



**YOUTH OUTDOOR
U13-U18
HOUSE LEAGUE
INARIA CUP
RULES & REGULATIONS**

Revised February 2019

INARIA Cup (U13-U18) RULES

All games shall be played in accordance with the [Laws of the Game](#) as published by F.I.F.A. and Ontario Soccer, except those superseded by specific rules as outlined in this section.

The Field

- Soccer for Life games shall be played **only** on fields designated by OSC

The Ball

- Size 5 balls will be used at all times
- The home team shall supply the game ball

Player Eligibility

- Coaches shall play **only** those players registered to their respective teams
- A minimum of 7 players for all age groups constitutes a team. Call up players from another team, division, or age group is **not** permitted for Inaria Cup games. Failure to comply with this rule will result in the forfeit of the game in which the call up player played.

Match Officials

- The OSC shall assign match officials to U13 + soccer games
- In the event that a match official is not available the “Home Team” coach shall provide an official for the first (1st) half of the game and the “Away Team” coach shall provide an official for the second (2nd) half
- If both coaches are in agreement, a ‘third party’ (such as, but not limited to, a parent or coach) may officiate the **entire** game
- If assistant match officials have not been assigned, the match official can determine if he/she would like assistants
- The game shall proceed as an official game

Duration of the Game & Playing Time

- The regulation time for games is as follows:

U13-U18	Two 30-minute halves
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- All games will have a half-time break of 5 minutes.
- Each game shall start within fifteen (15) minutes of the scheduled starting time, providing both teams have seven (7) or more players and time will be adjusted accordingly to keep on schedule.
- If either team has fewer than seven players more than fifteen (15) minutes after the scheduled starting time, then the game is forfeited
- **Each player must receive fair playing time equivalent to at least 50% of each game**
- If a team has fewer than 11 players, the opposing team does not have to play equal numbers

Method of Scoring

- Goals are scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar
- Game scores shall be submitted to your age group convenor who will send confirmed scores to the Youth House League & Special Programs Coordinator within 60 minutes after the completion of each game
- Game scores shall be updated in the Sport Savvy system by the Youth House League & Special Programs Coordinator
- Game points will be awarded as follows:

WIN	Three (3) Points
LOSS	Zero (0) Points

- If two teams are tied at the end of regular time, 3 penalty kicks will be taken alternately by 3 different players designated by each team from the players who were on the field at the end of the second regular time period. The team with the most goals wins.
- The captain of the home team will call the coin toss. The winner decides whether to kick 1st or 2nd
- If still tied after 3 kicks, teams will alternate taking kicks, starting with the remaining players who were on the field at the end of the regular time period. The first team to score when the other team does not- wins.
- The winning team will be awarded with one goal to break the tie

Group Stage Standings

- If at the end of the group stage two or more teams are tied in points within their group, the teams that progress will be determined by the following:
 1. Head to head record between the two teams
 2. Goals against
 3. Goals for
 4. Coin flip

Age Group Specifics

- For all age groups, the groups will be determined once team numbers are finalized

Player Substitution

- The consent of the Match Official must be obtained before any substitution is made.
- Unlimited player substitutions are permitted at the following times:
 - On any team's throw-in
 - After a goal is scored by either team
 - At a goal kick by either team
 - At the start of the 2nd half
 - To replace an injured player (at the discretion of the Match Official)

Discipline

- Two (2) yellow cards in one game will count as a red card and a suspension for next scheduled Inaria Cup game
- One (1) red card will count as a suspension of next scheduled INARIA Cup game
- Further disciplinary action may be taken based on the Ontario Soccer Association disciplinary guidelines

Postponement & Rescheduling of Games

- Games will not be rescheduled; however an attempt will be made to reschedule the finals if necessary

Abandoned Games

- If ten (10) minutes or more of the second half have been played, the game is official and the score will stand
- If a game is abandoned due to the action of any player or team official, the Match official shall note on the game sheet the reason for the abandonment and notify the circumstances to the Discipline Coordinator in writing
- If a game is abandoned due to inclement weather such as thunder/lightening, they will not be rescheduled.
- Results for abandoned games will be determined by the flip of a coin

Forfeited Games

- A game will be forfeited for any of the following reasons:
 - Failure of a team to appear for a game
 - If a team delays the start of a game by more than fifteen (15) minutes
 - If a team has fewer than seven (7) players
 - If a team plays ineligible/ suspended players
- Forfeited games will be recorded as a win, 3-0 for the non-defaulting team

Extreme Heat

- When the weather is extremely hot, The Match Official will provide a **1-minute** water break in the middle of each game half. This is for the sole purpose of giving **only** those players on the field some water. It is **not** to be used for coaching or other purposes.