

Southeast Ontario Soccer Association

InterClub House League Rules

General Information

1. Schedules will be available to members on the SOSA League website
2. Each team is required to print one game sheet prior to game time to provide to officials for game reporting. Referees will submit a copy of the game sheets to the SOSA District upon completion of the game.
3. Home team is required to provide corner flags, goal nets, and ensure that the fields are lined.
4. Home team is responsible for the assigning and payment of game officials.
5. League Championship medals will be provided at the end of the season to the winning team.
6. Only coaches and players registered to the team are allowed on the bench, and only players in the game are allowed to be on the field. Coaches must stay on their half of the field.
7. Spectators must be on the opposite side of the field from the players. No spectators allowed behind the goal.
8. All players must play an equal amount of time in a game
9. League play will start the week of June 8. Clubs may start earlier for training sessions if desired. The week of June 22 will be blacked out for graduation celebrations.
10. Kingston United will host the John Nador Cup year-end tournament on August 22 and 23.

Playing Rules

The playing rules shall be those set out in the latest available edition of the FIFA Laws of the Game and in compliance with the Player Pathway as determined by Ontario Soccer.

Division	Length of Half	# of Players Including Goalie	# of Players to Avoid Forfeit	Ball Size	Field Size
Under 13	40 Minutes	9	7	5	Width: 42-55m Length: 60-75m
Under 14 and above	45 Minutes	11	7	5	Full Field

Substitutions

Substitutions can be requested on goal kicks, after a goal has been scored, for injuries, at halftime, or at either team's throw-in. Substitutions are only permitted after the referee has been asked and permission has been granted. Substitutions may be denied to speed the flow of the game or near the end of the half or game. Substitute players are to enter at the centre only.

Short Handed Rule

If one team is playing short-handed, the opposing team will play with only one player more on the field.

Discipline

Any player who receives a red card must leave the playing field immediately. All discipline will be handled by the SOSA Discipline Chair.