

OUTDOOR SOCCER

League Rules



EDMONTON SPORT & SOCIAL CLUB

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1. COVID-19 RULE AMENDMENTS

GENERAL HEALTH AND SAFETY GUIDELINES

Following government and Alberta Health recommendations, players need to understand and follow these guidelines:

- Please complete the screening checklist provided with your registration. If you answer “yes” to any of those questions, please do not participate. The checklist includes items such as coughing, fever, shortness of breath, and travel outside of Canada.
- Players should wash hands prior to heading out to the field and bring their own sanitizer.
 - Thoroughly wash your hands with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - Handwashing as soon as possible after the games is highly recommended.
 - At this time we have sourced some supplies, due to arrive mid-June, however depending on the total teams and timelines of a second shipment, we will lean on teams to help ensure equipment is properly cleaned.
- It is highly recommended that players wear a cloth face mask that covers the nose and mouth when not playing; including arriving, departing, and subbing.
- We encourage teams to avoid bringing spectators to their facility. If you bring children, please do not leave them unattended while playing.
- In the lead up to the game, maintain the appropriate 6-foot social distance between teammates and opponents that are not a part of your household or personal cohort.
- Pre-game captains’ meetings & handshakes have been eliminated.
 - If captains choose to meet, they should maintain a 6-foot distance.
 - Schedules will indicate who the home and away teams are.
 - At the end of the game, teams can verbally acknowledge “good game” to your opponent.
- Please arrive 15 minutes maximum before scheduled game time. There will be absolutely no congregating at parks, facilities or parking areas before and after your game.
- Handshakes, high fives, or any other physical contact is not permitted.
- Teams must ensure they limit shared equipment and ensure frequent sanitization between use. Please make sure you are wiping down equipment between each player with the appropriate sanitization tools.
- Teams must spread out along the sidelines, benches, and dugouts, unless they are members of the same household.
- Players must cover their mouth and nose with the pit of their elbow when coughing or sneezing.
- Players must not share water bottles, orange slices, or Spitz.
- Leave nothing on site; take all belongings and garbage with you.
- Teams and/or players who do not adhere to the suggestions put forth by league organizers risk being refused to participate. It is imperative that all participants conduct themselves in a respectful and sportsmanlike manner.

GAME SPECIFIC MODERATIONS

- Roster caps
 - Alberta Health has introduced a 50-person cohort “mini-league” restriction. With this in mind all divisions will be made of 4 or 6 teams, dependent on team roster sizes. The cap for a roster will be 12 people.
- Warm-up
 - Warming-up muscles and stretching is important to avoid injury, but they should be done individually or paired with your own team maintaining a minimum of 6 feet distance between players.
 - It is recommended that players wash/sanitize hands after the warm-up prior to game start.
- Game Play
 - To avoid hand contact, only goalies (provided they are wearing gloves) can handle the ball. Players will take Kick-ins, instead of throw-ins. When the ball goes out of play, players can pass the ball inbounds, but only to a maximum of 20 feet.
 - When placing the ball for a free-kick or corner, please use your feet to place the ball.
 - We are following guidelines provided by Alberta Soccer. As such, more guidelines may be provided later in the season.
 - Currently, headers are still permitted.

2. PLAYFIELDS

The ESSC rents all outdoor fields from the City of Edmonton Parks and Recreation Department. As tenants, players must respect the standards and rules of each field:

- Please refer to the google maps for parking information; no parking in restricted areas or permitted zones
- Alcohol consumption and smoking is prohibited on any outdoor field or the surrounding parking lots
- Public urination on City fields will not be tolerated
- All public by-laws apply when using a field, including; excessive noise, offensive language, littering, etc
- Be respectful to homeowners, community residents or anyone else who is sharing the surrounding area
- Players are responsible for all property damage that results from their actions, including vehicles

Any player who causes the ESSC to receive a complaint regarding a field rented by the ESSC will receive a \$100 fine and may be ejected from the League.

3. SPORTSMANSHIP

The ESSC encourages a fun-first, winning-second attitude in all leagues. All players are expected to abide by the ESSC sportsmanship policies, including:

- Controlling emotions and actions at all times
- Treating the field, equipment, staff, and other players with courtesy and respect
- Avoiding retaliation under any circumstance
- Providing feedback in a constructive manner to the opposing team captain, and being open to feedback

ZERO TOLERANCE POLICY

The ESSC requires Team Captains to remove players from a game if they are involved with any of the following acts:

- Swearing directly at another player
- Displaying disrespectful or threatening behaviour
- Intentionally pushing, shoving or making physical contact with another player
- Making comments to instigate an altercation with another player

If a player is ejected from a game they must vacate the field immediately. The offending player will be subject to further follow-up from the ESSC, including possible suspension/expulsion from the League.

SPORTSMANSHIP RATINGS

- Spirit points are handed out by the opposing team at the conclusion of every game
 - **Recreational Division** – Spirit points are added to a team's points earned from wins and ties, factoring into a team's total points
 - **Recreational Plus** – Spirit points do not factor into a team's total points; however, they are used as the first tie-breaker in the standings
- Each team will be given a single rating from the opponent, combining two categories:
 - **Accountability** – how responsible the other team was with regards to rules and calling fouls
 - **Spirit** – overall attitude and fun-first mentality of the team
- Teams can receive a maximum of +1 or -1 spirit points in any given game

Rating	Explanation
(+1)	The team was a lot of fun and made a genuine attempt to call their own fouls
(0)	The team was okay. There are two scenarios: (1) they were average in both fun and accountability; (2) they were strong in one area but weak in the other
(-1)	The team was too intense or aggressive, generally did not follow the rules or call their own infractions/penalties, and showed a low-level of ownership

REPORTING SPORTSMANSHIP CONCERNS

- If at the end of the game a team has an unresolved concern with respect to the other team's sportsmanship, report the details of the issue to the ESSC using the online complaint form
- **If a team submits a sportsmanship rating of -1 for their opponent, the team is required to fill out a formal complaint form online by 5:00pm the day after their game, or the rating will be changed to a '0'**
- The ESSC reserves the right to change a rating if the GC believes a rating is not warranted and/or an appropriate representation of a team's play

4. ROSTERS

League	Ideal Roster Size (F) = Female	Total # of Players Required on the Field	Total # of Females Required on the Field
6 on 6	11 – 13 (4 F)	5 + Goalie	2
8 on 8	14 – 15 (6 F)	7 + Goalie	3
11 on 11	16 – 18 (6 F)	10 + Goalie	3

- Player requirements outlined above do not include goalies.
- Minimum female 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 minimums)
- If a goalie is injured during the game the team will be given a short timeout to replace the goalie

5. SUBS

For all ESSC Leagues, players are responsible for finding their own subs, it is not the ESSC's responsibility to find and/or provide subs for teams.

WHO CAN SUB?

- Anyone 18 years of age or older

REQUESTING A SUB

Recruiting a sub can be done in one of two ways:

1. ESSC Subs Lists: 'Request a Sub' online through your MyESSC account to access players who have voluntarily signed up as subs
2. Team Invites: Invite a player not on the subs list to the online team roster, through the MyESSC account function (e.g. friends, family, co-workers, etc)

SUB POLICIES FOR REGULAR SEASON

- Subs should be of a similar skill level to the player that they are replacing. Bringing out ringers could result in follow-up action from the ESSC
- All subs must know the rules, understand the level of play, and abide by all ESSC policies

SUB POLICIES FOR PLAYOFFS

- Teams that have qualified for a shot at the championship can only bring in subs who have played at least one regular season game with the team
- All teams who are not playing for the championship can bring in subs regardless of how many games they have played with the team
- Prior to the first playoff game, teams must have all players who are playing in the playoff game(s) displayed as part of the confirmed roster in MyESSC, otherwise they could receive an automatic loss and will not be eligible for the championship

6. DEFAULTS

WHAT IS A DEFAULT?

A default occurs when, at the scheduled game start time, or at any time during the game, a team has fewer than the minimum number of required players. If a team chooses to leave early and quit the game for any reason, including a lack of players, the team will also be subject to the default rules.

The chart below outlines the minimum players required for each specific league in order to not default:

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

WHAT HAPPENS WHEN A TEAM DEFAULTS?

- When a default occurs, the opposing captain must choose one of the following options:
 - a) Enforce the default fee and mercy score
 - b) Waive the default fee and enforce the mercy score
 - c) Waive the default fee and play a regular game, not enforcing the mercy score
- In all above scenarios, the team being defaulted against is responsible for stating to the ESSC and any members of the defaulting team, which option they have chosen prior to the playing of any fun game
- The playing of a fun game does not alter the results of scenario a) or scenario b) above

7. LEAGUE SPECIFIC RULES

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)
 - Sudden-death shoot-out rounds will alternate between male and female 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

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 provide a game ball
- **Teams are required to bring a single net**, pegs and velcro straps to attach to the goal they are defending

8. GENERAL PLAYING GUIDELINES

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 ****PLEASE SEE COVID-19 SPECIFIC RULE MODIFICATIONS**

- 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)
- Are awarded to the opposing team after a goalkeeper violation (excluding handballs)
- 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 their hands to play 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 not travel over the half-line
- Are permitted to score a goal

FREE KICKS

INDIRECT KICKS

- All free-kicks are to be indirect (except penalty-kicks)
- All indirect 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
- 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)