



**YOUTH RECREATIONAL
RULES & PROCEDURES**



Letter from the President

To the DSC Recreational/House League Team Officials and all other Club Representatives:

Welcome to the DSC Recreational division! To all our returning DSC coaches, thank you for volunteering your time with us once again. We would also like to extend a warm welcome to our new DSC coaches.

This manual is to assist all Recreational Coaches and Club Officials to prepare for the upcoming season. Each team representative is required to become familiar with this manual and have a clear understanding of the league and DSC's rules and regulations, policies, and procedures. If at any time, Club representatives have a question or concern he/she should contact the Director of Recreational Soccer and/or the Club Head Coach for assistance. The Office staff can assist with administrative duties, but the Director of Recreational Soccer and Club Head Coach are familiar with rules and regulations that govern the recreational leagues.

Being a registered member of Ontario Soccer and the Peel Halton Soccer Association, we will continue to provide you with qualified guidance from our Director of Recreational Soccer, Club Head Coach, and our Technical team. Our commitment is to provide a positive and excellent experience and to fully implement Ontario Soccer's Long Term Player Development program (LTPD). DSC will continue to follow the recreational matrix outlined by Ontario Soccer for all ages.

The Dixie Soccer Club expects the highest standard of personal conduct from Team Officials as well as its players, parents and other spectators supporting the teams. Interactions must be characterized by courtesy, fair play, and acting with the best interest of our players. Safety of our players is the top priority of the Dixie Soccer Club.

Good Luck for the upcoming season!

Leo Campanella

President, Dixie Soccer Club

INTRODUCTION

The purpose of this document is to provide all members with an understanding of how the Recreational/House League operations of the Dixie Soccer Club (“DSC” or “the Club”) are conducted. In particular, it describes registration procedures and the playing rules that are used for the various age groups organized by the Club.

The goal of the DSC is to provide an environment for our youth to learn and play quality soccer. These rules are designed to ensure the enjoyment, fairness, and equality of all participants.

Members can contact the Director of Recreational Soccer, Club Head Coach and/or Club office with any questions or concerns.

LEAGUE COMPOSITION

The number of Recreational / House League teams in the Club will be decided by the Board of Directors. The League shall be composed of the following series:

DIVISION	PLAYING FORMAT
U4/U5	4v4 (no GK)
U6/U7	5v5 (4 players + GK)
U8/U9	5v5 (4 players + GK)
U10/U11	7v7 (6 players + GK)
U12/U13	9v9 (8 players + GK)
U14-U16	11v11 (10 players + GK)

Co-ed teams are only permitted in the U3 and U4/U5 divisions and/or Indoor League divisions. Special requests may be considered by the DSC Board of Directors, to have a female play on a male team.

REGISTRATION

All Players and Team Officials must be registered with DSC through Ontario Soccer’s registration system. Players will be assigned to their respective teams in the League database by DSC Club officials.

A Player must be registered a minimum of forty-eight (48) hours prior to playing in any League, Cup or Playoff game. The playing of any unregistered players will result in the forfeiture of all games where the unregistered player is listed on the game sheet and/or caught playing in a league game. In addition, appropriate discipline will be administered.

Age groupings shall be taken from Ontario Soccer’s relevant documentation.

Players will be allocated to teams by the Director of Recreational Soccer on a strict “share of the talent” basis for development and recreational purposes. It is the intent of the soccer club to have all teams balanced for more competitive play.

A Team found guilty of using an ineligible player shall forfeit the game to their opponent, with a 3-0 score being recorded, and may be subject to further disciplinary action at the discretion of the DSC Discipline Committee. The League Committee shall rule on all disputes regarding player registration, and the Committee’s decision will be final.

Age Requirements

All registered players must meet age requirements stipulated by the DSC and Ontario Soccer. A player may be registered in their specified age division, provided he/she has not reached the stipulated age prior to January 1st of the playing year.

Proof of birth document for registered player, birth certificate or passport, must be submitted into the club for all players that have not previously recorded proof of age with the Club.

Player Requests

When registering a player, a parent may request that their child be placed on a team with another child. Requests are subject to the following conditions:

- a) Requests must be one-to-one player reciprocated requests i.e., each player must have requested that they be on the same team as the other.
- b) Requests must be made when registering the player.
- c) Requests will not be taken after the deadline specified on the DSC registration form or posted on the Club website.
- d) The reciprocal player request must also be made by the deadline on the registration form.
- e) The Coach, one Assistant Coach and Team Sponsor may each have one matching request for their children.
- f) Requests are accepted at the discretion of the DSC. Submitting a request is not a guarantee that it will be provided.
- g) Any appeals for exceptions to this policy must be made in writing to the Director of Recreational Soccer.

Withdrawals & Refunds

Please refer to the Recreational Programs Refund Policy listed on the Club website.

All requests to have a player withdraw from a recreational program must be made in writing clearly stating the player's name, birthdate, and mailing address along with the program registered for and reason for withdrawal. All requests must be emailed to the Office Manager at info@dixiesoccerclub.com. Withdrawal and refund requests will not be handled over the phone and/or in person at the soccer club.

Submission of a refund request does not guarantee a refund. Please allow two to four weeks for refund processing.

Note: non-attendance does not constitute a notice of withdrawal or request for refund/credit.

GENERAL PLAYING RULES

No scores and/or standings will be recorded/kept for MICRO and MINI (4v4, 5v5, and/or 7v7) divisions as per the Ontario Soccer Long Term Player Development model. House League standings will only apply to the U13+ divisions.

League Schedules

The league game schedule will be played (weather permitting) May through August and will be provided no later than one week prior to the season commencement. The schedule will be posted to the clubs' website.

Referees

All participants must respect the Referee or Game Leader ("Game Officials"). The Referee's decision is final.

Games will be officiated primarily by youth referees. Coaches must use discretion and show respect all times when dealing with these young officials. The Club will not tolerate the abuse of any Game Official, of any age, for any reason.

The Club will do its best to assign referees to all 7v7, 9v9 and 11v11 divisions, pending referee availability.

Each Coach must submit their completed game sheet to the Referee prior to the start of the game.

In the event that a Referee does not show up to officiate a game:

- a) Each team must provide a referee for ½ the game unless the Coaches agree on the official(s) selected.
- b) The appointed Referee(s) will have the same authority as any Club assigned Referee.
- c) The Game Sheet must indicate that the Referee is a "no show" and the Coaches agree on the officials(s) selected.
- d) Once the game has begun, the game is considered an official league game. The game will not be rescheduled or replayed.

Coaches Responsibilities & Club Expectations

Each House League Team will have one (1) Head Coach at minimum. Assistant Coach(s) are permitted. All team officials must be registered with the soccer club and are the only team officials permitted on the player side of the field and player bench.

All Coaches and Assistant Coaches must complete a coaching application form prior to the start of the season. Application must be accompanied by a Valid Police Check. The clearance is valid for two (2) years. Please contact the club office for more details on obtaining a Police Check.

All Head Coaches will be provided with one (1) game ball prior to league kick-off. It is the responsibility of the Home Team Head Coach to provide the game ball for league games.

Each team must submit a completed game sheet to the referee prior to the start of each game. Player names and jersey numbers must be clearly written on the game sheet. Any players not in attendance for the game should have their name crossed off. This rule applies to the U10+ divisions only.

Team Officials will always conduct themselves in an exemplary manner and must not display inappropriate conduct in front of the players. Drinking, smoking, swearing or obnoxious behaviour of any kind, while in charge of a team, will not be tolerated.

Good sportsmanship should be displayed at all times.

The Head Coach is always in complete control of their assigned team and is responsible for the action of the team players, assistant coach, and all supporters of their team.

Any complaints or suggestions from registered team officials on any matter pertaining to their assigned team must be made in writing to the Director of Recreational Soccer.

No coach or other person may approach Sponsors requesting additional equipment or funds for their team, nor may they approach suppliers for equipment.

No coach or team official should request money from team parents for a purpose without approval from the Director of Recreational Soccer.

Uniform & Equipment

Players must wear the full uniform provided by the Club. This includes the proper jersey from current season, shorts, and socks.

Teams are not permitted to print/screen Individual Player names on the uniform/back of player jersey.

Shin guards are **mandatory** for all age groups. Players must wear shin guards for the duration of all practices and games.

Shoes appropriate to the season and facility must be worn. i.e., outdoor cleats or indoor soccer shoes. Under no circumstances are metal studs to be worn.

No jewellery of any kind can be worn according to Ontario Soccer guidelines.

FIFA rules indicate that sports glasses/goggles with straps are to be worn.

Hats, sunglasses and/or hard hair accessories are not permitted to be worn by players (soft headbands and hair elastics only).

No headwear may be worn except for the following cases:

- a) A headscarf can be worn on the field if it is not attached to the jersey and it does not pose any danger to the player wearing it or any other player on the field. It can only be worn by female players.
- b) Turbans/patkas/keski are permitted; however, the head covering must be safe and not pose a danger to the wearer or other participants.

Players can wear a soft cast made of soft lightweight padded materials if it does not present a danger to the individual or any other player. The referee will make the final decision as to the acceptability of any cast.

Ontario Soccer has stipulated that players can wear an insulin pump on the field if the player has a medical note stating the necessity for it and it does not present a danger to the individual or any other player.

Ball Size

DIVISION	BALL SIZE
U3	Size 3
U4/U5	Size 3
U6/U7	Size 3
U8/U9	Size 3
U10/U11	Size 4
U12/U13	Size 4
U14-U16	Size 5

Location of Players, Team Officials & Spectators

The following applies to U3 and U4/U5 divisions:

- a) Parents and spectators are not permitted on the field of play and must not be behind either goal. They must be on the opposite side of the field from the player's bench.

The following applies to U6/U7 and U8/U9 divisions:

- a) One Game Leader is allowed on the field, out of the way of the ball and out of the penalty area. Coaches from either team are not permitted on the field of play unless called upon by the Game Leader.
- b) Parents and spectators are not permitted on the field of play and must not be behind either goal. They must be on the opposite side of the field from the player's bench.

The following applies to U10+ divisions:

- a) The only Players and Team Officials allowed on the team bench are those who are registered with that Team and listed on the game sheet. In addition, they must be on the official roster on record at the Club.
- b) Coaches and Players must be at the designated technical area (bench) on one side of the field.
 - i) If a field does not have a bench, Coaches and Players should be on the opposite side of the field from spectators.
 - ii) Team Officials are not to cross the centre line and interfere with the opposing team.
 - iii) Team Officials are not to enter the field of play at any time unless called upon by the Referee.
- c) Parents and spectators are to remain on the opposite side of the field from the technical area of coaches and players. They are not to be behind either goal area at any time during the game.

In all age groups, Parents should not leave children unattended at games. Coaches must notify all parents of this.

Equal Playing Time

Coaches must make every effort to ensure each player receives their fair share of playing time. DSC has a policy of "equal" time for all, subject to the practical considerations of the timing of substitution opportunities, player injury, or removal of player due to discipline. Coaches are simply not to play or favor some players more than others nor are they to "stack" their lineup or "shorten their bench" to gain a competitive advantage over the teams they are playing. Our program is about participation and having fun and while winning is always "nice", it is not to be at the cost of excluding any player.

Grace Period

For 11v11 leagues:

- a) A grace period of fifteen (15) minutes will be allowed if a team has less than seven players for 11-a-side play at the appointed kick-off time.
- b) The defaulting team shall forfeit the game and the points will be awarded to the opposing team. The score shall be recorded and posted as a 3-0 score in favour of the opposing team.
- c) If both teams have less than the minimum required players;
 - i) No points will be awarded to either team.
 - ii) The game will not be rescheduled.
- d) If either team has less than the minimum required players, teams are encouraged to play an exhibition game with those players who are present at game time.

Standings

Standings will be kept for U13+ leagues. All other divisions do not keep standings, so the focus of the games is player development and fun.

Determination of U13+ League Winners:

- a) Each team will be awarded three points for a win, one point for a tie, and no points for a loss.
- b) At the end of the regular season, the division winner shall be the team with the most points.
- c) If the teams are tied on points, the following shall be used to determine the winner (in descending order only):
 - i) Head-to Head
 - ii) Goal Differential
 - iii) Goals For
 - iv) Goals Against
 - v) Coin Toss

MAXIMUM OF FIVE (5) GOAL DIFFERENTIAL WILL BE COUNTED DURING THE REGULAR SEASON (U13+ Leagues)

Game Reporting

It is the responsibility of the Referee to report on game results.

U4-U9 Division Team Officials and/or Game Leaders need only report if their game has been cancelled.

U10+ Division Team Officials should report if their game has been cancelled, stopped early due to inclement weather, or if a referee was not present at their game.

Games where referees do not show should still be played and will be counted. The Home Coach must advise the Club or Director of Recreational Soccer, within 24 hours of a referee no-show and of the game results.

Game Cancellations

All games will be played as scheduled unless:

- a) The outdoor fields or indoor facilities have been closed by the City of Mississauga or the Club.
- b) The Game Official calls the game due to weather, discipline, unplayable conditions, or other unforeseen circumstances.

If games are cancelled and when possible, the Club will send an email to affected coaches and post a message on the Club's website by 4:30pm. If no posting is on the website, all players and team officials are asked to attend the game.

Games cancelled when more than half the game has been played are considered final and will not be rescheduled.

Games cancelled due to field closures or inclement weather will be rescheduled at the discretion of the Club.

Games cancelled at the field by the Game Official must be reported to the Club and/or Director of Recreational Soccer by the Home Team Coach to be considered for rescheduling.

Inclement Weather

All games for all age groups are played in the rain or shine. If a heavy rainfall occurs, the City of Mississauga or DSC may close the fields. If fields are closed by the City of Mississauga or Club, games will be cancelled and only rescheduled if part of a division (11v11) played their games. If fields are being closed, the Club will provide notice to coaching staff/teams affected by the closure by 5pm. The closure notice will also be posted on the Clubs website by 5pm.

Thunder: In the event of inclement weather and thunderstorms, the following policy applies.

If you can hear thunder, you can get hit by lightning. As soon as you hear thunder, quickly get to a safe location. All participants and spectators must vacate the field and seek shelter. Games are not to be restarted under any circumstances.

Heat: players must be given ample extra water breaks when playing in temperatures exceeding 20 degrees Celsius.

Game scores and possible rescheduling will be determined based on Game Reporting and Weather Conditions.

Parents may of course at any time take any reasonable action they deem appropriate for the safety of their child.

Vacations

Vacations are an expected part of the outdoor season and no players are to be penalized for being away. Please advise your parents to inform the coaching staff if the player(s) are planning to be away on vacation. When the coach is away, parents are expected to fill-in. Every effort to inform the club of coaches' absence is to be made, when possible.

OUTDOOR PLAYING RULES

The following section applies specifically to the Club Outdoor Recreational programs. All other General Playing Rules also apply.

Number of Players

AGE GROUP/DIVISION	NUMBER OF PLAYERS
U4-U5 (4v4)	<ul style="list-style-type: none"> ▪ Teams will be compromised of a maximum of 10 players ▪ Maximum of 4 players per team on the field (no GK) ▪ Minimum of 3 players per team on the field to start the game
U6-U9 (5v5)	<ul style="list-style-type: none"> ▪ Teams will be compromised of a maximum of 10 players. ▪ Maximum of 5 players per team on the field (1 GK + 4 players) ▪ Minimum of 4 players per team on the field to start the game
U10-U11 (7v7)	<ul style="list-style-type: none"> ▪ Teams will be compromised of a maximum of 12 players. ▪ Maximum of 7 players per team on the field (1 GK + 6 players) ▪ Minimum of 5 players per team on the field to start the game
U12-U13 (9v9)	<ul style="list-style-type: none"> ▪ Teams will be compromised of a maximum of 16 players. ▪ Maximum of 9 players per team on the field (1 GK + 8 players) ▪ Minimum of 6 players per team on the field to start the game
U14-U16 (11v11)	<ul style="list-style-type: none"> ▪ Teams will be compromised of a maximum of 18 players. ▪ Maximum of 11 players per team on the field (1 GK + 10 players) ▪ Minimum of 7 players per team on the field to start the game

Session Duration

The duration of Outdoor games is as follows:

DIVISION	SESSION DURATION
U3	45-minute session
U4/U5	45-minute session
U6/U7	Warm-Up + 2x20 minute halves
U8/U9	Warm-Up + 2x20-minute halves
U10/U11	2x25-minute halves
U12/U13	2x35-minute halves
U14-U16	2x40-minute halves

Note: Where ages are combined, the duration for the oldest age will apply.

Age-Specific Outdoor Recreational Rules

The following rules apply to specific age groups:

4v4 and 5v5 Leagues (U4-U9):

- a) Referees are not required in these age groups. Game Leaders and Coaches must work together to ensure basic rules are followed.
- b) There are no offsides.
- c) A player may dribble or pass the ball to restart the game when the ball is out-of-bounds. There are no throw-ins.
- d) U8/U9 divisions only: Retreat Line development tool is enforced. Refer to the ***Retreat Line*** section for additional details.

7v7 Leagues (U10/U11):

- a) There are no offsides.
- b) Penalty kicks are taken 8 yards from the goal line; all players behind the ball outside the penalty area.
- c) A player may dribble or pass the ball to restart the game when the ball is out of bounds.
- d) Retreat Line development tool is enforced. Refer to the ***Retreat Line*** section for additional details.

9v9 Leagues (U12-U13):

- a) Standard FIFA rules to be followed, with the sole exception being the number of players on the field (9v9).
- b) Retreat Line development tool is enforced. Refer to the ***Retreat Line*** section for additional details.

11v11 Leagues (U14-U16):

- a) Unless stated otherwise in this document, standard FIFA rules are to be followed.

Summer Rules

Commencing on July 1st to the end of the Recreational Outdoor season, no team will be allowed to field more players than the opposing team.

Retreat Line for 5v5, 7v7 and 9v9 Leagues

The retreat line comes into play when the goalkeeper has the ball in his/her hands following a save or the ball has gone out of play for a goal kick. Opponents must retreat behind the retreat line, (which is equal to $\frac{1}{2}$ of the field in 5v5 and $\frac{1}{3}$ of the field in 7v7 and 9v9) until the ball is in play. The ball is in play once it is touched by another attacking player, crosses the retreat line or leaves the field of play, whichever occurs first.

The goalkeeper in possession does not have to wait for the opposition to retreat and has the option to restart the game anytime; however, if the goalkeeper decides to restart the game before the defending team has time to retreat, the retreat line will become void for that play of the game (in the event of any mishaps from the goalkeeper).

The following diagrams show where the retreat line is positioned for the various game formats:



The diagram shows the location of the retreat line on the $\frac{1}{2}$ way line of a **5v5** game. You will see that the blue team players have all retreated behind the retreat line as the GK has the ball.



The diagram shows the location of the retreat line on the $\frac{1}{3}$ of the field of a **7v7** game. You will see that the blue team players have all retreated behind the retreat line as the GK has the ball.



The diagram shows the location of the retreat line on the $\frac{1}{3}$ of the field of a **9v9** game. You will see that the blue team players have all retreated behind the retreat line as the GK has the ball.

Substitutions

4v4 and 5v5 Leagues: Substitutions are allowed at all times; with no limit.

7v7 and 9v9 Leagues: Substitutions are allowed at any stoppage of play upon notification of the referee.

11v11 Leagues:

- a. Substitutions are allowed at the following stoppages of play upon notification of the referee.
 - o Goal kicks
 - o After a goal has been scored
 - o Half time
 - o On the team's throw in. Piggyback substitution will be allowed on the opposing teams throw in.
- b. There is no limit to the number of substitutions a team may make.
- c. No substitution will be allowed at free kicks or corner kicks.
- d. An injured player may be substituted. Other players cannot be substituted at the same time.
- e. Referees must be made aware of substitutions otherwise a caution (yellow card) may be issued to the offending players.

All substitutions will be at the referee's discretion.

CODE ON CONDUCT

All registered DSC members agree to abide by the Clubs Code of Conduct contained in the DSC Policies and Procedures and posted on the Clubs website.

ZERO TOLERANCE POLICY

Parents and spectators are reminded that recreational soccer is about FUN. The club has a Zero Tolerance Policy for abuse and harassment of referees, coaches, players, and spectators. Please visit our website for full details.

DISCIPLINE

A Discipline Committee, appointed by the DSC Board of Directors, shall be in place to adjudicate league misconduct and infractions. The committee shall consist of at least a chairperson and 2 more committee members.

The Discipline Committee will have the power to impose suspensions or issue warnings to persons found guilty of misconduct while on/or in the vicinity of the playing field and/or DSC permitted facilities.

The Discipline Committee (representing the DSC) may suspend any team official/player for conduct that in their opinion is not in the best interest of the Club. Such action is to be dealt with at a Disciplinary Committee meeting/hearing within seven (7) days of the suspension.

In all cases of alleged physical assault on a Game Official, by a Player, Club or Team Official, he/she shall be suspended immediately. All alleged physical assault of Game Official cases will be forwarded to Peel Halton Soccer Association and Peel Police.

A Player who receives a red card must leave the field immediately. All Players receiving a red card will automatically receive a one-game suspension and may receive further disciplinary action in line with their offense. Red cards can not be appealed.

Any Coach, Manager, Team or Club Official ejected from a game must attend a hearing by the Discipline Committee. Notification of hearings is made by email.

Any Player, Club or Team Official reported for violent conduct during a match who is found guilty of such conduct, may be suspended for the remainder of the season.

Every team is responsible to the League for the actions of its Players, Team Officials and spectators and is required to take all precautions necessary to prevent spectators from abusing, threatening, or assaulting Game Officials, Club Officials, Players, and Facility staff.

Anyone found guilty and subsequently penalized by the Discipline Committee, has the right to appeal the decision to the appropriate committee of the Peel Halton Soccer Association in accordance with their Policies and Procedures on Appeals.

Any Players, Coach or individual under suspension as a result of disciplinary action, shall not be allowed to participate in any soccer-related activities (games, practices, or other team/club events) until the suspension has been served in its entirety.

Any protests relating to the club fields, goal post bars, or other appurtenance of the game shall not be entertained by the Dixie Soccer Club, unless notice with particulars was lodged with the referee prior to the commencement of the game. The referee must make mention of this on his/her report prior to submission into the club.

Questions?

Please contact our **Director of Recreational Soccer** at dixiesoccerclub@rogers.com

Any matter not covered in this document shall be judged in accordance with the Policies and Procedures and Published Rules of the Peel Halton Soccer Association, Ontario Soccer and Canada Soccer.