



Soccer Leagues

Rules & Regulations

The purpose of this document is to establish a general understanding of rules and regulations that will be upheld in any soccer league matches run by Clarington Sports Leagues (CSL) with the support of Darlington Soccer Club (DSC).

League Overview:

- All games will be played on a quarter field in the South Bowmanville Recreation Centre (SBRC) Dome
- Non-contact/recreational environment
- Co-Ed League, 7 v. 7 with a maximum of 15 participants on the roster
- Fighting, dangerous play, or slide tackling will not be tolerated
- All participants will be registered through DSC as part of the Ontario Soccer Association (Fees are included in registration). All disciplinary fees associated with red & yellow cards will follow the standards outlined by Ontario Soccer (OS) and DSC.

Eligibility:

All players must be over the age of 18 by the start of the regular season and listed on the roster to play. Proof of identity and age will be required upon entry to the first game to establish OS membership. Registration is required through the Municipality of Clarington for all participants. All players must complete a waiver and review the code of conduct prior to participation. Review of the rules and regulations is highly encouraged.

Roster & Schedule:

All rosters will be assigned to participants in a timely manner prior to the start of the program. Schedules are provided by the League Convenor with support from Darlington Soccer Club. Team standings will also be provided by the League Convenor.

Schedules will be emailed to all team representatives prior to the start of the season. It is the responsibility of each team Captain to communicate this information to their teammates. In the case of individuals assigned to teams, each participant will receive information regarding their team roster and schedule.

A team may carry up to 15 players on their roster at any given time. Changes will be permitted after the third game of the season, only at the discretion of the League Convenor. Changes must be received in writing a minimum of 72 hours prior to a game for the player to be eligible.

To field a team of 7 players for a particular game, a team may utilize players from another team in the DSC/CSL as follows:

- A player utilized in this manner must be registered in the league
- If a team has 10 of their own players in attendance, call ups are not allowed. If there are less than 10 of their own players in attendance, call up players may be used. If call ups are needed, a team may call up enough players so that 10 players are dressed for the game.
- Players called up must be indicated on the game sheet
- A player will be allowed to be called up a maximum of six times for any one team during the season
- No players may be called up during the playoffs and finals.

Staff & Referees:

CSL is organized and led by the Municipality of Clarington Staff with support from the Darlington Soccer Club. The League Convenor and Recreation Coordinator are responsible for governing the League.

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 change a decision should they realize that it is incorrect, or at their discretion, on the advice of the League Convenor, if they have not restarted play or completed the match.

Penalty or “free” kicks are at the discretion of the game official.

Withdrawal & Refund Policy:

The Municipality of Clarington Community Services Department must receive all requests for cancellations and refunds in writing using the appropriate form. CSL program refund & withdrawal requests must be received by the Community Services Department at least 5 business days prior to that start of the regular season.

Medical refund requests will be assessed at any point during the season and must be accompanied by a doctor’s note. The refund amount will be pro-rated to the date we received all completed paperwork. In the event of team registration, individual player fees are to be discussed with the registered team captain.

Co-Ed Team Field Requirements:

At least 3 of the 7 field participants must self-identify as female.

Due to the Co-Ed nature of the League, respect and inclusion should be given to all players regardless of identified gender.

Self-identified female goal keepers are counted toward the minimum.

Game Length:

Games will be played in 2, 25-minute halves. Games begin on the hour and will begin promptly. A 5-minute half time will be provided. Teams are allowed to warm-up five minutes prior to game start.

Game Sheets:

Game sheets will be provided by Darlington Soccer Club with support from CSL.

The home team will be indicated on the game sheet as the first team listed on the game schedule. The home team will have possession of the ball for kick-off start at the first half and the away team will have possession of the ball for kick-off start of the second half.

Scoring:

All game records are recorded and scored by DSC with support from the Municipality of Clarington Staff. Game officials and participants will also record game scores and statistics on the game sheet which is turned into CSL staff after every game. Game scores and League standings are provided by the League convenor by the end of the week.

If a tie occurs at the end of a playoff game, penalty shots will take place. Only players on the field at the end of regulation are eligible to shoot. At the end of a shoot-out, if still tied, shootout will continue with one shooter from each team (Sudden Death) until a winner is determined.

The maximum game goal differential for any regular season game is 8 goals. The rule is in place to de-emphasize the need to run up the score.

Scoring System:

Win = 3 points

Tie = 1 point

Lose = 0 points

Determining standings in case of a tie (Regular Season):

The following sequence will be used to determine a tie in standings

- 1) Best record in head-to-head games amongst the tied teams
- 2) Most wins
- 3) Least goals against
- 4) Largest goal differential (goals for minus goals against)
- 5) Coin toss

Playoff Guidelines:

Playoff guidelines will be communicated to all registered players in advance of the playoffs.

Protests:

Any protests must be made before the end of the game and communicated to the game Official via the Team Captain. If the protest is pertaining to the eligibility of a player, the person being disputed must follow up directly with the Recreation Coordinator or League Convenor and will not be permitted to play until they have done so.

Default Games & “No Shows”:

Games will start on time following a 5-minute grace period and warm-up to allow players to arrive before a game is defaulted. Should a team need to forfeit a game if a team cannot field the required players within the 5-minute grace period, the winning team will be recorded as a 3-0 win. The forfeiting team will be recorded as a loss with 0 points. A game for leisure or use of the field may still take place with the help of the League Facilitator/Convenor. New ratios may be discussed with the Convenor; however, the leisure game will not count toward any points.

At any given time of play, there should be no more than 7 and no less than 4 players on the field.

Cancelling Games:

Games may be cancelled at any time due to inclement weather, building closures, or other unforeseen circumstances. All players will be notified via email. Cancelled games are rescheduled at the end of the regular season; however, refunds or credits may be applied at the discretion of the Municipality of Clarington if a game cannot be rescheduled.

Player Substitutions:

All substitutions are done on the fly except for the Goalkeeper, who may be substituted with the referee's permission and only at stoppage of play within a timely manner.

Any player leaving the field of play must be within 5 meters of the substitute player, so they can enter the field of play.

Penalties:

The referee is the official timekeeper for penalties. The bench area is where the players serving penalties will stand for the duration of the two minutes. A two-minute penalty does not always constitute a yellow card and can be used as a warning to a player before a caution is given.

Accumulation of Yellow & Red Cards:

Due to the recreational nature of CSL, all behavior or actions resulting in a yellow card are addressed with a formal warning. Players accumulating more than **two** yellow cards are contacted, and disciplinary actions may be taken at the discretion of the League Convenor and Recreation Coordinator.

A red card during a match is at the discretion of the referee and/or League staff and must leave the match immediately. Staff will follow up on any necessary disciplinary

measures following the match. The team that the carded player plays for must play with one player less on the field for five minutes and when the referee gives the signal that the penalty is complete, another player can enter the field to replace the carded player.

If a team wants to substitute a penalized player, the player, after completing the penalty time, must enter the field of play before the player can be subbed off.

Goal kicks are to be taken from within the goal area (anywhere in the box)

There is a penalty kick for all offences committed inside the penalty box. During a penalty kick, all players must be outside of the penalty box, and behind the player taking the penalty kick.

Any fees associated with yellow/red cards will be issued according to the OS standards upheld by DSC.

Uniforms:

Players can wear uniforms supplied by their team. Team Names and uniform details must reflect the recreational and respectful nature of the League. Team names must be approved by the League Convenor. Pinneys will be provided for the first 3 weeks until uniforms can be established by a team.

Players must have a clear number on the back of their jersey. Taped numbers are not permitted.

All players must wear shin guards, with proper soccer shoes or running shoes. Shorts and socks must be worn via the uniform provided but can be substituted with sportswear of the same colour.

For indoor play, sports pants with exposed zippers, buttons, snaps, or clips are not allowed.

Equipment:

All equipment will be provided by DSC and the Municipality of Clarington. The list includes but is not limited to:

- Regulation Game Ball
- Game Sheet
- Nets
- Corner Flags

General Short List of Rules

The following rules are applicable to CSL which include but are not limited to the following:

- Kick-off can be done in any direction

- Goals can be scored directly from a corner kick but cannot be scored from a goal kick, kick-in, at the start of half or after a goal has been scored. With the exception of a penalty kick, all free kicks are indirect. On any free kick the ball is not in play until it is kicked and moved.
- No off-sides
- No slide tackles or attempts to slide tackle
- No jewelry is allowed and must be taped (Medical bracelets are exempt)
- Throw ins only

League Contact Information:

Should there be any questions or concerns, please contact Leagues@Clarington.net