



ADULT OUTDOOR HOUSE LEAGUE RULES & REGULATIONS

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RULES OF PLAY

OSC Adult Outdoor House League games will follow the [FIFA Laws of the Game](#) and the [OSA Playing Rules](#) for Outdoor Soccer unless otherwise stated in Oakville Soccer Club Rules.

CODE OF CONDUCT

The Oakville Soccer Club expects and mandates that all participants affiliated with any OSC programs will conduct themselves in a manner which allows all players the opportunity to reach their full potential and most importantly, enjoy the game of soccer. The following requirements and OSC's [Fair Play Code of Conduct](#) provide the principles by which everyone associated with OSC must comply. Failure to comply may result in disciplinary action that could result in the suspension/termination of the membership of a player and/or coach or suspension/termination of the employment of referees.

Spectators who fail to comply with these requirements and the Fair Play Code of Conduct and the Fair Play Code of Conduct will face disciplinary action in accordance with the Town of Oakville's "R-Zone" policy, which the OSC has adopted. This zero-tolerance policy ensures a safe and leisurely environment for all participants at all Oakville facilities, parks and programs.

**OSC reserves the right to amend this Code of Conduct without notice should the Town of Oakville and/or the Ontario Soccer make any amendments to their by-laws or policies.*

The Oakville Soccer Club mandates the following for all players, coaches, referees and spectators:

General Expectations

- Abusive behaviour and communication styles are not acceptable.
- The use of profanity is prohibited.
- Alcohol or other controlled substances are prohibited from all Town of Oakville recreational grounds; this includes parking facilities; Town of Oakville By-Law 1999-159.
- Smoking of cigarettes and other controlled substances in the playing and spectator area is prohibited.
- Keep fields and parks clean of garbage.
- Respect all municipal by-laws and area residents by parking respectfully in designated areas.

Player Expectations

- Play co-operatively with team-mates
- Treat opponents, game officials, coaches, and spectators with respect
- Arrive a minimum of 15 minutes before game time in uniform ready to play
- Keep uniform shirts tucked into shorts during play
- Shin guards must be worn for all games and practices – no exceptions
- Must not wear metal cleats
- Must not wear any jewelry (including wedding rings) and all piercings must be removed
- Players must not change clothing/uniforms in a public area including on the field, on the sidelines or in the parking lot
- A captain or player must turn off the field lights before leaving the field after a 9:00 p.m. game. The last team to leave the field is responsible for ensuring the lights are turned off

Coach/Team Captain Expectations

- Demonstrate fair play, respect of others and good sportsmanship through example during the season
- Ensure that each player is on the field for 50% of game time during recreational games
- Speak respectfully to players, officials and spectators
- Offer constructive criticism in an effort to improve the skills of their players
- Rostering of players each season
- Accuracy of game sheet
- Turning off lights after 9:00PM match

Referee Expectations

- Officiate the game in a fair, non-partisan and unbiased manner
- Adhere the rules set by the governing body; i.e. FIFA
- Be respectful when addressing players, coaches, and spectators

Spectator Expectations

- Treat players, referees, opponents and other spectators with respect
- Spectators must stand on the opposite side of the field from the players and coaches and must not step onto the field during the game
- Adhere to the Town of Oakville RZone Policy
- To avoid injury to themselves and players, spectators must maintain a distance of not less than three metres from the field during the game
- Ensure young spectators in their care do not interrupt the game and remain well away from the field.
- Must not play with a ball any closer than five metres from the field
- Pets must be leashed at all times as required in Town of Oakville By-Law 1999-159 and are prohibited at a number of fields. If a referee deems a pet to be a nuisance the pet must be removed at once.

Consumption of Alcohol or Substances

The Oakville Soccer Club takes the behaviour of its membership very seriously and have taken steps to ensure that everyone enjoys a 'positive soccer experience'. The consumption of alcohol/marijuana by its members pre or post-game on Town of Oakville grounds is expressly prohibited. Upon notification of a team consuming alcohol or marijuana or substances at an OSC Adult League game by OSC or Town of Oakville staff, that team shall be suspended from the league immediately. There are no exceptions to this rule and no appeal or refund shall be granted.

Acceptable Use of Town Facilities - Good Neighbour Policy

Implemented by the Town of Oakville, the [Acceptable Use of Town Facilities/Good Neighbour policy](#) is a procedure for managing inappropriate behavior by permit holders – sports organizations, teams, players or residents – who are using the town's sports fields. The disciplinary procedure details are as follows:

- Inappropriate behaviour including aggressive or bullying behaviour, foul language, public urination, littering, smoking, drinking alcohol on public property, or leaving field lights on after play is finished can now be reported online through a new [Inappropriate Behaviour Reporting Form](#).

- Teams must turn off Field Lights after the completion of nighttime games.
- Reported incidents involving permit holders will be investigated within five business days. If the details are confirmed, disciplinary action will be taken within 10 days. Action can include a verbal and/or written warning, \$150 fine, permit suspension or termination of permit, depending on the severity of the incident and any prior violations. If town staff is unable to confirm the complaint or accurately identify the offenders, no action will be taken, but the report will be kept on file.
- Permit suspensions can be appealed within 14 days. New evidence must be submitted along with a fee of \$250. Appeals will be reviewed by a panel chaired by the commissioner of Community Services. If the appeal is successful, the suspension will be lifted and the fee will be refunded in full.

GAME BALL

The ball must be a size 5. The home team shall be responsible for providing the game ball. The ball shall be judged fit for play by the referee and/or facilitator, and shall not be changed during the game unless authorized by the referee/facilitator.

REGISTRATION OF TEAM/PLAYERS

A player must be registered with the Oakville Soccer Club before he/she plays in a league game. Players are required to register and pay in full 48 hours before the start of their first league game. If they have not completed the paperwork and submitted on time then he/she will be forced to sit out the first week. A team using players not on their team list (unregistered players) will be subject to disciplinary action.

No new registrations will be accepted after the team has played 8 games. Teams must have a minimum of 11 players registered before they are eligible to play in a league game.

Players who are registered to play in any Adult House Leagues with the Oakville Soccer Club must provide a photo headshot for the game sheet or have a photo taken at the Pine Glen Soccer Centre. The game sheet indicates who is eligible to play on any given team; the purpose of the photo game sheet is to eliminate ineligible players.

PAYMENT OF TEAM FEES

Captains are now solely responsible for the payment of team fees. This includes the payment of the deposit and the payment of the remaining balance by the payment deadline. Teams will not be allowed to play their first scheduled match until their team fee has been fully paid. Teams playing before paying the full balance risk match forfeit and cancellation of additional matches.

ROSTER CAP

Team rosters will be capped at 21 players per team for all adult outdoor programs. Captains can add additional players past this point for a fee of \$75.00 per player.

NUMBER OF PLAYERS

Unless specified otherwise by the rules of the competition, a match shall be played by two teams, each with no more than 11 players (including goalkeeper) and no less than 7 players (including goalkeeper) on the field of play. The rules of the competition shall state the number of players on each team who may be dressed to play.

All persons dressed to play shall be subject to the authority and jurisdiction of the referee.

SUBSTITUTIONS

Substitutes may be used in any match in accordance with the rules of the competition. The game shall not be delayed to allow substitution, except for the substitution of the goalkeeper. Any of the other players may change places with the goalkeeper, provided that the referee is informed before the change is made, and provided also, that the change is made during a stoppage of the game. Substitution is done when the ball is out of play on the teams own throw in, goal kick, and kick off; there is no limit to how many players can be subbed on or off in a match. A team may substitute on the opposing teams out of play possession only if the opponent is substituting players and if the referee gives permission i.e. "Piggy Backing".

Injured players may go down at any point during the game if they need to be taken off and the referee will blow the play dead. This player can be replaced by any player on the bench and play will resume.

PLAYER EQUIPMENT

If there is controversy or debate over the safety of a player's equipment the referee will have the final say on its eligibility. Players shall not wear anything which is dangerous to themselves or another player.

- The basic equipment of a player shall consist of a numbered shirt, shorts, socks, shin guards and footwear. The footwear shall be appropriate to the outdoor game.
- Shin guards, must be covered entirely by the socks and worn during all games and practices.
- Team colours shall not conflict with each other. Goalkeepers shall wear colours which distinguish them from each other, the other players and from the referee.
- It is mandatory for all players on the team to have the same shirts with different numbers.
- Jewelry must be taken off before the start of the match, the only exception to this rule is a wedding band or Medic Alert bracelets, both of which must be taped.

PINNIES

In the event that both teams have same coloured jerseys/uniforms, the home team must wear alternate jerseys and/or pinnies. Pinnies can be signed out at our Client Services desk prior to the match. Oakville Soccer Club employees are not responsible for bringing pinnies to games. Pinnies must be returned to the Club within 48 hours of finishing the match.

THE GAME

Games must start and finish on time and teams must be ready to play five minutes prior to the scheduled kick-off time. The team captain must submit the game sheet to the referee before the game begins. A minimum of 7 players are required to start a game. If teams cannot field a team at their scheduled times, they have 10 minutes before the result of the game is a forfeit (3-0). The game will consist of two 45 minute halves; games starting later may have their game time reduced. At half time the interval shall not exceed 15 minutes, except by the consent of the referee.

All games will consist of 10 outfield players and a goalkeeper (11v11).

Slide tackling is permitted in the following age groups:

- Men's Open Age (18+)
- Ladies Open Age (18+)

Slide tackling is **NOT** permitted in the following age groups:

- Men's Over 35 (35+)
- Ladies Over 35 (35+)
- Co-Ed**

PLEASE NOTE:

**Sliding without attempting to contact the opposing player is not considered to be a slide tackle, therefore no foul.*

***A slide tackle that does not contact the player will result in an indirect free kick; a slide tackle that makes contact with the player will result in a Yellow Card and an indirect free kick*

Time shall be extended to permit a penalty kick being taken at or after the expiration of the normal period in either half. Teams and players must not enter the field of play until 5 minutes prior to the start of their time slot and must leave the field of play immediately after the conclusion of their match.

After 60 minutes of play the result stands, whether the referee calls the game or play has stopped due to serious injury.

The Start of Play

Kick-Off: A kick-off is the way of starting or re-starting play:

- 1) At the start of the game.
- 2) After a goal has been scored.
- 3) At start of the second half of play.

A goal may not be scored directly from a kick-off.

Ball In and Out of Play

The ball is out of play when it fully crosses the out of bounds line.

Method of Scoring

A goal is scored when the whole of the ball passes over the goal line.

FOULS AND MISCONDUCT

OSC Fair Play Code

Anyone who commits a foul shall be penalised by the award of a free kick to be taken by the opposing team from the place where the offense occurred.

A player shall be cautioned and shown the yellow card if, in the opinion of the referee, the player:

- Is guilty of unsporting behaviour;
 - Shows dissent by word or action;
 - Delays the restart of play;
 - Fails to respect the required distance when play is restarted with a corner kick or a free kick;
 - Enters the field of play without the referee's permission other than in the act of substitution;
 - Deliberately leaves the field of play without the referee's permission other than in The act of substitution or directly returning to the team bench after serving a time penalty;
- A player shall be sent off the field of play and shown the red card if, in the opinion of the referee, the player:
- Is guilty of serious foul play;
 - Is guilty of violent conduct;
 - Spits at an opponent or any other person;
 - Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within her/his own penalty area);
 - Denies 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;
 - Uses offensive, insulting or abusive language and/or gestures; or receives a second caution in the same match

Banning Players

Misconduct and violation of the rules may result in suspensions, point deductions or expulsions from the league without a refund to the player or team.

Violent behaviour towards the officials or other players will not be tolerated and may result in expulsion from the league and/or fine.

If a player receives 3 red cards throughout the course of a year playing Indoor or Outdoor, the OSC will review the players discipline record and will have the authority to ban the player from the Pine Glen Soccer Centre.

The Oakville Soccer Club reserves the right to take disciplinary action against any individual player and/or team that has, in the opinion of the Adult League Coordinator in consultation with the Executive Director, acted in a manner deemed to be detrimental to the values of the Club. Such action includes but is not limited to game suspension, denial of access to facilities, removal of a team from the league.

Penalty Kick

A penalty kick shall be taken from the penalty spot by a player on the field at the time of the infraction.

Penalty Shootout

A penalty shootout will occur at the end of regulation time in a playoff match or Oakville Cup match to break the tie. Each team has five shots which must be taken by different kickers. The team that makes more successful kicks is declared the victor. Shoot-outs finish as soon as one team has an insurmountable lead. If scores are level after five pairs of shots, the shootout progresses into additional "sudden-death" rounds. Only players who were on the pitch at the end of play or temporarily absent (injured, adjusting equipment etc.) will be allowed to participate in the shoot-out. If at the end of the match and before or during the kicks one side has more players on the pitch than the other, whether as a result of injury or red cards, then the side with more players must reduce its numbers to match the opponents; this is known as 'reduce to equate'. No player will be allowed to take a second kick until all other eligible players on their team have taken a first kick, including the goalkeeper.

In COED matches the shootout must begin with a female and continue to between female and male for the remainder of the shootout.

Goal Kick

When the opposing team kicks the ball over the touch-line, the defending team is rewarded with a goal-kick. The opposing team must be clear of the penalty area and 10 metres from the ball. A goal may not be scored directly from a goal-kick.

Game Protest

A team can protest the eligibility of an opposing player before the game has begun or prior to half-time. The protest must be made to the referee or league staff, at which point they will confirm the eligibility of the player. If a team is found using ineligible players they lose by forfeit 3-0 and will face disciplinary action. No protest will be accepted with regard to the match Official interpretation of the "Laws of the Game"

NO SHOW AND DEFAULT

A team not fulfilling its commitment or failing to show up for a game without 24 hours' notice can be subject to league suspension. Any team who defaults three games may be expelled from the entire league.

LEAGUE TIE BREAKERS

- Points
- Goal Difference
- Goals For
- Head to Head
- Coin Flip

ABANDONED GAMES

In the event that a game is abandoned or cancelled due to referee decision, the game will either be rescheduled or the game will stand depending on the amount of time played. If 60 minutes of the match have been played then the result is final, if not the game is rescheduled to a later date.

In the event of a match being cancelled due to field conditions or inclement weather the matches will be rescheduled using available field time to the best of our ability. All decisions made by the referee regarding playing conditions are final. Reschedule requests will be accommodated to the best of our ability.

If fields are closed by The Town of Oakville all players will be notified as soon as the notice has been received at the Club.

In the event that a team is winning or losing their matches by a substantial margin, or a team requests a divisional change, the league reserves the right to adjust the divisions so that a balanced level of play is achieved.

****In the event of a dispute, the league's ruling is final.***

Field Lights/Gate Closures

It is the responsibility of the **Home team** to ensure that the lights are turned off after any 9:00 p.m. games and that gates are closed and locked (where applicable). Failure to do so will result in disciplinary action from the league.

OSC Contacts

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