

OUTDOOR SOCCER

League Rules



EDMONTON **SPORT & SOCIAL CLUB**

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1. FIELD REQUIREMENTS

League	Total # of Players Required on the Court	Minimum # of F Players Required on the Court	Maximum # of M/X Players Allowed on the Court
6 vs. 6	6 (5 + Goalie)	2	4
8 vs. 8	8 (7 + Goalie)	3	5
11 vs. 11	11 (10 + Goalie)	3	8

- The ESSC welcomes people of all gender identity or expression. Minimum female player requirements are inclusive of anyone who identifies as a female (i.e. players who identify themselves as M and X will not count towards female player minimums).
- If a goalie is injured during the game the team will be given a short timeout to replace the goalie

2. DEFAULT MINIMUMS & SCORES

League	Minimum Players to Avoid Default	Default Score
6 vs. 6	4 (1 Female Player)	0-7
8 vs. 8	5 (1 Female Player)	0-7
11 vs. 11	7 (2 Female Players)	0-7

3. FORMAT & EQUIPMENT

GAME FORMAT

- Players should arrive 15 minutes prior to the scheduled game time
- Teams will play one 90-minute game per night:
 - 40-minute halves
 - 10-minute half-time
- **Regular Season:** Ties are allowed
- **Playoffs:** Ties are not allowed
 - If a game is tied at the end of regulation time, the game proceeds to a shoot-out
 - 5 different players from each team will shoot, 2 of which must be female
 - If the score is still tied after 5 shooters, teams will alternate shooters until the tie is broken (sudden death, per pair of shooters)
 - A player can only shoot a second time once all players of that gender have shot

SCORING

- Mercy is called and the score freezes if a team gains a 7-goal lead

- In this case, teams are encouraged to continue to play for fun, or to mix up the teams for practice, but it is not a requirement and teams may leave the game following a mercy
- **Recreational Plus and Intermediate Divisions Only:** In Playoff games, Mercy will not be called. Scores can be higher than a 7-point differential.

EQUIPMENT

- **Cleats** are permitted, as long as they do not have metal spikes
- Players should bring a light and dark shirt to each game
- Shin pads are not mandatory, but if used, must be fully covered by socks
- **Teams are required to bring: a game ball, a single net,** pegs and velcro straps to attach to the goal they are defending

4. GAME PLAY

STARTING & RE-STARTING PLAY

PLAYING AREA

- Outdoor Soccer is played on a lined field
 - In the case of faded or missing lines, teams are to use cones to mark the boundaries and crease area
- The ball is out of bounds anytime that it crosses the side or end lines
- **Goal Crease:**
 - A player can pass, shoot or dribble the ball while in the crease
 - Goals can be scored while in the crease
 - A player can remain stationary while in the crease, but cannot interfere with the goaltender

START OF PLAY

- Captains will use any suitable means to determine who starts the first half with the ball, or pick a side
- The team that does not kick-off to start the game will kick-off to start the second half

KICK OFFS

- Are used at the beginning of each half and to restart play following the scoring of a goal
- All opposing players must be a minimum of 15 feet from the ball until it has been put into play
- The ball does not need to travel forwards
- The ball may not be touched by the kicker again until another player has contacted the ball
- A goal cannot be scored directly from a kick off

THROW-INS

- Throw-ins are used to re-start play after the ball goes out on the sideline
- Defenders must be at least 5 feet from the ball

- The offensive player must put the ball into play within 5 seconds of gaining possession of the ball
- The thrower must have both feet on the ground, and both hands behind the head when throwing-in
- The ball may not be touched again by the thrower until another player has contacted the ball
- A goal cannot be directly scored from a throw-in

CORNER KICKS

- Are awarded to the offensive team when the ball crosses the end line (last touched by a defender)
- Defenders must be at least 10 yards from the ball
- The offensive player must put the ball into play within 5 seconds of gaining possession of the ball
- The ball may not be touched by the kicker again until another player has contacted the ball
- A goal can be scored from a corner-kick

GOAL KICKS

- Are awarded to the defending team when the ball crosses the end line (last touched by an attacking player)
- Any player on the team is permitted to take the goal-kick
- Opposing players must stand a minimum of 10 yards back from the spot of the goal-kick
- The ball is considered 'live' once the ball leaves the crease area

SUBSTITUTIONS

- Substitutions can be made on the fly or during stoppages in play
- The player leaving the field must reach the bench before the replacement player enters the field
- A goalie substitution can only be made during a stoppage in play
- Pulling the goalie for an extra attacker is not permitted in ESSC Leagues

OFFSIDE

- For the purpose of offside, the opposing goalkeeper is considered a defender
- Offside occurs when an offensive player is:
 - An active part of the play and behind the second last defender
- An offensive player is not offside when:
 - They are not an active part of the play
 - Standing on their own half of the field
 - Receiving the ball from a goal-kick, corner-kick or throw-in

GOALKEEPERS

- Can only use the ball while inside of the crease area
- Must put the ball into play within 5 seconds of gaining possession of the ball
- May throw, kick or drop-kick the ball from their crease back into play
 - If the goalie opts to throw the ball, and the ball crosses half before it is touched by any player, play will be blown dead and will result in a corner kick for the opposing team

- Cannot pick up a pass (with their hands) from a player on their team
 - This is considered a handball and the opposing team will be awarded an indirect free kick
- May travel over the half-line
- Are permitted to score a goal

FREE KICKS

FREE KICKS

- All free-kicks are to be direct except the following, which are indirect:
 - A goalkeeper picks up a pass that was intentionally passed to them from a teammate's knee/foot or from a throw-in
 - A player prevents a goalkeeper from releasing the ball from their hands
 - High kicks above an opponent's waist
 - Too many players on the field
 - Delay of game
- All free kicks are to be taken from the point where the foul occurred
- Defenders must be a minimum of 10 yards from the ball
 - If there is less than 10 yards between the ball and the goal, defenders can stand on the goal-line
- For Indirect kicks the ball must touch at least one other teammate before it can count as a goal

PENALTY KICKS

- A penalty kick is awarded anytime a foul (major or minor) is committed within the goal crease
- A penalty kick is taken from the penalty-mark
 - The kicker is only allowed to stand back a maximum of 5 feet from the ball before kicking
 - All other players must stand at least 10 feet from the penalty mark
- The goalkeeper must remain stationary on the goal-line until contact has been made with the ball
- The ball is live off the penalty kick
 - The kicker cannot touch the ball a second time until it has been touched by another player

VIOLATIONS AND FOULS

Violations and fouls are intentional or unintentional rule infractions. Players are expected to call violations and fouls committed by themselves or their team. The violating team will lose possession and the opposing team will be awarded an indirect free-kick.

- A **penalty kick** is awarded should there be a defensive violation or foul that occurs in the crease area

ADVANTAGE RULE

- The advantage rule allows play to continue when the team fouled against was not adversely affected or put at a disadvantage by the play
- The advantage rule is called by the team that is fouled, they will yell 'Play On'

HANDBALL

- When a player deliberately handles the ball, or gains a favorable outcome as a result of the handball
- Includes any part of the arm, from the top of the shoulders to the fingertips

USING THE BODY TO ADVANCE

- Advancing in any direction, backside-first, in an attempt to shield defenders from the ball
- Players are allowed to shield the ball temporarily if moving, with the ball, in the direction that they are facing
- Stationary players are only allowed to shield the ball

SHOULDER TO SHOULDER

- Players cannot challenge opponents with their shoulder

TOO MANY PLAYERS ON THE FIELD

- When a player enters the field to their advantage, before the replacement reaches the sideline

DELAY OF GAME

- When a player or team intentionally shoots the ball out of bounds, or impedes the play from re-starting

PENALTIES

Penalties temporarily or permanently remove players from the game who are contributing to an intense, unsportsmanlike or dangerous environment. Players and teams are expected to call their own penalties, although the player being fouled can also make a call.

- An indirect free kick will be awarded to the opposing team from the spot of the penalty
- A **penalty kick** is awarded should there be a defensive violation, foul or penalty that occurs in the crease area, including a handball
- If a team calls a penalty against themselves and a goal is then scored on the play, the goal will stand, and the player will still serve the penalty
- **Major Penalty:**
 - Results in the player sitting off for **five minutes**
 - The team is not short-handed
- **Game Misconduct:**
 - Occurs if a player receives a 2nd Major Penalty or following malicious 1st time offences
 - Results in the player being ejected from the game
 - The team is not short-handed

RECKLESS PLAY

- Body contact, tripping, holding, high-kicks

SLIDE TACKLING

- No player (goalie included) can slide feet first at the ball or another player
- The first offense will result in a **major penalty**

- The second offense will result in a **game misconduct**

UNSPORTSMANLIKE CONDUCT

- Examples of unsportsmanlike conduct:
 - Swearing, throwing equipment, petitioning calls, diving, etc

THREATENING BEHAVIOR

- The first offense will result in a **game misconduct**
- Examples of threatening behavior:
 - Verbal abuse, physical threats, fighting, instigating, retaliation, intent to injure

PENALTIES & PLAYERS ON THE FIELD

- For **major** penalties, the offending player is required to sit off for the full duration of the penalty, regardless of whether a goal is scored or not
 - The offending player will be replaced on the field by another player at the time of the penalty
 - The offending player (including goalkeepers) must serve the penalty, even if it will result in a short-handed situation
- No team will be forced to play two players short due to penalties
 - Penalties that would result in a team playing two players down will be served one after the other
 - The exception is if a team is already playing short-handed (minimum roster requirement)