



SARNIA FC – MEN’S REC SOCCER LEAGUE RULES AND REGULATIONS



Outlined below are the Sarnia FC Men’s Recreational Soccer League Rules and Regulations.

1. Rosters

- 1.1. Each team shall be limited to those players who have registered with Sarnia FC Men’s Recreational Soccer League.
- 1.2. Roster sizes should be no smaller than 20 players with a maximum size of 25.
- 1.3. Roster limits for games are only limited to the maximum number of players assigned to the team. (eg. If a player has 25 players on their roster all 25 are eligible to play in the game)
- 1.4. A player may only be on the roster of one team within the division.
- 1.5. The Men’s Recreational league is split out into two divisions, Over 35 and an open division.
- 1.6. Rosters must be submitted prior to the start of the season. Only registered players will be assigned to a roster.
- 1.7. The league will attempt to assign any players that register but do not have a team to play for to a team that has roster spots available.

2. Refund Policy

- 2.1. If the program is shut down or suspended for public health reasons, or by governing bodies, we are still required to fulfill our contractual obligations, and we cannot guarantee a refund.
- 2.2. Requests received after the start of the sessions will not be entitled to a refund.
- 2.3. Request for refunds should be submitted as soon as possible. It is the responsibility of the parent/guardian/player to request a refund. The Club will not be responsible for requests that are submitted late.
- 2.4. All monies paid towards missed programming will be held as a credit for future programming
- 2.5. Full refund minus \$30 administration fee if withdrawn or cancelled before registration is closed.
- 2.6. In the event that the program needs to be adjusted and/or shortened due to circumstances beyond one's control, a Force Majeure and/or an unforeseen event, the club reserves the full authority to decide whether there shall be pause or extension to programming.
- 2.7. To request a refund please send an email to registration@sarniafc.ca. Please be aware that refunds can take up to 3 weeks to process.

3. Player Eligibility

- 3.1. Players must be a minimum of 18 years of age except for age specified divisions. Age determination date is the first scheduled game of the current season.
- 3.2. Any player that is currently registered to play with a competitive team or played with a competitive team in the previous season is subject to being placed in a draft to determine the team the player must play for. The previous season’s standings will determine draft order based on reverse order. Last place receives first pick.
- 3.3. The competitive or former competitive player must play the minimum of 1 season with the team that they were drafted by. After the 1 season the player is eligible to play with their team of choice.
- 3.4. Any player wanting to join the Over 35 league that played in the Under 35 league in the previous season and is between the age of 35 to 40 is subject to being placed in a draft to determine the team the player must play for. The previous season’s standings will determine draft order based on reverse order. Last place receives first pick. Players over 40 are not subject to the draft and are free to join the team of their choice.

4. Playing Rules

- 4.1. Unless modified by this set of rules, all games shall be played in accordance to FIFA rules.



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- 4.2. All divisions will play with an unlimited number of substitutions. There is no limit to the number of substitutions that can occur during a goal or goal kick.
- 4.3. Substitutions during throw-ins follows the piggy back rule in which if the team that has the throw-in elects to make a substitution then the opposing team can also make a substitution.
- 4.4. The referee will inform the League Convener of any cards that are issued in the game.
- 4.5. All players must wear numbered jerseys of like color except the goalie, which must be in a jersey different to both teams. A player not in accordance with the uniform rule is not eligible to play.
- 4.6. The team on the field shall consist of eleven (11) players. The minimum number of players to start and continue a game is seven (7) rostered players. Once the game begins, if a team falls below 7 rostered players, the game will be considered a forfeit. There will be a maximum of a 15-minute grace period
- 4.7. All games shall consist of two (2) forty-five minute halves with a five (5) minute rest period between halves.
- 4.8. A forfeit is considered a game. Forfeited games will not be rescheduled. A 2-0 win will be given to the team that did not forfeit.
- 4.9. A player who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. An athlete shall not continue competition unless the bleeding is controlled and the wound is covered.
- 4.10. Game Sheets must be printed off by each team and submitted to the referee by half-time of each game.
- 4.11. Game will be forfeited by a team if they play an illegal player(s) or a suspended player(s).

5. Disciplinary Cards

- 5.1. Upon receiving a yellow card, the player must be substituted and sit until the next goal kick or goal scored, whichever comes first. This includes the goaltender.
- 5.2. If a player receives a red card that player is automatically suspended for the next scheduled game regardless of type of competition (ie. Regular season, cup game). If it is determined by the Sarnia FC Discipline Committee that the player is to receive additional discipline then those games will also be served for the next scheduled game(s) regardless of type of competition.
- 5.3. Two yellow cards in the same game equal a red card.
- 5.4. 3 yellow cards during **regular season play** will result in a 1 game suspension which will be served in the next scheduled regular season game after the 3rd yellow card was received. This suspension will be served for the regular season game and will not apply for cup games. If a player accumulates 3 yellow cards for dissent an additional game will be added to the suspension.
- 5.5. 2 yellow cards during **Cup or Playoff competitions** will result in a 1 game suspension which will be served in the next scheduled playoff/cup game after the 2nd yellow card was received. This suspension will be served for the Cup/Playoff game and will not apply to regular season games. If a player accumulates 2 yellow cards for dissent an additional game will be added to the suspension.
- 5.6. All red cards will be reviewed by the Sarnia FC Discipline Committee who will determine the suspension.
- 5.7. Any player that is currently serving a suspension is not permitted to be on the players' bench during games for which that player is suspended.
- 5.8. Cards accumulated are reset for the playoffs.

6. Game Postponement and Rescheduling

- 6.1. Game cancellations due to inclement weather will be posted on the league website if the game is being cancelled prior to 5:30pm on the date of the game.



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- 6.2. Should there be an unplayable field due to inclement weather occurring after 5:30pm. the decision of field playability will be left to the discretion of the referee.
- 6.3. Rescheduled games must be played as rescheduled or forfeited.
- 6.4. If a game is delayed due to weather/power failure after the 75th minute and it is determined that the game will not be able to be restarted the score at the time will be final. If the game is suspended prior to the 75th minute the game will be replayed in its entirety on another date.
- 6.5. If a game is suspended due to inclement weather/power failure after the 60th minute AND one team has a 3 goal lead the game result will stand.

7. Inclement Weather Policy

- 7.1. During the course of the game if the referee deems the field conditions unplayable or the weather not suitable to continue play, they do have the right to stop the game from continuing for player safety. Rule 6.4/6.5 will determine the status of the game.

8. Fouls, Misconduct, Disciplinary Action and Protest

- 8.1. League suspensions and disciplinary actions will be reviewed by the Sarnia FC Discipline committee.
- 8.2. There is zero tolerance policy towards ref/ player assault, verbal or physical. All ref's decisions are final. Players contradicting or questioning ref's decisions or calls will not be tolerated and can result in disciplinary action including being removed from the game and or the league.
- 8.3. All red cards will be reviewed by the Sarnia FC Discipline Committee who will determine the suspension.
- 8.4. Red card appeal process - Any player who would like a hearing, due to receiving a red card, can do so by sending a written request (e-mail) to adultrecsoccer@sarniafc.ca, within 72 hours of receiving the red card. The player will sit out the team's next game, but can then play until the hearing occurs, at which time the player may be subject to any further penalty given by the Sarnia FC Discipline Committee. There is no charge for the hearing, and the player must attend at the given date and time at the soccer office in Sarnia.
- 8.5. If a player has not served all suspended games before the end of the season the suspension will continue into the following season starting with the first league game. The player is eligible to play in exhibition games.
- 8.6. Suspensions will be posted on the league website.

9. Facilities

- 9.1. Sarnia FC will provide nets for the games and line the fields.
- 9.2. Each team shall supply one game ball for play.
- 9.3. Each team shall supply corner flags for fields in which they are required. They are not required for games at Norm Perry turf field.
- 9.4. Each team shall be responsible for ensuring their bench area is clean after their game.

10. Score Reporting and Standings

- 10.1. The referee is responsible for reporting scores to the Convenor within 24 hours. Game sheets can be submitted via text message/email to the Convenor so results can be entered into the league website.
- 10.2. Official standings will be found on the league website.
- 10.3. Standings will be calculated based on 3pts for a win, 1 pt for a tie, 0 pts for a loss in league play.
- 10.4. Forfeits will be recorded as a 2-0 win/loss
- 10.5. Tie breakers will be calculated in the following order: 1) Head to Head, 2) Goal Difference, 3) Goals Conceded, 4) Goals Scored



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11. Team and Player Equipment / Uniforms

- 11.1. Appropriate soccer footwear must be worn.
- 11.2. Shin guards must be worn properly by all players and covered appropriately.
- 11.3. No jewelry or watches shall be worn by players on the field.
- 11.4. If by chance two teams' jersey colors are alike or similar, it is the responsibility of the HOME TEAM to switch colors/jerseys. The game sheet must be corrected to ensure the correct number is associated with the corresponding player.
- 11.5. Knee and leg braces must be wrapped or covered completely to avoid injuring another player. This also includes casts and other sports or protective braces.

12. Tournament/Playoff Rules – separate out Cup competition

- 12.1. The Open division holds 2 cup competitions each season. A preseason cup named the John Carlton Memorial Cup and a Cosmos Cup.
- 12.2. The Over 35 division holds a Subway Cup competition to be held during the season.
- 12.3. Cup grouping/scheduling is determined by random draw prior to the season.
- 12.4. All cup games must have a winner declared. In Round Robin play If tied after regulation the game will be decided by penalty kicks.
- 12.5. Standings will be calculated based on 3pts for a win, 2pts for a shoot-out win, 1 pt for a shootout loss in cup play.
- 12.6. In case of a tie at the end of regulation for a playoff/cup game, penalty kicks will be taken to determine a winner.
- 12.7. In the case of a tie for the final of a playoff/cup game two 10 minute halves will be played in their entirety. If still tied after 2 halves of extra time, the game goes to penalty kicks.
- 12.8. Only players on the field at the end of regulation can participate in penalty kicks.
- 12.9. 5 penalty kicks per team, teams will alternate turns based on a coin flip. If neither team is ahead after the first round of 5 penalty kicks, then teams will continue to alternate turns 1 by 1 until winner is decided

13. Referees

- 13.1. Sarnia FC will coordinate referee scheduling through an assignor.
- 13.2. When available for playoff or cup final games assistant referees will be assigned.
- 13.3. Referee fees currently set at \$60/game for referee and \$30/game for assistant referees for the Under 35 league. Fees for the Over 35 league are \$55/game for referee and \$30/game for assistant referees.
- 13.4. Referees are paid on a monthly basis by Sarnia FC.
- 13.5. Referees are responsible for entering the scores of the game into the system. This is how the system knows the game was completed and can now process payment. Refer to rule 10.1.
- 13.6. Discipline submissions must be done within 24 hours.
- 13.7. The referee is responsible for the collection of game sheets from each team.
- 13.8. If a game is postponed 1 hour prior to kick-off the referee will not receive the game fee.
- 13.9. If a game is cancelled just prior to kickoff due to inclement weather or a team not having enough players to field a team the referee will be paid 50% of the game fee.
- 13.10. If the game has started and must be cancelled due to inclement weather or a team not having enough players due to injury or discipline the referee will be paid the full game fee.

14. Sponsorships

- 14.1. Teams are permitted to seek sponsorship for their teams and apply the sponsorship to offset team costs at their discretion.