



NORTH YORK COSMOS SC

House League Rules

Law 1. Field of Play & General Guidelines

NORTH YORK COSMOS HL FORMAT MATRIX						
	Tyke	Mini	Squirt	Atom	Mosquito	Peewee
Age	U5	U6	U8	U10	U12	U15
Format	4v4	4v4	5v5	7v7	6v6	11v11
Ball	Size 3	Size 3	Size 3	Size 4	Size 4	Size 5
Nets	Pugg	Pugg	Skillz 1	Skillz 2	Skillz 2	Full
GK	No	No	Yes	Yes	Yes	Yes
Referee	No	No	Yes	Yes	Yes	Yes
Parent On-Field	Yes	Yes	Yes	No	No	No
Offsides	No	No	No	No	Yes	Yes
Throw Ins	Kick-in	Kick-in	Kick-in	Kick-in	Throw-in	Throw-in
Retreat Line	No	No	No	Yes	Yes	No
Game Time	15 min halves	15 min halves	25 min halves	30 min halves	35 min halves	35 min halves
Playing Time	Equal playing time for every player across all divisions					
Subs	On the fly	On the fly	On the fly	Any stoppage	Any stoppage	Any stoppage

Law 2. Players and Substitutions

Through Squirt, substitutions can be made at any time on the fly. For Atom and up, substitutions may only be made at a stoppage in play and with the referee's permission, as outlined in the next paragraph. Coaches may ask for a substitution on throw-in, corner kick or free kick, after an injury, or goal kick. Players may not enter or leave the field unless/until the referee allows the substitution.

In divisions where scores are kept, a 1-0 default win is awarded to the opposing team if a team is, at any point in the match, unable to field the minimum (with the exception of players temporarily sidelined due to injury). If neither team is able to field the minimum at any point, both teams are credited with a default loss.

When extenuating circumstances exist, the referee may allow a grace period of 15 minutes after the scheduled kickoff time if one team is one or two players short of reaching the minimum.

No team may field more than one player in excess of their opponent, except in situations where a team has had one

or more players sent off. No player may enter or leave the field without the permission of the referee. A team may be penalized with an indirect free kick against for wasting time during substitutions.

Law 3. Coaches and Spectators

No coach or spectator may enter the field of play at any time without the permission of the referee, with one exception: for the divisions that coaches participate on the field, please just ensure you don't impede play. All coaches, substitutes, and spectators must provide adequate distance along all sidelines; may not be within five yards of, or behind, either goal; and may not interfere with any ball in play.

No one may position themselves behind either goal line during the match. Coaches must not position themselves on a sideline that is shared by two fields, and must not position themselves in such a way that interferes with the game or members of the opposing team (coaches on-field should ensure they don't impede play). The referee is the final authority on where coaches and spectators may position themselves, and is authorized to expel from the field and its vicinity any person who interferes with play or does not comply with the referee's instructions and/or to abandon the match if necessary.

Law 4. Equipment and Uniforms

Provided equipment consists of shorts, team socks, and numbered jersey. Players must purchase and play with proper shin guards & acceptable footwear. Goalkeepers must wear colours that are distinguishable from all other players and the referee. The goalkeeper may wear a baseball cap to shield their eyes from the sun.

Players will not be permitted to play without shin guards under any circumstances. Long-sleeved garments may be worn, but only underneath the team jersey. In cases of extreme inclement weather, players may wear full-length leg coverings, provided that they are tucked into the socks and do not, in the opinion of the referee, pose a hazard.

All items of clothing or equipment other than the basic equipment must be inspected by the referee and determined not to be dangerous. Players shall not wear anything that, in the opinion of the referee, endangers themselves or other players, such as hard plaster casts. Jewelry (including earrings, studs, bracelets, necklaces and rings) may not be worn on the field of play unless the referee is satisfied that there is no risk to the player or anyone else on the field of play. Medic Alert bracelets are permitted, and stud earrings may be covered by tape at the referee's discretion (only if impossible to remove).

Soft, lightweight casts or knee/arm protectors (braces) are permitted if they, in the opinion of the referee, do not

present a danger to the individual or any other player. Any support must be safe for all players, and adequately padded and covered if necessary. Plastic or metallic hair bands may not be worn.

Eyeglasses may only be worn if the referee is satisfied that they do not pose a hazard to the wearer or any other player. For safety's sake, the wearing of sports goggles in place of potentially hazardous eyewear is encouraged.

A player who is asked to leave the field of play because of defective or dangerous equipment may not re-enter the field of play until the referee is satisfied that the equipment is permissible, and with the referee's permission.

Law 5. The Referee

Each match is officiated by an Ontario Soccer certified referee whose duties include, but are not limited to: enforcing the Laws of the Game; issuing cautions and dismissals; keeping time and score for the match; starting, stopping and re-starting play; and suspending or terminating a match if circumstances warrant.

The referee may not change a decision upon realizing that it is incorrect, if play has restarted or if the referee has signaled the end of the first or second half and left the

field of play or terminated the match. All decisions made by the referee with regards to the match are final.

Decisions will be made to the best of the referee's ability according to the Laws of the Game and in the 'spirit of the game', and will be based on the opinion of the referee who has the discretion to take appropriate action within the framework of the Laws of the Game.

The referee will stop play if a player is, in his/her opinion, seriously injured and allow them to be treated, and ensure that any player who is bleeding leaves the field and does not return until the bleeding has stopped, any wound is adequately covered and any blood-stained clothing has been removed. The referee will allow play to continue until the ball is out of play if a player is, in his/her opinion, not seriously injured.

The referee is authorized to take action against coaches and team officials who fail to conduct themselves in a responsible manner and, at his/her discretion, expel them from the field of play and its vicinity, and will report to the Club Head Referee any disciplinary action taken against any players and/or coaches, and any incidents occurring before, during or after a match.

Law 6. Duration of Matches

Please see House League Matrix in Law 1.

A match may be shortened or abandoned if, in the opinion of the referee, the field has become unfit for play or if weather conditions pose a danger to players (e.g. electrical storm).

A match is official once halftime has been reached or if the equivalent of half of the allotted game time has been played. If a match is abandoned due to weather or field conditions once it is official, the score will be recorded as it stood at the time the match was abandoned. If a match is abandoned before becoming official, no score will be recorded and the match will be excluded from the final standings.

In playoff matches for divisions in which scores are kept, the following tie-breaking procedure applies:

- One 5-minute “golden goal” extra time period is played. If either team scores during this period, the match is over and they are declared the winners. A coin toss before extra time will be conducted to give the winner of the toss the choice of which half to attack. No substitutions are permitted during overtime except to address player injuries.
- Kicks from the penalty mark. Each team selects any five players, who alternate taking penalty kicks on the opposing team’s goalkeeper. The shootout is over when one team is mathematically defeated. Any player may be

selected as goalkeeper, but must remain as goalkeeper for the duration of the shootout, barring injury.

- If the match is still tied after each team has taken five kicks, each team selects one additional player to take a kick. The process continues until one team has scored more goals than the opponent after the same number of kicks. No player may take an additional kick until all of their teammates have taken the same number of kicks. If a team expends its entire roster without the tie being broken, players may begin taking second kicks, in any order.

Law 7. Starts and Restarts

Opposing players must provide 6 yards of distance in until Squirt age group, 8 yards of distance in Atom, and 10 yards of distance in older divisions on all restarts, with the exception of kick-ins (see Law 13), until the ball is in play. If a player encroaches, the referee may stop play, direct that the restart be retaken and show the yellow card (see Law 11).

On all starts and restarts, the player who takes the start/restart may not touch the ball a second time until it has been played by another player, otherwise a free kick is awarded to the opposing team (see Law 11).

A coin toss determines possession to begin the game. The kick-off is used to start play at the beginning of each half,

at the beginning of extra-time, and to restart play after a goal has been scored (by the team that has been scored against). The ball must be stationary at the centre mark and is in play once it is kicked and clearly moves.

In situations not covered by any other method of restart, the ball will be dropped by the referee and is in play once it has touched the ground.

Law 8. Ball In And Out Of Play

The ball is out of play when it has wholly crossed a sideline or goal line on the ground or in the air, or when the referee has stopped play. The ball is also out of play when it has made contact with any outside agent – an object/entity unnatural to the field of play or any person who is not an active player or the referee.

The ball is considered in play at all other times, including when it has contacted any goalpost, crossbar, corner flag, pylon or other object used by the NYCSC to mark the active field of play, or the referee.

When any person other than an active player or the referee touches the ball while in play, the referee will stop play and restart with a dropped ball, unless the referee determines the interference was intentional, in which case a free kick may be awarded.

A goal is scored when the whole of the ball, while in play, has passed entirely over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal. If an infringement has occurred, the goal is negated and play is restarted accordingly.

Law 9. Offside

Offside is only enforced in Mosquito and above, and is enforced as per the FIFA Laws of the Game. A player is in an offside position if any part of the head, body, or feet are nearer to the opponents' goal line than both the ball and the second last opponent. A player cannot be in an offside position in their own half of the field, and it is not an offence in itself to be in an offside position.

A player is adjudged to be offside if he/she is in an offside position and, at the moment the ball is played or touched by a teammate, is involved in active play by either interfering with play, interfering with an opponent or gaining an advantage.

- Interfering with play means playing or touching a ball passed or touched by a teammate (with the exception of a goal kick, corner kick or throw-in).

- Interfering with an opponent means preventing an opponent from playing or being able to play the ball by obstructing the opponent's line of vision or movements
- Gaining an advantage means playing a ball that rebounds off of a goalpost, crossbar or opponent

For any offside offence, an indirect free kick is awarded to the opposing team, to be taken from the spot where the infringement occurred, including if it is in the player's own half of the field of play

A defending player who leaves the field of play without the referee's permission shall be considered to be on the goal line or touchline for the purposes of offside, until the next stoppage in play or until the defending team has played the ball towards the halfway line and it is outside their penalty area. If the player left the field of play deliberately, the player must be cautioned when the ball is next out of play.

An attacking player may step or stay off the field of play not to be involved in active play. If the player re-enters from the goal line and becomes involved in active play before the next stoppage in play, or the defending team has played the ball towards the halfway line and it is outside their penalty area, the player shall be considered to be positioned on the goal line for the purposes of offside. A player who deliberately leaves the field of play and re-enters without the referee's permission and is not

penalized for offside and gains an advantage, must be cautioned.

If an attacking player remains stationary between the goalposts and inside the goal as the ball enters the goal, a goal must be awarded unless the player commits an offside offense, foul, or misconduct, in which case the play is restarted with an indirect or direct free kick.

Laws 10, 11 & 12. Free Kicks & Offences

For any offences committed while the ball is in play (see Law 11), the referee will stop play and award a free kick to the opposing team.

The ball must be stationary when the kick is taken, and all opposing players must be the required number of yards away (or on their own goal line, between the goal posts). The ball is in play once it is kicked and moves.

Free kicks are either direct or indirect, depending on the nature of the stoppage in play. In Atom and below, all free kicks are direct kicks.

A goal may be scored if a direct free kick is kicked directly into the opponent's goal. If an indirect kick is kicked directly into the opponent's goal, no goal is scored, and a goal kick is awarded. If any free kick is kicked directly into a team's own goal, no goal is scored, and a corner kick is

awarded to the opposing team. The referee will signal an indirect kick by raising his/her arm above his/her head and lowering it once the ball has touched a second player or gone out of play.

If a team is awarded a free kick inside their own goal area, the kick may be taken from any spot within the area, and is in play once it leaves the penalty area. If an indirect free kick is awarded within the opponent's goal area, the kick is taken from the edge of the goal area, nearest to the spot of the infringement.

If a team against whom an offence is committed would, in the opinion of the referee, gain a greater advantage by having play continue than by having it stopped to award a free kick, the referee will signal for play to continue. If, after several seconds, the advantage does not materialize, the referee will stop play and award a free kick from the original spot of the offence. A player may be cautioned or sent off for an offence not originally punished by a free kick under the advantage rule.

A penalty kick is awarded against a team that commits one of the 10 fouls for which a direct free kick is awarded, inside its own penalty area and while the ball is in play.

- Any active player from the attacking team may take the kick. All players, with the exception of the player

- taking the kick and the defending goalkeeper, shall be outside the penalty area but within the field of play, behind the ball and at least the required distance away from the ball until it is in play.
- The goalkeeper must stay on his/her goal line, between the goal posts and facing the field of play until the ball is in play. Players may not make any sound or movements that, in the opinion of the referee, are intended as a distraction.
 - The ball is in play once the referee has signaled the kick may be taken, the ball is kicked and moves forward. The player taking the kick may not touch the ball a second time until it has touched another player.

Any player who is sent off for serious foul play, violent conduct, spitting or using offensive language/gestures will be automatically suspended for the team's next match and may, pending disciplinary review, face further suspension based on the nature of the incident. NYCSC may suspend any player who receives a red card, pending review. Any player receiving three yellow cards in the same session will be suspended for one match, to be enforced within two games of the game in which the third yellow card is received. A player's accumulation of cautions is reset upon serving a suspension, or upon completion of the regular season.

If a team is found to be fielding a player under suspension, play is stopped, the opposing team is awarded a direct

free kick, and the player and coach are sent off. Any player receiving more than one suspension in a season, and any coach found fielding a suspended player, will be subject to disciplinary review and may face further sanctions, including expulsion, at the discretion of NYCSC.

Law 13. The Throw-in / Kick-in

When the whole of the ball passes over the sideline, either on the ground or in the air, play is stopped and restarted with a kick-in (Atom and below) or throw-in (Mosquito & Above), to be taken by a member of the team opposing that of the player who last touched it, from the spot where the ball went out of play.

For kick-ins, the player taking a kick-in must face the field of play and kick the ball from on, or behind, the sideline. The ball is in play once it enters the field of play. Opponents must remain 2 yards away until the ball is in play.

For throw-ins, the player taking a throw-in, at the moment of delivering the ball, must face the field of play, have part of both feet on or behind the sideline, use both hands, and deliver the ball from behind and over his/her head. The ball is in play once it enters the field of play.

A goal may not be scored directly from a kick-in or throw-in.

Law 14. The Goal Kick

When the whole of the ball has crossed the goal line, either on the ground or in the air, excluding that portion between the goal posts, having last been played or touched by a member of the attacking team, a goal kick shall be awarded to the defending team. The ball shall be kicked into play from any point within the goal area by a player of the defending team. If the ball directly enters the kicker's goal, a corner kick is awarded to the opposing team if the ball left the penalty area.

All opposing players must remain outside of the penalty area and at least the required distance from the ball until it is in play. The ball is in play once it is kicked directly out of the penalty area. A goal may be scored directly from a goal kick, but only against the opposing team.

Law 15. The Corner Kick

When the whole of the ball has crossed the goal line, either on the ground or in the air, excluding that portion between the goal posts, having last been played or touched by a member of the defending team, a corner-kick shall be awarded to the attacking team.

The ball is placed within the arc of the nearest corner. The flag post may not be moved. All opponents must remain

the required distance away from the ball until it is in play. The ball is in play once it is kicked and clearly moves. A goal may be scored directly from a corner kick, but only against the opposing team. If the ball directly enters the kicker's goal a corner kick is awarded to the opposing team.

Law 16. Ball Handling

A player may not deliberately touch a ball in play with his/her hand or any part of his/her arm ("handle the ball"), except for a goalkeeper inside his/her penalty area.

The goalkeeper may not handle the ball if it has been deliberately played to them by a teammate's foot or throw-in. If the goalkeeper handles the ball inside his/her own penalty area after it has been deliberately played to them by a teammate's foot or throw-in, the opposing team is awarded an indirect free kick from the spot of the infringement.

The referee, in determining whether the ball has been deliberately handled, will consider the movement of the hand towards the ball and the distance between the opponent and the ball. The position of the player's hand does not necessarily mean there is an infringement.

Updated: May 2018