

May 2026

Outdoor

Adult Coed and Men's Leagues

- **Team registration fees must be paid in full prior to playing their first game.** Teams will not be permitted to play if there are any outstanding fees owing to the league. No exceptions.
- Teams will not receive refunds for pulling out of the league at any time. Once the team has paid the deposit or league fee they are agreeing to participate for the entire season. Furthermore, a team that is removed from the league due to discipline will forfeit their registration fees.
- **The League reserves the right to amend or balance the divisions based on the ability and number of teams who apply.**
- **The League reserves the right to approve or deny acceptance of a team's or person's application to participate**
- Teams must provide each player with identical jerseys with differing numbers on their back. The goalkeeper must wear a contrasting coloured and numbered jersey. The league will have pinnies available in the event that teams have the same colour of jerseys.
- The league will take all reasonable efforts to offer teams a balanced schedule throughout the season however times may vary slightly from team to team. The league may choose to accommodate time/date requests from teams, however the league is under no obligation to do so.
- **Fair Play/Sportsmanship- There is zero tolerance of abuse of any individuals,** including players, spectators, coaches, referees, club officials, or facility personnel. Please ensure that all players adhere to this, as well as no profanity or bad language, as there are families that sometimes attend games.
- **Men (11v11) Coed (9v9),** 5 males, 3 females, GK of any gender, min 2 girls, min 5 players to start)
- For Coed-minimum of 2 male and 2 female players on the field at all times. Gk of any gender Minimum to field a team- 4 players and a GK.
- **For Coed - New rule added** if a male player shoots the ball with high velocity while a female player is clearly in the intended path of the ball; and the ball then hits the female player he will be ejected for the rest of the game. He can be replaced but can no longer participate in the match. If it occurs a second time during the season, more severe sanction will be given.
- **Call Ups-** A team is eligible to use call up players if they have no subs. All call up players must come from a lower Division. Call ups from within the same division or a higher division are not permitted and would be considered an ineligible player. If a player plays in multiple leagues, they will consider to be a player from the highest-level league they are in (i.e.. If a player plays on a team in the B and C division, they would be considered a B player and would be eligible to be called up to an A division team but not a C division team). Call ups must be written on the game sheet by the team captain prior to the start of the game.
- Game Men (2x45 min) Coed (2x35 min) 5 min half time
- No spitting on the turf. Warning, then Yellow card, Red card if directed at player, coach or referee • No Throw-ins, only Kick-ins
- At the beginning of the game, Referee will do a coin toss, winner gets choice of ball or side
- Games will be running time.
- For Coed, ALL infractions will result in an indirect free kick, except for Penalty Kick

- Coed (Distance for free kicks is 5.5 m or 6 yards)
- **NO Slide tackles except for GK** in their own penalty area. Slide tackles result in an indirect free kick
- Drop Balls- no contested drop balls, Referee will give ball to Team who last had possession
- Scoring- can occur from anywhere on the pitch including in goal area.
- Men (FIFA Laws) Coed -all kicks indirect, unless PK, no offsides
- **For Men's League ; Yellow and Red cards. Sin Bin.** Player who receives a Yellow card during a match will have to leave the field for 5 minutes. The Team will remain shorthanded for the full 5 minutes. **They can only re-enter the field with permission of the Referee and can be given while the ball is in play.** If GK receives caution, another player to serve.

Discipline will follow the OSA (Ontario Soccer Association) policy on discipline.

Coed (Subs can be made on the fly, too many players on the field will result in Yellow card- 2-minute penalty)

- Red card- ejection from game. Offending player must leave the facility
- If a team cannot field the min. number of players within 15 minutes of the time of kick off, they forfeit the game 2-0. Friendly game can be played with Referee.
- All other Ontario Soccer Indoor Laws of the game will be followed unless otherwise specified
- Only water and sports drinks are permitted in the field area. No food, gum, or other beverages are permitted on the field.
- All players must be registered and sign/complete an electronic waiver prior to stepping on the field. If a team wishes to add new players to the roster the team rep must do so in writing to the league convenor(s) a minimum of 48 hours prior to the game. This ensures that the player can be registered, and that the insurance coverage is in effect. The team is responsible to ensure all players are registered with the league. All registered players will be typed onto the weekly game sheet. Team reps are responsible for verifying the game sheet is accurate prior to each game.
- **The player's team bench shall be deemed to be an area designated as such by the League. Only the players and team officials entered on the game sheet are allowed on the team bench.**
- Ineligible/non-registered players will not be permitted on the field. If a team believes that an opposing team is playing ineligible/non-registered players, they must inform the referee and/or league convenor prior to the start of the game. If the opposing team decides to play with the ineligible/non-registered players in question, then the game will take place under protest. A team found guilty of using an ineligible player under a protested game shall forfeit the game to their opponent, with a 2-0 score being recorded. The league reserves the right to ask players to show photo ID at any time to verify their identity. Please ensure all players have their IDs on them at all games. If the player does not have ID on them, or the league cannot identify the individual in the event of a protest then the player will be found to be ineligible.
- The league reserves the right to suspend and/or expel teams and/or players that who have acted in a manner that may be deemed dangerous to the league, facility, and/or facility staff. Teams and players on teams instigating and/or participating in fights/brawls may be immediately suspended and/or expelled from further play with NO refund of league fees
- All spectators must watch from the opposite side of the field.

- A team shall be awarded three points for a win, and one point for a tie. In the event of a tie in the league standings at the end of the season, the tie will be broken according to the following
 - Head-to-Head
 - Goal Differential
 - Less goals against
 - Most goals for
 - Number of Wins
 - Coin Toss