



CVSSC Outdoor Soccer Rules

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1. Spirit Points: The “Spirit of the Game” is extremely important for all CVSSC leagues and these “spirit points” ratings will factor into the final standings starting for the Spring/09 leagues. Each team will give a spirit rating of between 0-5 points to their opponents after each game based on how fun they were to play against (showed up on time, met the female/male player quotas, called their own fouls, refrained from yelling and had fun). Spirit scores will be kept private until the end of the season, where they will be calculated to account for 25% of the final standings.

*Smile, have fun, play fair, know the rules, and show up on time and you'll do awesome!

*If you don't report a “spirit score” for your opponent, they get an automatic 5 and you get an automatic 2.5 (unless graded lower by your opponents).

*Report the “spirit score” and game score to the CVSSC rep after the game. Or, if not there, email it to info@comoxvalleysports.ca or call it into Scott at 250.898.7286 by the following day.

2. Weather Policy: It is quite difficult to reschedule games, especially with a number of fields shut down for the summer, so please be prepared to play through some rain during the season. Teams should show up to the field regardless of weather and give 20 minutes grace period for things to clear up (unless it is absolutely disastrous out). That

being said, all teams have the possibility of one make-up game, thereby extending the season another week. Schedules would be adjusted online after the fact.

3. Equipment: Two CVSSC approved balls will be brought to each set of games by the CVSSC, as well as field cones to mark off the boundaries for each field where needed. Teams can decide to use a different ball, if both captains agree on it.

- Rubber cleats are allowed. Metal cleats are not allowed.
- Shin guards are recommended, but not necessary.
- Each player must bring a dark shirt and light shirt to each game, or purchase team jerseys from our sponsor Aero Art (\$15 shirts for a single colour front and either name plate or number on the back). Please run the shirt colour past the league coordinator first, so we don't have overlap.

4. Field Set-Up: Field dimensions for our outdoor soccer leagues will vary, depending on whether there are two games or one game at each location. Approximate dimensions the league tries to abide by are 80 paces length by 50 paces width.

- Please arrive 15 minutes early to help set-up the field and nets and to warm up. Any spots on the field deemed dangerous should also be coned with a field cone (and possibly attempted to be filled) and reported to the CVSSC to have it dealt with.

- Team captains should also take the time to meet before the game and at halftime to discuss any issues (weather, player quotas, etc...), decide which team goes lights or darks for shirts, decide on a timer for the halves (if they choose to take a half), and do RPS (rock, paper scissors) to determine first possession. Possession flips to the other team for the second half.

5. Match Play/Format:

- Game length will be approximately 75 minutes, including a five minute halftime (two 30-minute halves). Start times can be anywhere from 6 p.m. to 8 p.m.

- All CVSSC games are self-refereed. Please do your best to know the rules, call your own fouls and play in a fun-first manner, with respect for your opponents.

- Teams should pick one player (or the CVSSC rep) to time each half (if captains decide ahead of time on a half). When 30 minutes is up and the timer goes off, play is dead and it should be yelled that time is up.

- Games are played 5-on-5, with at least two girls on the field at all times (this rule can be flexible in the regular season, but is more important in playoffs). Teams can play a girl in net, but she does not count towards the 2-girl quota on the field.

- If a team can only field one girl, they play with four players out and a goalie. If they cannot field a girl at all, they can play with four players out and start down 3-0.

- If a team cannot field at least four players (including the goalie), they will default the game. A score of 10-0 is recorded for a default. But teams should still split up and play for fun – you're there anyways!

- Both teams should keep score and double-check with each other over any discrepancies as the game goes on and at half-time. The captains should report the score and "spirit points" rating to the CVSSC rep after the game.

- A mercy rule will go into effect when a team takes a lead of 7 goals or more. The score will freeze and teams are encouraged to play for fun.

- Regular season games can end in a tie. In the playoffs, teams will go to sudden death format for 5 minutes. First possession is decided by another game of RPS. If no victor is achieved, a shootout takes place with three players for each team to start, then shooters go one by one if still tied.

- First possession and ends are determined by RPS (rock, paper scissors). Possession switches for the second half and captains can decide with each other whether they want to stay in the same end or switch ends.

6. General Rules:

- Kick-offs start each half and are used after each goal. The ball has to be spotted at the centre of midfield and can be kicked any direction to start play.

- During kick-offs, opposing teams must stay 15 feet back from the ball in all directions until it's been put in play.

- A goal cannot be scored directly off a kick-off.

- Heading the ball is allowed.

- Substitutions happen on the fly with all players except for the keeper. Please wait till your teammate touches the sidelines to enter play. The keeper can only be substituted in stoppages in play.

- Throw-ins (must follow proper technique, two hands on ball, feet planted, ball thrown from behind head) will be used for any ball that completely exits play on the sidelines. The thrower cannot touch the ball again until it's touched by another player, and no goal can be scored on a throw-in. Possession goes to the team opposite the one that touched it last. Goal kicks and corner kicks will be used for balls that completely exit play at the end-lines.

- Penalty kicks (which are rare) will only be taken when a major or minor foul is committed within the goal crease. It will be taken from the penalty mark (12 yards out from the centre of the goal mouth). All other players must stand at least 10 yards out from the penalty mark. The goalkeeper must stand on his/her own end-line, between the goal posts until the ball is kicked.

- Indirect free kicks will be given for any infraction outside of the goal crease (this also applies to when a goalie illegally plays the ball with his/her hands). Possession is given to the team that was fouled at the point of the infraction. Goals cannot be scored off indirect free kicks. Opposing players must stand at least 10 yards from the ball on a free kick.

7. Goalkeeper's Rules:

- Players can pass the ball to the goalkeeper from anywhere on the field, but the goalie cannot use his/her hands to pick up a ball passed by a teammate. The exception is on a throw-in. The keeper can pick up a ball on a throw-in from his/her own teammates, as long as within the crease.

- Goalkeepers can exit the crease to play the ball or make a save, but cannot use his/her hands outside of the crease.

- The goalkeeper cannot cross the centerline, but can score on long shots.

- Goalies can only change during stoppages in play.

- The goal crease should be approximately six paces to each side of the net in width, and 12 paces out from the goal line.

8. Offsides:

- The CVSSC will not use offsides, as they are too contentious. In the spirit of sportsmanship, however, please refrain from blatant cherry-picking down by the opponents' net.

9. Fouls and Infractions:

- Teams are expected to call their own fouls and team captains are expected to make sure their teammates know the rules, follow them, and properly call them. Be loud if you are calling an infraction.

(i) Slide-tackles – there are strictly no slide-tackles allowed in the CVSSC, including for goalies. Do not attack at another player in a sliding, feet first position... it's dangerous!

(ii) Handballs – Protect your face, chest and groin without the fear of a handball call. Unintentional handballs should be allowed and play to continue, unless they result in an advantageous play for someone else. Those plays, and intentional handballs, result in indirect free kicks for opponents.

(iii) Accidental physical play – This includes accidental trips, contact, holds, bumping, etc... Just make it an indirect free kick and carry on with the play.

(iv) Purposeful physical play – If a player purposefully trips an opponent, verbally abuses them, spits at them or is overly physical in any way, please have the captains resolve it as best as possible and report the incident to the CVSSC after the fact. It might be best to send the player off the field for at least five minutes to cool down, or completely removed from the game at the captains' discretion. Further punishment may be handed down after the game, as these leagues are fun-first.

10. Rough Play: This is a non-contact league and physical play is to be avoided. All plays are to be directed at the ball, not the body. Anyone reported as being overly aggressive, physically or verbally, can be suspended from the league at the CVSSC's discretion.

11. Alcohol Policy: CVSSC rents public facilities for all its leagues and tournaments. These facilities, unless otherwise stated, are unlicensed. As such, the consumption of alcohol during CVSSC league games and tournaments (unless in a licensed area) is not allowed and done so at your own risk.

12. Scores, Standings, Schedules and Playoffs:

1. Schedules will be posted with 48 hours before the first game, though they can change due to weather, field cancellations, compete levels, etc. It is up to team captains and players to double-check their sked online before each game.
2. Scores and "spirit points ratings" should be submitted to the CVSSC rep by both teams at the end of the game. If a CVSSC rep is not at the game, both teams

- should email the final score to info@comoxvalleysports.ca by the next afternoon. If only one team submits a score by then, that score will be used in updating the standings.
3. The standings will be determined by number of points (two points for a win; one point for a tie) as 75% the total with the spirit points ratings factored in for the other 25%. The first tie-breaker will be points, then spirit points, then point differential.
 4. The playoffs will be scheduled to take up as many as three weeks of the season, or as little as one. All teams make the playoffs, but typically only the top four finishers have a shot at the championship. This allows for closer, “funner” games.
 5. Playoff matches will be set by the CVSSC based on the standings at that point.

**Outdoor soccer is a fun, fast-paced sport that can be a blast. Please remember that this league is fun-first and there shouldn't be any problems. Have a great time, a great work-out and score some goals!

*Got questions or suggestions? Please contact us at info@comoxvalleysports.ca.