



SC UNITED SOCCER CLUB

OUTDOOR HOUSE LEAGUE RULES

UNITE-HER LEAGUE



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Rule 1 – Playing Time

All house league players within the Club must be given a minimum of 50% of playing time in each regular season house league and finals game. This is the responsibility of the coaches, and the intent of this rule is that house league coaches balance playing time amongst all their players equally and fairly.

Rule 2 – Number of Players

In the house league, during the entire playing season, including Club tournaments, teams will play an equal number of players (i.e.: if one team can only field nine players, both teams will field nine players).

Rule 3 – Substitutions

Substitutes are allowed in house league soccer as per Long Term Player Development Recreation Matrix (LTPD) or as modified by the Club to facilitate maximum participation:

- U4-U7 Unlimited on the Fly
- U8 & U9 Unlimited on the Fly
- U10-U18 Unlimited and on any stoppage

At the discretion of the referee, a team can substitute when a player is injured.

Rule 4 – Duration of Games

Playing time for the outdoor season shall be as follows:

	U5 & U6	U7	U8 & U9	U10 & U11	U12 & U13	U14+
Format	3v3	3v3	5v5	7v7	9v9/11v11	11v11
Game Duration	2 - 15 Min. Halves	2 - 20 Min. Halves	2 - 20 Min. Halves	2 - 25 Min. Halves	2 - 30 Min. Halves	2 - 40 Min. Halves

Each game under the U8 division and up, are given a 10-minute warm up, 5-minute half-time, and 5-minute end-of-game cool-down.

Rule 5 – Ball Sizes

Size 3 shall be used for U4-U8, Size 4 for U9-U12, and size 5 for U13 - Adult.

Rule 6 – Footwear / Dangerous Apparel

All players must wear shin guards, or they will not be permitted to play.

All players must wear their team uniform with numbers printed on the back of the jersey.

All players U6 and older must wear soccer shoes.

Players must comply with The OSA Guidelines regarding FIFA Law 4 – Players Equipment. Players must not wear jewelry and if, in the opinion of the referee, they are wearing dangerous footwear, jewelry accessory, or medical device (such as, but not limited to, a cast, splint, or brace) which may cause injury to other players or themselves, they will not be allowed to play. Medic Alert bracelets must be taped.

Rule 7 – Point Scoring

As per LTPD matrix, no scores are kept up to U12.

In house league for U13 and up, points are awarded as follows:

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

Rule 8 – Forfeit of Game

A team will forfeit a game for any of the following reasons:

- a) Failure of a team to appear for a game.
- b) If a team delays the start of a game by fifteen (15) minutes or more.
- c) If a team has less than the number of players, in accordance to the LTPD Matrix, or unless caused by injury during the game.

Rule 9 – Game Sheets

Each team coach is responsible for supplying a copy of their own game sheet, which is to be completed and signed by each team coach and the referee. Referees are responsible for submitting the game sheets to the Unite-Her House League Convenor.

Rule 10 – Lack of Referee

Should the designated referee not be available, then a neutral referee acceptable to both coaches will referee the game. Failing this option, then each coach (or assistant) is expected to referee one-half of the game. Please make every effort to play the game.

Rule 11 – Abandoned Game

If a game is abandoned within the first half or at halftime, the game will be scored as a 0-0 draw. If game is called with a minimum of 70% of the game completed, the score will stand.

No replay of the game will be permitted unless at the discretion of the Unite-Her League.

Rule 12 – Rescheduling / Postponement

There will be no changes to scheduled game dates unless authorized by the Unite-Her Soccer League.

There will be no postponed games except when: a)

Ordered by the referee; or

b) In the absence of a referee, both coaches agree that weather conditions and/or field conditions are unsafe (Following SC United Rules for Inclement Weather)

In the event neither team fields the minimum number of players, no points shall be awarded, and the game shall not be rescheduled.

In the event of a cancelled game, it will be rescheduled at the discretion of the Unite-Her League in consultation with the local Municipality regarding field availability.

Rule 13 – Tournament / Playoff / Tie Breaker

Note: In accordance with LTPD, there will be no recorded standings for U7-U12.

Standings (U13-U21)

a) In tournaments and end of season playoffs, where it is necessary to establish places for purposes of deciding divisional winners and runners-up or wild card places, positions shall be decided as follows:

a. Most points.

b. If tied, goals for/against difference.

c. If still tied, goals against.

d. If still tied, result of game(s) between the tied teams.

e. And, if still tied, penalty shootout or coin toss if teams are not available

Overtime & Penalty Kicks

a) In the event of a tie at the end of regulation time in:

a. An end of season playoff game.

b. Tournament game(s)

b) The winner shall be determined by:

a. Two five (5) minute overtime periods, alternating ends of field, with the first team to score declared the winner (“golden goal”).

b. If still tied at the end of the overtime:

i. Penalty kicks using a set of five (5) players from each team, who will take one kick each. Players may only be selected from among those on the field at the end of the second overtime period.

ii. Penalty kicks continuing in the same sequence as for the first kicks until the game is decided.

For the above two points (i. & ii.), the winning team is decided by “sudden death” – the first team to go ahead on goals when both teams have taken an equal number of kicks is the winner.

c. If the game is abandoned while still tied, the game will be replayed.

Rule 14 – Practices

Technical practice sessions for players in house league will be scheduled by the Club for U8-U10.

Coaches of U11-U18 will be provided training on drills and techniques by the Club Technical staff, where player attendance is optional. Coaches will also be provided training fields for their own team-run practices.



**SC UNITED SOCCER CLUB
&
UNITE-HER SOCCER LEAGUE**

COACHES GUIDE & PROGRAM INFORMATION



Volunteer coaches are vital to the success of our house league programs.

We are very thankful for your commitment to coaching. Coaching can be a challenging but rewarding experience.

We, as a club, created this document for you to use as a reference and general guide throughout your coaching journey. If you have any questions, comments, concerns, or clarification on topics within the document or those that are unaccounted for in this manual, please feel free to contact us at info@unite-her.com. We appreciate your time and effort taking on a critical role for our house league teams. We hope you enjoy your coaching experience to the fullest throughout the outdoor house league season.

Age Group Descriptions

U4- U7

- 3v3 game format
- Size 3 balls are used
- Sessions will be 55 minutes long
- Players develop a basic understanding of the rules of the game and begin to develop simple skills
- Players dribble in or pass in when the ball is out
- Game is under control by a game leader not a referee; game leaders are put in place to encourage and guide the players on the field
- Coaches should focus on ensuring players have a positive soccer experience and trying to get each player on the field to play

U8/U9

- 5v5 game format
- Size 3 balls are used
- Players start to participate in full 55-minute games with two 20 minute halves and a 5 minute half time break
- Continue to develop a deeper understanding of the game and the rules
- Players can dribble in or pass in when the ball
- Coaches should encourage basic tactics (passing the ball to ahead of them, keeping the ball away from their net, etc.)

U10/U11

- 7v7 game format
- Size 4 balls are used
- Players start to participate two 25 minute halves and a 5 minute half time break
- Strictly kick-ins- Players are not able to dribble the ball into play when the ball is out
- Coaches should continue to encourage players to make basic tactical decisions
- Players demonstrate more technical ability and growth
- Now having 6 outfield players, we suggest a formation which includes 2-3 defenders, 1-2 midfielders and 2-3 forward players, with one person in net

U12

- 9v9 game format
- Size 4 balls are used
- Players start to participate in two 30 minute halves and a 5 minute half time break
- By this age, players should have a reasonably strong understanding of how the game is played and the rules
- Coaches should start to encourage players to attempt slightly more difficult skills (taking on a defender 1v1, maintaining possession as a team for several passes, etc.)
- For this age group the retreat line is at $\frac{1}{3}$ of the field rather than being at $\frac{1}{2}$ for the previous age groups

U13- U18

- 11v11 Game format
- Size 5 balls are used
- Players start to participate in two 40 minute halves and a 5 minute half time break
- Players understand the rules and regulations of the game
- Players can play at an effective level using tactical and technical skills on the field during game play
- Games are competitive and at a high-level performance standard
- Retreat line is not used

Rules and Responsibilities Coaches

- Provide filled out game sheets to league officials
- Attend all games if possible (please inform parents of your team and league officials if you are unable to attend a game)
- Create a positive and inclusive environment for all, and continue to be encouraging for all players (on your team and other teams)
- Refrain from negative encounters with the referees/match officials
- Scheduling will be handled by the Club

Player Equipment

- Players shall not wear anything which is a danger to themselves or others
- Basic equipment of each player consists of; numbered jersey, shorts, socks, shin guards, and appropriate footwear
- Shin guards must be covered entirely by socks
- Goalkeepers should be wearing to easily distinguish them from other players and the referee
- Players should not wear jewelry of any kind, unless medically or religiously permitted

Start of Play

- The start of play comes from a kick-off
- A kick-off is the way of starting or restarting the play at the center of the field
- Kick-off and a new start of play can come from the following;
 - At the start of the game
 - After a goal has been scored
 - At the start of the second half
- A goal cannot be scored directly from a kick-off
- Kick-off procedure is as follows
 - The referee having given a signal to start, the game starts by a player taking a stationary kick at the center of the field of play in any direction (forwards, sideways, or backwards) on the field of play. All players must be on their own designated sides of the half. The ball is officially in play and live when the ball moves. The kicker shall not play the ball a second time until it has been touched or played by another player

The Ball In and Out of Play

- The ball is out of play when the ball has crossed the line, whether in the air or on the ground or when the play is stopped by the match official
- Whichever team was last to touch the ball before it went out of the play, the ball then goes to the other team for a kick-in
- A kick-in is when the ball goes out of the field from the touchlines (outside lines) and the ball is now to be played in from the touch-line by the team that did not play the ball out of bounds

Fouls and Misconduct

- A player who commits any of the following offences in a manner considered by the referee as careless, reckless, and using excessive force
 - ❑ Kicks or attempts to kick an opponent
 - ❑ Trips or attempts to trip an opponent
 - ❑ Jumps at an opponent
 - ❑ Charges an opponent
 - ❑ Strikes or attempts to strike an opponent
 - ❑ Pushes an opponent

Or commits any of the following 9 offences

- ❑ When tackling an opponent contacting the opponent before making contact with the ball
- ❑ Spits at an opponent
- ❑ Holds an opponent
- ❑ Handles the ball deliberately (except the goalkeeper within his own penalty area)
- ❑ Plays in a dangerous manner
- ❑ Impedes the progress of an opponent
- ❑ Prevents the opposing goalkeeper from releasing the ball
- ❑ Plays or touches the ball a second time prior to the ball being touched by any other player after the ball is in play from a kick-off, free kick, corner kick, goal kick, or penalty kick

Shall be penalized by the award of an indirect free kick to the opposing team from the place where the offence occurred. If the offence has been committed by a defender within the penalty area, a penalty kick shall be awarded to the opposing team.

- If the goalkeeper playing within their own penalty area commits any of the following offences

- ☒ Takes more than six seconds to release the ball when controlling it with his/her hands

- ☒ Touches the ball again with his/her hands after it has been released from his/her possession and has not been touched by any other player

- ☒ Touches the ball with his/her hands after it has been deliberately kicked to him/her by a teammate

- ☒ Wastes time

Shall be penalized by the award of an indirect free kick to the opposing team at a spot on the green penalty area arc closest to where the infringement had occurred.

- A player in the 13+ divisions shall be cautioned and shown the yellow card if, in the opinion of the referee, the player

- ☒ Is guilty of unsporting behavior ☒

- Shows dissent by word or action

- ☒ Persistently infringes the Playing Rules of Indoor

- Soccer ☒ Delays the restart of play

- ☒ Fails to respect the required distance when play is restarted with a corner kick or free kick

- ☒ Enters the field of play without the referee's permission other than in the act of substitution

- ☒ Deliberately leaves the field of play without the referee's permission other than in the act of a substitution or directly returning to the team bench after serving a penalty

- ☒ Slide tackles or attempts to slide tackle. Sliding without attempt to contact the opposing player shall not be considered a slide tackle

- If the referee stops play to administer the caution, a free kick shall be awarded to the opposing team where the offence has occurred

- A player shall be sent off the field of play and shown the red card if, in the opinion of the referee, the player

- o Is guilty of a serious foul play

- o Is guilty of violent conduct
- o Spits at an opponent or any other person
- o Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within her-his own penalty area)
- o Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or penalty kick
- o Abuses offensive, insulting, or abusive language and/or gestures
- o Receives a second caution in the same match
- If play is stopped by reason being ordered from the field of play for an offence without a separate breach of the playing rule having been committed, the game shall be resumed by a free kick awarded to the opposing team from where the offence has occurred

Free Kicks

- All Freekicks are “indirect”
- An indirect kick means that a goal cannot be scored unless the ball has been played or touched by any other player than the kicker prior to passing through the goal
- When a player is taking a free kick within the player's own penalty area, all opposing players must be at least 10 yards from the ball and outside the penalty area until the ball has been kicked out of the area.
- The ball must be stationary when any free kick is taken and the kicker cannot play the ball a second time until it has been touched or played by any other player

Retreat Line

- To allow our younger players to learn and gain confidence on how to play the ball out from the back and build an attack.
- When the goalkeeper has the ball for a goal kick or after making a save, the opposing team would “retreat” back to the halfway line for U4-U10 and for U11-U12 the opposing team retreat to 1/3 of the field.
- U13+ have no retreat line
- Once the players have retreated the goalkeeper can successfully play the ball
- Once a teammate has received the ball, the opposing players can start to apply pressure
- This gives the player on the ball time and space required to make decisions without being under immediate pressure or marked

Overview of Rules

Criteria	U5 & U6	U7	U8 & U9	U10 & U11	U12 & U13
Match Format	No Formal Matches	3v3	4v4 (no GK) or 5v5 (with GK)	7v7 (including GK)	U12: 9v9 (including GK) U13: 9v9 or 11v11
Coaching Qualification	Active Start + MED + RiS + MH + EAP	Fundamentals + MED + RiS + MH + EAP	Fundamentals + MED + RiS + MH + EAP	Learn to Train + MED + RiS + MH + EAP	Learn to Train + MED + RiS + MH + EAP
Maximum Match Duration	Informal Play	30 minutes	40 minutes	50 minutes	U12: 70 minutes U13: 80 minutes
Maximum Match Time per Player per Day	N/A	60 minutes	60 minutes	80 minutes	100 minutes
Minimum Rest Time between Matches	N/A	Duration of 1 match	Duration of one match	Duration of one match	Duration of one match
Maximum Goal Size	Pop-Up Goals 0.91m (3ft) x 1.52m (5ft)	Pop-Up Goals 0.91m (3ft) x 1.52m (5ft)	1.52m (5ft) x 2.44m (8ft)	1.83m (6ft) x 4.88m (16ft)	1.83m (6ft) x 5.49m (18ft)
Field Size	N/A	Width: 18-22m Length: 25-30m	Width: 25-30m Length: 30-36m	Width: 30-36m Length: 40-55m	Width: 42-55m Length: 60-75m
Ball Size	3	3	3 (or 4 super light)	4 (or 5 light)	4 (or 5 light)
Memorable Events	N/A	N/A	*Two (2) per Year	*Two (2) per Year	**Four (4) per year
Referee or Game Leader	N/A	Game Leader	Game Leader or Small Sided Referee	Small Sided Referee	Referee
Sideline Restarts	N/A	Pass in and Dribble in	Pass in and Dribble in	Pass in and Dribble in	Throw-in
Offside	N/A	N/A	No	No	Yes

Most Commonly Asked Questions

1. What do I do when I get to the field?

Coaches are to check the field prior to any game or practice for any possible safety hazards (ie. Broken glass, sharp objects, etc.). If a hazard is spotted, please let the referee know prior to the start of the game or if it is found before a practice session, please contact the MYSC Office so we can make the Town and its field maintenance staff aware of the hazard. Once everything is cleared, prepare your team for game start. Ensure you give the game sheet to the referee before the game.

2. How do I create a rotation schedule?

Coaches are to rotate players throughout the game to ensure equal playing time. A coach can have a parent volunteer or assistant coach keep track of time. Using clothes pegs with player names on them is also a good way to keep track of who is next to go on the field.

3. What is a Game Sheet, how do I fill it out and what do I do with it?

The game sheets can be found on the club website at www.scunited.ca under UNITE-HER. Both coaches on both teams are responsible for supplying the game sheet to the referee prior to the start of the game. The referee will hand the completed sheet in to the MYSC office. All players who are participating in the game need to be listed on the game sheet. If a player is missing, please ensure they are either not listed on the game sheet or their name is crossed out.

4. What if I, the Coach, can't make it to a game?

If you are unable to make it to a game, please decide with your assistant coach or another parent to take your place. It is important to find someone to come in and coach the team.

5. Where should the parents of the players sit?

All parents and spectators are to sit on the opposite side of the field from the players. This will prevent children from going back and forth to their parents and give you greater control of keeping everyone focused and together for rotations. Please encourage the parents to sit at least 5 feet away from the field markings – this is for the safety of both the players and the spectators.

6. What do I do if I'm having difficulties with a parent?

Contact the club and discuss the issue. If it is happening during a game you may talk to the referee or team official. If there are SC United or UNITE-HER officials present, contact one of them and inform them of the issue.

7. What is the role of the referee?

If at any time during the game you are not sure of the call, please ask. The referees are there to help. Remember to deal with our referees with respect and courtesy. They may make a few mistakes along the way, just as players and coaches do. Please accept their decisions. Arguing with a referee does not provide a good example of sportsmanship for our kids, nor does it do any good. A referee's decision is final as per OSA rules.

Please keep in mind that SC UNITED is providing the opportunity for our youth to have jobs as referees. They have all been trained, but they are still learning. We have implemented a referee mentoring program, so there will be opportunity to observe access and improve. If you noticed a referee who needs some guidance regarding their calls, please email info@unite-her.com. Do not approach the referee directly with feedback. For some of them, this may be their first-year refereeing, please be patient and courteous. Some of them may be refereeing in more than one division. (ie. U8, U9, etc.) where the rules are slightly different between these age groups.

Important Documents

- [Parents Code of Conduct](#)
- [Players Code of Conduct](#)
- [Coaches Code of Conduct](#)
- [Zero Tolerance Policy](#)
- [Social Media Policy](#)
- [Club Equity Policy](#)
- [Rowan's Law](#)

