



Official Game On Rules: 11 vs 11 Co-ed Recreational Soccer

THE BRIEF OVERVIEW

Soccer is a team sport played by two teams of eleven players using a spherical ball. In typical game play, players attempt to create goal scoring opportunities through individual control of the ball, such as dribbling, passing the ball to a team-mate, and taking shots on the goal, which is guarded by the opposing goalkeeper. Opposing players may try to regain control of the ball by intercepting a pass; however, physical contact between opponents is restricted.

PLAYER RESPONSIBILITIES

Each player must sign a waiver before the first game. If you add a player to your team throughout the year the player must sign a waiver before they play, even if it is only for one game.

Please supply your score to the league convener or game official at the end of your game. In order to maintain proper statistics, we ask that each player who scores a goal or an assist record the information accordingly.

THE TEAM

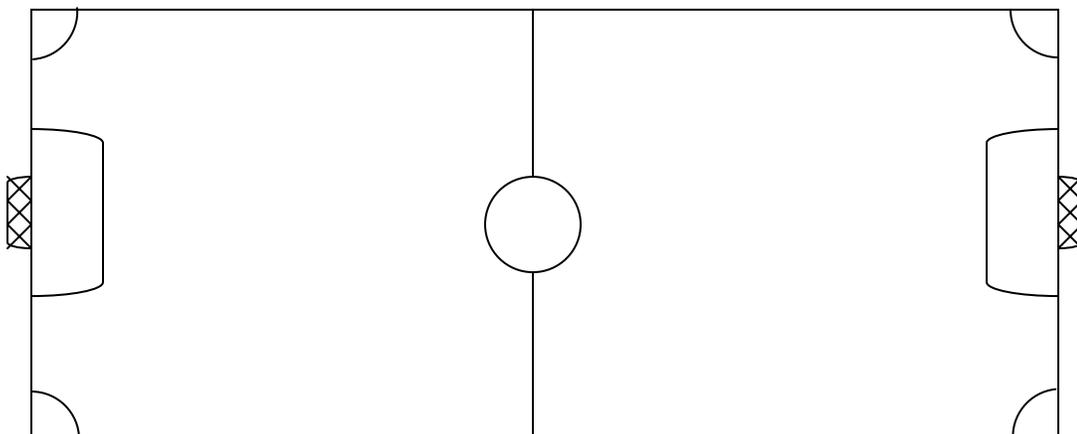
Teams are comprised of 10 players and a goalie, with a minimum of four (4) females and four (4) males on the field at all times. The goalkeeper is excluded from the above player requirements and may be of either gender.

A team can play with a minimum of 7 people, as long as three (3) of the players are females and three (3) of the players are males. Again, the goalkeeper is excluded from the above player requirements and may be of either gender.

Default: If a team is unable to field the minimum requirements within 10 minutes of the start time, then that team is deemed to have forfeited their game. The opponents will win by a 1-0 score, with the goal credited to the captain with no assist points granted.

THE FIELD

The game is played on a rectangular field with a goal in the centre of each of the short ends. A centre line divides the field into halves. Sizes of the field vary by location.



THE EQUIPMENT

The only equipment required is a spherical, air-filled ball measuring a circumference of approximately 68-70cm. The standard adult ball is a Size 5 and most modern soccer balls contain 32 stitched panels made of leather, plastic or some other material that is suitable for soccer play. The ball(s) supplied by Game On will be the only one(s) used.

While not required, it is highly recommended that all players wear shin-guards, protective cups and soccer cleats for safety reasons. Cleats with metal spikes (baseball cleats) are not allowed.

Players requiring use of medical protective devices, such as knee braces, are allowed to do so provided that those braces made of plastic, or those that include metal parts (hinges, etc), be completely covered by a protective sleeve. Players are also permitted to wear soft, pliable pads or braces on the leg, knee, ankle, and/or elbow. Under no circumstance will a player wearing a cast or splint be permitted to play.

Players may wear a knit or stocking cap (no caps with bills) during play. Bandanas, which are tied with a knot, are not permitted.

Coloured pinnies will be provided to each team at the start of the game. There is no need to wear a specific coloured t-shirt underneath. Each team is permitted to wear their own coloured team shirts or team jerseys.

Please remove all jewelry (watches, earrings, necklaces, etc.) and sunglasses. If earrings are not easily removed, please put tape covering the earring(s) to avoid any unnecessary injuries. If wearing glasses for vision, please ensure that they are unbreakable.

A water bottle is also highly recommended.

THE GAME

Objective:

The object of the game is to drive the ball into the opponent's goal and to win by outscoring your opponent.

Duration of match:

Please arrive 10 minutes early to warm up and start your games on time.

The game consists of two 40 minute halves with a 3 minute half time. Teams will alternate ends at the start of the second half. The team who did not kickoff the first half will kickoff to start the second half.

Starting the game:

Based on the schedule, the home team will kickoff first and the visiting team will select which goal they wish to defend that half.

In the second half, both teams will switch goals to defend. The visiting team will start the second half with a kickoff.

On a kickoff, all opposing players must stand at least 10 yards (30 feet) away from the kicker. Each team must also remain on their half of the field until the ball has been kicked.

The kicker places the ball at centre field. They must kick the ball in a forward motion so that the ball crosses the center line. The player who first kicked the ball may not touch the ball again until another player on the field has touched the ball. Should the player who first kicked the ball touch the ball again, before another player has touched the ball, then an indirect kick will be awarded to the opposing team at the location of the foul.

From the kickoff, a player can score a goal directly.

After a goal is scored, the team scored against shall restart play by a kickoff at center field.

Substitutions:

Teams are allowed unlimited substitutions throughout the game but they must notify the referee of substitutions. No player may come onto the field without permission from the referee. Should a referee not be present then please advise the other team of substitutions.

Any team can substitute during goal kicks, goal scores, free kicks, throw-ins, player injuries, when a player received a yellow card, or half-time.

No substitutions will be permitted on penalty kicks.

A goalkeeper may switch positions with a player on the field during a stoppage, provided that the goalie jersey and player pinnie are switched. Notification must be first given to the referee, or to the other team if a referee is not present.

Remember that there must always be a minimum of four females and four males on the field at all times.

Scoring:

A goal is scored when the entire ball passes the goal line between the goalposts and under the cross bar, provided that the ball has not been carried, thrown, or propelled by the hand or arm. A ball that sits on the goal line is not considered to have crossed the goal line and will not count as a goal.

If a ball is intentionally stopped by the hands of a defender, other than the goalkeeper, to prevent a goal from scoring, then a goal is awarded and no penalty kick is awarded.

A goal MAY be scored directly from a/an:

- a) Shoot out Kick (in playoffs only)
- b) Corner Kick
- c) Own goal (goal scored off of your own player into your own net)
- d) Penalty Kick
- e) Drop Ball (occurs when there is a stoppage in play due to an injury, an inadvertent whistle or when it is not clear whom the ball last touched before going out of bounds)
- f) Kickoff
- g) Goal Kicks

A goal MAY NOT be scored directly from a/an:

- a) Indirect free kick
- b) Throw-in

In the event that a score remains tied at the end of regulation play, the game will remain tied in regular season play. In playoffs, if a game is tied after regulation time then a shootout will occur until a winner is determined. The shootout will proceed as follows:

1. Each captain will select any five different players on the field, to take the shootout kicks. Two of the first five kickers must be females.
2. The captains will engage in a game of "Rock, Paper, Scissors" with the winner having the option of kicking first or second.
3. Teams will alternate kickers. There is no follow-up on the kick (ie. A goal cannot be scored on a rebound).
4. Following five kicks for each team, the team scoring the greatest number of goals shall be declared the winner.
5. If the score remains tied after each team has had five penalty kicks, each team will select additional players to take kicks in a sudden death situation. These players can be selected from those off the field. Each team will alternate kicks until one team scores and the other team does not score, thus ending the game without more kicks being taken.

6. No player may take an additional kick until all those players who were listed on the score sheet, and present, have kicked.

Either net can be used for the shootout.

For the shootout, the goalkeeper used must be the same goalkeeper that finished the game. Prior to each shootout attempt, the goalkeeper must stand with both feet on their own goal line between the goalposts. Moving off the goal line is prohibited, with the exception of moving sideways on the goal line, until the ball has been kicked forward.

Game Win	3 points
Game Tie	1 point
Game Loss	0 points

Assist points are awarded to the offensive player who was the second last to touch the ball before it was scored. A maximum of one assist is awarded for each goal scored.

Throw-ins:

When the ball entirely leaves the playing field beyond the sidelines, either in the air or on the ground, a throw-in shall be awarded to the opposite team of the team that touched the ball last. This throw must be taken from where the ball crossed the sideline. The thrower must face the field of play, ensure both feet are kept on the ground and behind the sideline, and the thrower shall use both hands with equal force to propel the ball from behind and over the head in one continuous forward movement. On a throw-in, the ball is playable by either team once it has left the thrower's hands. The thrower must not be the first player to touch the ball once thrown; otherwise an indirect free kick will be awarded to the opposing team.

A ball may be thrown back to the goalkeeper provided the goalkeeper does not pick up the ball. They must play it using only their feet.

Players are asked to be honest and to speak up if a ball exited the playing field due to their actions. While a referee will be in place, they may not be able to see the entire field of play.

Goal Kicks:

A goal kick will be awarded to the defending team when the ball crosses completely over the end line (excluding the area between the goal posts and under the crossbar) either in the air or on the ground, having last been played or touched by the attacking team. Those players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area. The goal kick will be taken from the goalkeeper's crease, if marked, or approximately 10 feet from the end line and the kick must be taken from the side where the ball exited the playing field. While typically taken by the goalkeeper, any player is able to take this kick. The player taking the kick may not be the first person to touch the ball once the kick has been made. Otherwise an indirect free kick will be awarded to the opposing team from the spot of the foul. The ball must be kicked from the ground and must be stationary when kicked.

Corner Kicks:

A corner kick will be awarded to the attacking team when the ball passes completely over the end line (excluding the area between the goal posts and under the crossbar) either in the air or on the ground, having last been touched or played by the defending team. The ball shall be kicked from the ground from the corner within the quarter circle, including on the lines (if visible), nearest where the ball left the playing field. Players of the defending team shall be at least 10 feet from the ball until it has been kicked. After the corner kick is made, the ball may be played by any player except the one who executed the kick, otherwise an indirect free kick will be awarded to the opposing team.

Penalty Kicks:

In 11 vs 11 soccer, there will be penalty kicks. Should a defensive player commit a foul on an offensive player in the penalty box area, then a penalty kick will be awarded to the offensive player. Should an offensive player commit a foul on a defensive player in the penalty box

area, then a goal kick will be awarded to the defensive team. Penalty kicks will be taken 10 paces from the goal line.

Free Kicks:

In 11 vs 11 soccer, there are two types of free kicks: Indirect and Direct. An indirect free kick requires a minimum of two touches to be made on the ball by two different players before passing through the goal. A direct free kick is where only one player is required to touch the ball before passing through the goal.

All free kicks may be kicked in any direction from the point where the foul was committed. When a free kick is being made, the opposite team's players must stay a minimum of 10 yards (30 feet) away from the kicker until the ball is in play. The exception is when a free kick occurs close to the goal and there is less than 10 yards (30 feet) between the kicker and the goal. In this case, the opposing players may stand on their goal line. The ball must be stationary when kicking.

Indirect free kicks will be awarded for the following fouls:

- a. Impeding the progress of a player (interfering with an opponent's movement without the ball).
- b. High kicks.
- c. A player playing the ball a second time before it has been played by another player at the kickoff, a free kick, a penalty kick, a corner kick, a goal kick, or by the thrower following a throw-in.
- d. The goalie taking more than the allotted six seconds at any one possession.
- e. Kicking, or attempting to kick, the ball from the goalie while it is in possession of the goalie.
- f. Leaving the field of play without permission.
- g. Off sides.

Direct free kicks will be awarded for the following fouls:

- a. Illegal Handball*.
- b. Playing dangerously (attempts to kick, strike, jump at, trip or charge an opponent).
- c. Pushing, pulling or holding an opponent with the hand or with any part of the arm or body.
- d. Improper substitution.
- e. Charging the goalie or not allowing him /her to move with the ball.
- f. The goalkeeper touches the ball again with their hands after it has been released from their possession and has not been touched by any other player.
- g. The goalkeeper touches the ball with their hands after it has been kicked to them by a teammate.
- h. The goalkeeper touches the ball with their hands after they have received it directly from a throw-in taken by a teammate.

* While a handball infraction occurs when the ball hits an arm anywhere from the elbow down, not all handballs will be considered illegal. An illegal handball, which will warrant a direct free kick to the opposing team, is when a ball hits off your hand and the ball either ends up going to you or a teammate. However, if the ball hits your arm but the ball ends up going to an opponent first then no such infraction should be called. Other exceptions include the following:

1. A female player using her arms to protect the ball from hitting her chest.
2. Any player using their hands to protect the ball from hitting their groin.

Goalkeeper:

1. A goalkeeper, who is in possession of the ball, must not be interfered with or impeded in any way by an opponent.
2. When a player kicks the ball to their goalkeeper, the goalkeeper is only allowed to play the ball with their feet. Use of hands is prohibited and will result in a direct kick at the spot of the foul, should an infraction occur. Likewise, if a player throws a ball in towards the goalkeeper, the goalkeeper is only able to play the ball with their feet.

3. The goalkeeper may not touch the ball with their hands outside of the penalty box but may play it with any other part of their body. While the fields may vary in size and may not be marked, we ask that you use judgment in determining where the penalty box is located. For the purposes of this sport, we will assume that the penalty box area is rectangular in shape and that it extends approximately 10 paces from either side of the goal post and extends outward into the playing field approximately 12 paces. Any touching of the ball with their hands outside of the penalty box will award the opponents a direct free kick at the spot of the foul.
4. The moment the goalkeeper takes control of the ball with their hands, they have six seconds in which to release the ball into play. Control of the ball includes holding, bouncing, or throwing the ball in the air and catching it again. After the ball has been released into play, the ball must be touched by another player before the goalkeeper can touch it again with their hands. The exception is where a teammate kicks the ball back to the goalkeeper. In this instance the goalkeeper can only use their feet.

Fouls and Misconducts:

A caution (yellow card) or an ejection (red card) may be issued by the referee at anytime during the game. The type of card issued is dependent on the degree of seriousness of the offense, and at the discretion of the referee. The referee is not obligated to give any warnings before issuing a red card and ejecting a player.

A caution, or yellow card, may be issued for the following:

1. Not respecting the required distance when play has restarted with a free kick, corner kick, or throw-in.
2. Entering or re-entering the field of play without the referee's permission.
3. Unsportsmanlike conduct including, but not limited to, public disagreement with the referee, abusive language and/or gestures, spitting, yelling at opponents, unnecessary delay of game, verbal tactics, overly aggressive play, etc..
4. Continually breaking the rules of the game.
5. Deliberately leaving the field of play without permission from the referee.

An automatic ejection, or red card, may be issued for the following:

1. Slide tackling – this will not be tolerated in this league. This is a serious offence that could cause severe injury to another player. This league is recreational in nature and slide tackling will automatically garner an ejection (red card) for the rest of the game. On a second such offence, the player may be expelled from the league without refund. Accidental sliding, when another player is not in the vicinity, will not garner an ejection.
2. A serious foul play.
3. Aggressively violent conduct.
4. Unsportsmanlike conduct including, but not limited to, public disagreement with the referee, abusive language and/or gestures, spitting, yelling at opponents, unnecessary delay of game, verbal tactics, overly aggressive play, etc.
5. Obviously denying the opposing team a goal, or a goal scoring opportunity, by handling the ball (this does not apply to a goalkeeper inside their own penalty area). An unintentional handball does not carry an automatic ejection.
6. Receiving a second caution (yellow card) in the same match.

If a player is ejected, the team may not replace them. They must play short-handed for the rest of the game.

Off Sides:

Off sides will be called in 11 vs 11 soccer. A player is in an off side position when they are nearer the opposing team's goal line than the ball unless that player is in their own half of the field of play or unless the player is level with one defender.

The penalty for off sides will be an indirect free kick to the opposing team at the spot of the foul. A player shall not be penalized for off sides if they receive the ball from a corner kick.

Stoppage of play due to injury:

Should a player become injured during the course of the game, we ask that play stops immediately and that the injured player be evaluated. Basic first aid kits will be available at all games. A substitution may be made for an injured player. An indirect free kick will then be awarded to the team of the injured player.

"Fun Factor" points

Game On wants to stress, at the outset, that this league is meant purely for fun, exercise, and entertainment. At the end of the day we want to foster a positive environment for all to play in and we want to encourage building friendships, both within your team and throughout the league. We also want to stress that we encourage teams and players to play hard but to be respectful of their opponents and to realize that the utmost importance of this league is to have fun. As such, our own spirit point system, called the "Fun Factor", will allow teams to give their opponents with a -1, 0, or +1 rating at the end of each game.

Fun Factor rating	Comments
+1	Had an extremely enjoyable time with our opponent. The players were fun to play against, they played hard, but played fair and respectfully. We had no issues with their play.
0	We felt neutral towards our opponent's play, they were OK to play against, and while there were times of rough play it was still somewhat fun.
-1	Our opponent was extremely unsportsmanlike in their behaviour, language, and actions, and were not fun to play against.

These points will be added, or subtracted, to a team's overall points, which means that even if you had a perfect record, you might end up in 3rd or 4th spot if you were not fun to play against. Please remember that this type of "spirit" point is not meant to be abused and not meant to simply penalize good teams to bring them down in the standings. Rather this is meant to make players accountable for their actions on the field. Comments, with specific details, must accompany any rating that is a "0" or "-1".

For all games I will automatically give each team a +1 rating **unless we hear from the captain prior to noon the following day of your game** with a different rating and comments.

Any team that receives 2 Yellow Cards will automatically receive a "0" rating. Any team that receives 1 Red Card will automatically receive a "-1" rating.

Other items:

If a pregnant player wishes to participate as a member player, they are required to provide a doctor's note that specifically states what she can and cannot do and until what time in her pregnancy.

Lightning Policy:

We ask that everyone show up to the game even if you think it may rain or thunder. Weather can change in an instant. We play rain or shine so be prepared to play in some poor weather conditions at times.

If there is thunder and lightning before the game, wait it out for up to 20 minutes. If it still hasn't cleared up by then the game will be cancelled and each team will receive a point for a tie.

If you are playing and thunder and lightning occurs, stop the game and wait up to 20 minutes to see if it clears. If the storm has not passed we will cancel the game.

If you have not reached half time and the game is cancelled the score will be listed as a tie. If you have reached half time and then the game gets cancelled, whichever team is winning at that point will be the declared the winner. (However, if both team captains agree that the game should be listed as a tie if the match gets cancelled at any point during the game, that's what will be recorded)

If the field conditions are bad, it will be up to the team captains to decide whether or not they want to play. If it is agreed that the fields are in no shape to play and the game is cancelled, the score will be recorded as a tie.

RULE ENFORCEMENT

During league matches, rules will be enforced primarily by the "honour system". Players will be expected to rule whether or not a move was legal and it is the player's responsibility to enforce and uphold the rules of soccer when playing. All contests will be supervised by a game official. The game official's responsibility will be to rule on any situation in which teams cannot agree. THE GAME OFFICIAL'S DECISION IS FINAL – NO EXCEPTIONS. They have the right to stop a game and discuss the incident before proceeding. In respect for the spirit of the game, and for your fellow players, there is absolutely no protesting.

CODE OF CONDUCT

1. Understand, appreciate and abide by the rules of the game.
2. Respect the integrity and judgment of game officials.
3. Respect your opponent and congratulate them in a courteous manner following each match whether in victory or defeat.
4. Be responsible for your actions and maintain self-control.
5. Do not taunt or bait opponents and refrain from using foul or abusive language.
6. Fighting will not be tolerated by Game On. A player, and possibly the team, will be expelled from the league, without refund, for fighting or for gestures made towards an opponent to fight. This includes verbal threats. It is a player's, and their team's, responsibility to maintain composure during the game and to ensure its safety and fun. If a player is having a concern over the play of another, please have it addressed through your captain with the convener, or game official, present. Alternatively, email us the details at info@gameonguelph.ca and we will investigate the situation.
7. Unsportsmanlike conduct will not be tolerated. This includes:
 - a. foul language, racial slurs and verbal abuse
 - b. unnecessary roughness, fighting and physical abuse
 - c. slamming down or kicking balls in anger
 - d. arguing with officials, staff, participants, or fans
 - e. abuse of the honour system
8. Physical, sexual or mental abuse is not acceptable. If you encounter such a situation, and would like to report it, please do so via the game official, via telephone or via e-mail. Any reports will be kept confidential. Should any of this be reported to Game On Sports & Entertainment Inc., we will issue a verbal warning to the team. Should a second such report occur, that player and/or team will be asked to leave the league without a refund. Game On Sports & Entertainment Inc. reserves the right to involve law enforcement officials at its discretion and reserves the right to eject any player and/or team, without warning or refund, for such behaviour.
9. Alcohol and/or smoking are prohibited at any game and any such offenders will be asked to leave the league immediately, without a refund.