



Sport & Social Club General Rules

SCORE REPORTING

- Team captains are responsible for reporting the scores after your game through the SSC website. 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.

STANDINGS/SCHEDULES

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

PLAYER ELIGIBILITY

- All players must be added to the team roster by the team captain. This process confirms that all players have agreed to our policies and online waiver.
- Substitute players are allowed; however, they must be added to the team roster. 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 eligibility requirements. 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 our SSC foul weather policy available on the website and the sport specific instruction below.

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. View our complete Unsportsmanlike Conduct policy on our website.
- 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 LEAGUE REPRESENTATIVES

- A Game Coordinator (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.
- A Game Coordinator 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.

Sport & Social Club Outdoor Soccer 7's Rules

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	<ul style="list-style-type: none"> Games are 85 minutes in length with 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-7:25pm). Games are played rain or shine. If a game is stopped due to lightning, games played until half time will constitute a complete game.
EQUIPMENT (MANDATORY)	<ul style="list-style-type: none"> Teams are required to bring 1 (one) size 5 Soccer ball and 6 pylons to every game. In some leagues, teams are also responsible for bringing 1 (one) portable soccer goal. Equipment requirements are outlined on the sport page and during the registration process. 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. All soccer equipment is provided for the All-Sorts-of-Sports League. 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 keeper). <ul style="list-style-type: none"> Mixed Gender Leagues: Teams must always play with a minimum of 2 males and 2 females on the field. Single Gender Leagues: Teams must always play with the same gendered players on the field. Open Gender Leagues: There are no minimum gender requirements. Players participate freely without restrictions existing as to how many players of each gender are on the field. A team can play with a minimum of 5 people, as long as the gender requirements are met for the specific league. Non-binary players count towards the team's roster count. In mixed gender leagues, their team must still meet the minimum male/female identifying players on the court. 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"> Team captains should meet before the start of the game to set-up the field with the required pylons. 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 field set-up includes: <ul style="list-style-type: none"> Total field length (60 paces) Total field width (35 paces) A pace is approximately 3 heel-to-toe steps. The game begins with one team initiating play by making a pass back from centre field. Teams should switch sides at half time. Teams are responsible for keeping score & 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 person deemed to have the "best perspective" will ultimately make the call. Please remember that you are playing in a self-officiated social league, any disputes should be kept to a minimum. There are no off-sides. However, a strategy of consistently "cherry-picking" is 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

	<p>be no throw-ins at any time. The ball should be placed on the sideline where it left the field. The player must have both feet on or outside the sideline. If a kick-in attempt results with the ball never entering the field, the play is retaken.</p> <ul style="list-style-type: none"> • 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).
<p>GOAL CREASE & GOALKEEPER</p>	<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. • 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 their hands if the ball has been played back on purpose to the keeper by a player on their 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 their 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.
<p>VIOLATIONS & MAKING CALLS</p>	<ul style="list-style-type: none"> • The offending player should call their own infractions, however any players involved with the infraction can also make a call. When a foul is called, play must stop as there is no "advantage" in SSC soccer. • Players not on the field at the time of any incident cannot make a call at any time.
<p>PLAYOFFS</p>	<ul style="list-style-type: none"> • Playoff games should only be 80 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!