

2026 Rules Updates as approved by SOSA Board of Directors

2.08	Clubs are not permitted to register any non-sanctioned organization's teams or players to give them access to member services or sanctioned competition.	
4.01a	Each team must have a Head Coach. No team may participate in a league competition without a registered Head Coach on their Team Roster Report (TRR), and a registered Coach or Assistant Coach on the team bench. Per OS Operating Procedures, all coaches <i>and</i> assistant coaches must be fully certified in the following categories: <ul style="list-style-type: none"> • Soccer for Life (U14+) or Learn to Train (U10-U13) – Online course & Practical Workshop • Safe Sport Roster <ul style="list-style-type: none"> ◦ Respect in Sport Activity Leader Program ◦ NCCP Making Ethical Decisions - Course and online evaluation ◦ NCCP Making Headway ◦ NCCP Emergency Action Plan ◦ NCCP Rule of Two • Must have cleared the Club's volunteer screening process 	
4.01b	Each team may have no more than one (1) Manager. To be rostered to a team, a Manager must have: <ul style="list-style-type: none"> • Completed the Safe Sport Roster course (all five components listed above) • Cleared the Club's volunteer screening process 	
4.03	The Head Coach and Manager must be activated on the SOSA LMS by March 31st. All Team Officials' names, contact information, and OS numbers must be entered on the team roster on SOSA's LMS for each season. Changes to the list of Team Officials during the season must be reported to the League Manager. Any Team Official who leaves a team must be removed from the LMS.	\$50
5.02	A player registered in the Under-6 or younger age classification may <u>not</u> play up for a team in an older age classification. For clarity, Fast Track eligibility begins at Under-7.	
5.04	A Grassroots team may use no more than five (5) Call-Up players in any one league game.	
6.09	A Competitive team may use no more than five (5) Call-Up players in any one league game.	
7.09	If a player without a valid TRR from their rostered team and the required TEP or STRP paperwork participates in a game, the opposing coach must note the discrepancy on the game sheet. Failure to note the player's ineligibility on the game sheet may result in the opposing Team's Head Coach being fined for failure to perform the Player ID Check.	\$25 \$50 \$75
8.01	A <u>printed</u> copy of the official TRR must be available at all times. Any team that fails to produce a game sheet or its TRR may be fined , and the Team Official may also be required to attend a Discipline Meeting.	\$50

8.03	No protest of a player's eligibility will be heard if a Player ID check is not completed before the game. For further clarity, a notation that there is a discrepancy in a player's paperwork must be reported to the Match Official and noted on the game sheet.	\$25 \$50 \$75															
13.05	In divisions where two (2) age groups play an interlocking schedule, the older age group will be used to name the division, and one set of medals will be awarded to the winner of that combined division champion.																
14.03	<p>Any team that fails to present itself at the game field within 20 minutes after the scheduled kick-off time or fails to field the minimum required players within 20 minutes after the scheduled kick-off time will be considered to have failed to appear for a scheduled game. The team must start the game immediately upon arrival of the minimum number of players, if the players arrive within the predetermined 20-minute grace period.</p> <table><tr><td>U10 & U11</td><td>7v7</td><td>Ideal: 10-12</td><td>Max on roster: 14</td><td>Minimum to play: 5</td></tr><tr><td>U12 & U13</td><td>9v9</td><td>Ideal: 14</td><td>Max on roster: 18</td><td>Minimum to play: 6</td></tr><tr><td>U14+</td><td>11v11</td><td></td><td>Max on roster: 20</td><td>Minimum to play: 7</td></tr></table>	U10 & U11	7v7	Ideal: 10-12	Max on roster: 14	Minimum to play: 5	U12 & U13	9v9	Ideal: 14	Max on roster: 18	Minimum to play: 6	U14+	11v11		Max on roster: 20	Minimum to play: 7	
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14.09	<p>If the Match Official rules that a game should be abandoned due to adverse or dangerous weather before the completion of $\frac{3}{4}$ (<i>three-quarters</i>) of the total regular playing time, the game will be rescheduled and replayed from the start. Games abandoned in the last quarter of regular playing time will be deemed complete, and the score at that time will stand as the final score.</p> <table><tr><td>U10 & U11</td><td>50-minute game is considered complete at 38 minutes.</td></tr><tr><td>U12</td><td>70-minute game is considered complete at 53 minutes.</td></tr><tr><td>U13</td><td>80-minute game is considered complete at 60 minutes.</td></tr><tr><td>U14+</td><td>90-minute game is considered complete at 68 minutes.</td></tr></table>	U10 & U11	50-minute game is considered complete at 38 minutes.	U12	70-minute game is considered complete at 53 minutes.	U13	80-minute game is considered complete at 60 minutes.	U14+	90-minute game is considered complete at 68 minutes.								
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14.13	In the event of a game postponement or abandonment due to weather conditions or a Match Official no-show, both teams will be responsible for advising their Club and the League within 24 hours of the scheduled start of the game. The Club must ensure the League has been notified.																
22.01	<p>It is each Team Official's responsibility to be familiar with and adhere to the SOSA Policies and League Rules and Regulations, or the rules of the League they play in (<i>i.e., ISL or playing out in other Districts</i>).</p> <p>Tournaments may have different rules and discipline procedures than the District. It is the team's responsibility to be familiar with the rules and discipline procedures of any tournament or festival they enter.</p>																