



Sport & Social Club General Rules

SCORE & SPIRIT POINT REPORTING

- Game Scores (account for 75% of total points): Team captains are responsible for reporting the scores after your game by logging into your player profile and clicking on 'My Team' tab and selecting 'Report Score/Spirit Points'. Teams have a 48 hour window to report scores after the completion of the game. Please be timely with your score reporting so league standings can remain updated for playoff positioning.
- Spirit Points (account for 25% of total points): Spirit points are awarded to a team from their opponent after each game to encourage sportsmanship, honesty, integrity and fair play. For more information and how to properly award spirit points, please see our section '[All About Spirit Points](#)'.

STANDINGS/SCHEDULES

- Players can view league standings & schedules by logging into your player profile and clicking on 'Standings/Schedule'.

PLAYER ELIGIBILITY

- All players must be added to the team roster by the team captain. This process confirms that all players have electronically agreed (checked the box) to our policies and online waiver.
- Substitute players are allowed, however they must be added to the roster (check the online waiver). Adding a substitute player from another team in the same league is allowed, however, regular/consistent use of a substitute player in the same league is considered unsportsmanlike and not encouraged.
- For a player to be eligible for a playoff game, the following criteria must be met or the team will default the game:
 - Be on the SSC online team roster.
 - Play a minimum of two regular season games in a 6-10 week season, or three regular season games in an 11-14 week season.
 - Play for only one team per league/pool in playoff games. If a player plays for two teams, the second game will be defaulted.

DEFAULTS

- A default will occur if a team cannot field a squad by 15 minutes after the official start time. If a team does not meet the standard eligibility requirements, team captains must confirm the outcome prior to starting the game. Captains may agree to waive the rules regarding minimum players. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS! In the event there is a default dispute and the game was played, the SSC ruling is that the game counts.
- In the event of inclement weather, follow the sport specific instruction below. To view our general SSC foul weather policy [click here](#).

ROUGH PLAY & PLAYER CONDUCT

- It is recognized that incidental contact between players is inevitable – however, all players should go out of their way to avoid creating unsafe play.
- Any unsportsmanlike conduct may result in immediate expulsion from the league. This includes, physical or rough play, verbal abuse, damage to facility property and/or loss of facility permit. Fighting will result in immediate expulsion from the league. To view our Unsportsmanlike Conduct policy [click here](#).
- Drinking alcoholic beverages, use of drugs and smoking at your game site before, during, or after your game is strictly prohibited. Offenders will be asked to leave the league without refund. No Exceptions.

GAME COORDINATOR (GC) ON-SITE SSC STAFF

- A GC presence is dependent on sport, season, and/or facility locations. They are not referees, as all games are self-officiated. They are on-site to be a neutral supporter of both teams, clarify rules, manage equipment, start/stop games, and to inform players of league news.
- Game Coordinators may stop a game before the full time has expired due to overly aggressive play, persistent unsportsmanlike conduct or a general violation of the rules of the game.



SSC Official Outdoor Turf Soccer (Refereed) – Coed 7-on-7

OBJECTIVE	<ul style="list-style-type: none"> Soccer is a team sport in which the objective is to score more goals than your opponent on their goaltender.
GAME LENGTH & FOUL WEATHER GUIDELINES	<ul style="list-style-type: none"> Games are 90 minutes in length including a 5-minute stop for halftime (unless otherwise indicated in your schedule). Games start and end according to your online SSC schedule. If games start late, games must finish at the scheduled time (e.g. 6:15pm-7:30pm). Games are played rain or shine. If a game is stopped due to lightning, games played until half time will constitute a complete game. The referee will call the game on site in the event of lightning. If one team shows up during foul weather to play and the other team is missing, or if one team leaves mid-game and there is an opportunity to continue play - it is an automatic win for the present team.
EQUIPMENT (MANDATORY)	<ul style="list-style-type: none"> Teams are required to bring one size 5 Soccer ball and 6 pylons to every game. A refundable deposit is required, payable through online registration. Captains are responsible for ensuring that nets are placed appropriately in the goal area. Teams should bring both light & dark coloured t-shirts to help distinguish opponents. Metal cleats are not allowed.
PLAYERS ON FIELD AND GENDER RATIO	<ul style="list-style-type: none"> Teams are comprised of 7 players on the field (6 players and 1 goalie). Teams must play with a minimum of 2 males and 2 females on the field at all times. A team can play with a minimum of 6 people, as long as the gender requirements are met. Captains may agree to waive the rules regarding minimum players and gender ratio before the game starts.
GAME & FIELD SET-UP	<ul style="list-style-type: none"> The referee will setup the field prior to the start of the game. Please check the online SSC schedule for a specific map of the facility and field orientation (when available). To view a diagram of a soccer field set-up, click on the pdf document in the rules section. The game begins with one team initiating play by making a pass back from centre field. Teams should switch sides at half time. The referee will keep score & monitor the time.
GENERAL GAME RULES	<p>In general, standard soccer rules apply to all SSC games. Notable exceptions are listed below:</p> <ul style="list-style-type: none"> To score a goal, the entire ball must pass over the goal line and into the net. If a discrepancy arises as to whether the ball was in or not, the referee will make the call. There are no off-sides. However, a strategy of consistently "cherry-picking" is considered to be unsportsmanlike. Player substitutions can be made at any time (i.e. changing on the fly is allowed). However, please ensure that the player coming off has completely left the field before the new player joins the action and the change does not disrupt the flow of the game. Keepers cannot change on the fly - please wait for a stoppage in play before substituting goalies. A handball infraction occurs when the ball hits a player's arm from the ELBOW down (as opposed to the shoulder). In addition, players may use their arms to block the ball from hitting their groin area, and women can also use their arms to block the ball from hitting their chest. This rule will reduce the number of stoppages in play. Please don't abuse this rule. All free kicks and side kick-ins are indirect. To score off an indirect kick, the ball must be touched by another player (offense or defense, but not the keeper). This is a modification of the original rule to deter players from blasting the ball at the goal in an attempt to hit the ball off the goalie and into the net. If a ball is kicked out of bounds along the sidelines, an indirect kick-in is awarded to the opposite team. There will be no throw-ins at any time. If a ball is kicked out of bounds along the goal line by the offence, an indirect goal kick is awarded to the defending team. If a ball is kicked out of bounds along the goal line by the defense, a corner kick is awarded to the attacking team. A corner kick is not a 'free kick', therefore a goal can be scored directly from a corner-kick. Defensive players cannot be within 8 feet of the ball when any indirect kick, corner-kick, or goal kick is being taken. Slide tackling is not allowed. No players (with the exception of the goalie) can slide to block a shot or pass at any time. Teams may call a one (1) minute time-out if needed, except in the final 10 minutes of play. A game can end in a tie during the regular season (ties are not allowed in playoffs, see below).
GOAL CREASE & GOALKEEPER	<ul style="list-style-type: none"> The goal crease is approximately a 10-foot semi-circle around the net. Due to the format of the field, there will not likely be a lined goal crease – teams should use their best judgment. Goalies can: <ul style="list-style-type: none"> Use their hands when they are within the "goal crease". Roam as far from their goal as they wish.

	<ul style="list-style-type: none"> • Goalies cannot: <ul style="list-style-type: none"> ○ Use their hands outside of the crease. If this occurs, a penalty kick is awarded to the opposing team. ○ When inside the goal crease, pick up a ball with his/her hands if the ball has been played back on purpose to the keeper by a player on his/her team. This includes all forms of passing and kick-ins. The only exception is if the player directs the ball back to the keeper with their head - in this case the keeper can pick the ball up with his/her hands. A violation of this rule results in an indirect free kick for the other team at the spot where the keeper inappropriately used their hands.
VIOLATIONS & MAKING CALLS	<ul style="list-style-type: none"> • The referee will call all infractions. Please respect officials calls.
PLAYOFFS	<ul style="list-style-type: none"> • Playoff games should only be 85 minutes in length in anticipation of needing the extra time to settle a tie. • In the playoffs, a game that is tied at the end of regulation time is decided by best of 3 penalty kicks. <ul style="list-style-type: none"> ○ Three players from each team will take one shot each at the distance of ten paces. ○ Only the players on the field at the end of the game can participate + the goalie that finished the game. The order of shooters must be maintained. ○ After three shots, if it is a tied result, teams continue taking single shots until one team has scored (and the other team does not). • Team playoff position: Ties in the standings will be broken first by head-to-head play. If there are more than 2 teams that are tied, all the teams must have played each other in order for the results to go to head-to-head. Otherwise, least points against, then +/-, then most points for will determine the placement in that order. • The SSC office will update the playoff schedule once all scores have been submitted and after the last regular season game. Please do not assume the time/location of your playoff game until team names have been posted into the schedule.

Remember... Always have fun!