Responsibility:

- Team officials are responsible for ensuring that all players and Team Officials have the required documentation.
- They must also note any discrepancies or issues on the game sheet before the game starts. Failure to note issues on the game sheet can prevent protesting the game later.
- They must initial the opposing team's game sheets, indicating they performed the check.

3. Purpose of Identification:

- The player identification process ensures compliance with Ontario Soccer rules and regulations.
- It helps prevent ineligible players from participating in games and protects the integrity of the sport.
- Accurate registration also ensures proper insurance coverage and effective communication with players.

**By following these procedures, Ontario Soccer aims to maintain
a fair and secure environment for all participants.**

APPENDIX B

SOSA League – Laws of the Game Summary (2026)

	U10 – U11	U12	U13	U14-18
Ball Size	4	4	4	5
Off sides	No	Yes	Yes	Yes
Throw-Ins	No	Yes	Yes	Yes
Goal Size (in feet)	16X6	18X6	18X6	24x8
Length of Games	2X25min	2X35min	2X40min	2X45min
Minimum Players on Field	5	6	6	9
Maximum Players on Field	7	9	9	11
Maximum Players on Game Sheet	14	16	16	18
Distance from Ball on Restarts	6 yds	6 yds	6 yds	10 yds
Retreat Line (1/3 of field)	Yes	Yes	No	No
Pass in/ Dribble in	Yes	No	No	No
Substitutions <ul style="list-style-type: none"> ● on Stoppage of Play ● on Throw-in at Request of Attacking Team ● on Corner Kick at Request of Attacking Team 	Unlimited (Any Stoppage)	Unlimited (Any Stoppage)	Unlimited (Any Stoppage)	-Goals -Goal Kicks -2 nd Half Restart -Own Throw in or “piggyback” on opponent’s -Replace injured player
Substitution for Sent Off Players (Note 1)	N/A	N/A	Yes	No
Yellow Cards	No	No	Yes	Yes
Red Cards	No	No	Yes	Yes
Free Kick (with exception of penalty kick)	Indirect	Indirect	FIFA Law	FIFA Law

Note 1: For U10-U12 in cases of extreme misconduct, the Coach is expected to keep the player off the field for the remainder of the game.

Penalty Areas: U10 and U11 - 12mX15m; U12 and U13 - 13mX32m

Penalty Spot: The penalty spot will be 9 metres from the midpoint between the goals.

For more information, please contact sosaleaguesoccer@gmail.com

APPENDIX C

SOSA League Fine Schedule

The following table summarizes the SOSA Soccer League Fines for infractions of the Rules and Regulations beginning in the 2026 season. Fines are subject to change, and Clubs will be given 14 days' notice of an updated Fine Schedule.

All fines shall be assessed against the Club.

RULE	DESCRIPTION OF INFRACTION	FINE
1.07	NSF Cheques for payments to SOSA	\$50 plus bank charges
2.01	Failure of a Club to attend all or part of the Annual General Meeting or a Special General Meeting	\$100 per occurrence
4.03	Failure of Head Coach to activate a team on the SOSA League Management System by March 31st	\$50
6.13 (a)	Team playing an ineligible or suspended player	\$250 per player per game plus discipline
6.13 (b)	Team playing an ineligible or suspended player under the name of another registered player.	\$1500 plus discipline
7.01	Failure of team to provide three game sheets	\$50 per game
7.02	Handwriting Team Official or player information on game sheets (<i>if no notice of technical difficulties or not for a TEP or STRP</i>).	\$50 per game
7.05	Failure of Team Officials who did participate in the game to sign the game sheet, or a Team Official signs the game sheet for someone else	\$50
7.06	Failure to strike the names of players or Team Officials who did not participate in the game from the game sheet.	\$25 per name
7.07	Failure to provide a game sheet generated from the system (<i>if no notice given of technical difficulties</i>)	\$50 per game
8.01	Failure of a team's Head Coach to produce the team's OS Team Roster Report	\$50 per occurrence
8.02	Failure to complete a Player ID check (<i>review the opponents' TRR and game sheet, plus any TEP/STRP</i>) *see Appendix A	\$50 per occurrence
8.09	Failure of a team's Head Coach to protest an opposing player's ineligibility on a game sheet	\$100 and discipline hearing
9.01 (a) 9.01 (b)	Failure to complete the game report on LMS within (a) 48 hours. If the report is still not done within (b) 7 days after the game and SOSA completes it from the referee's game sheets, a second fine will be levied.	(a) \$100 (b) \$250
10.02	Failure of home team to provide goal nets, game balls, or corner flags	\$25 per occurrence
10.03	Failure of home team to produce alternate team colours when directed to do so by the Referee	\$50 per occurrence

12.05	Any substitute player or Team Official on the bench entering the field of play without permission during (a) a game or (b) an altercation. This may result in discipline as well as a fine.	a) \$250 b) up to \$500	
12.06	Team Official removes a player(s) or team from the field without permission from the Match Official.	Up to \$500	
12.08	Player or Team Official attempts to or does impede, harass, or otherwise intimidate a game official or opposing Team Officials.	Up to \$1000 and Discipline	
13.03	Teams agree not to play a scheduled game.	\$500 per team	
12.09	Team Official present at or in the vicinity of the field for that team's League game during the period of his/her suspension.	\$50 plus discipline	
14.02	Team causes the scheduled kick-off time to be delayed	\$25	
14.04	Team failing to appear for a game or to have the minimum allowable number of players on the field within the 20-minute grace period	First Occurrence	\$200
		Second Occurrence	\$400
		Third Occurrence	Termination of league membership
14.06	Both teams fail to appear for a scheduled game.	\$500 per team	
14.10	Team leaves the field, ending the game without valid justification.	Up to \$1000 plus discipline	
15.03	Unauthorized rescheduling of a game by Team Officials	\$100	
15.04	Failure to reschedule a postponed game within 14 calendar days of postponement.	\$100	
15.05	Failure of team(s) to reschedule a game by the end of the season, or a scheduled game not being played	\$500	
18.03	Failure of a Team player or Official to appear at a Disciplinary Hearing	\$50	
18.05	Failure of a Club to ensure that a player or Team Official appears within 30 days of the date of the original Disciplinary Hearing	\$250	
18.06	Club does not appear for its Disciplinary Hearing	\$250	
19.01	Team forfeits a game or refuses to play an opponent	\$500 plus game costs	
20.02	Failure by a Club to follow the communication process outlined in the Rules.	\$100 per occurrence	
21.01	Failure of a Club to attend the Administrator's Pre-Season meeting.	\$500	
21.02	Failure of a Team to attend the Team's Pre-Season meeting.	\$100	