

BSC RECREATION RULES



BSC RECREATION RULES 2026

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BSC RECREATION RULES 2026

SECTION ONE - GENERAL

1.1 BSC RULES AND REGULATIONS

All games shall be played in accordance with the IFAB Laws of the Game as observed by Ontario Soccer (OS) with the exception of a number of rules specific to the Burlington Soccer Club (BSC).

1.2 MANAGEMENT RIGHTS

The BSC reserves the right to add or modify rules during the season in the best interest of player safety and / or long-term player development.

The BSC reserves the right to restrict Player movement and (re)align Teams in any Division based on game performance and / or assessment of individual or group skill.

The BSC reserves the right to suspend or remove Players, Teams or Coaches that are not displaying the appropriate behaviour and / or sportsmanship that reflects the image of the Club.

1.4 COACHES RESPONSIBILITIES

All coaches will sign, acknowledge and abide by the 'Code of Conduct' as established by the BSC. The Coach must also comply with the rules and by-laws of the Club, OS and the Peel-Halton Soccer Association (PHSA). Any Coach violating any of the rules and by-laws, or the items of the Code of Conduct shall be subject to discipline, suspension and/or removal as a coach.

- i. Coaches will be responsible for the conduct of their players, team officials, their players' family and their teams' supporters.
- ii. Coaches will ensure that all players are notified in a timely matter of all team games, practices and other activities.
- iii. Coaches must ensure that FULL Club supplied uniforms are worn at all games.
- iv. Coaches are only allowed to play players properly registered to his/her team or call-up players as outlined in the Call-Up player section. Coaches playing ineligible players will be subject to discipline.
- v. Coaches will print game sheets and present them to the Referee before the start of each game. All players must be properly registered on each game sheet.
- vi. Coaches and their teams (U9 and older) will be on the opposite side of the field from the spectators. No coaches or other team officials will be allowed to coach from the other side of the field.
- vii. Coaches and other team officials will be restricted to the side-lines between the 'centre line' and eighteen (18) yard line (penalty areas) and one yard from the touch line, on their 'bench' side of the field.
- viii. Teams will have no more than 2 persons (Coach and 1 assistant) on the bench and ALL must print and sign their names on the game sheet. Assistant coaches must abide by all conditions of clause 1.4.
- ix. The Coach must notify his/her Convenor of his/her forthcoming absence and of his/her appointee for the duration prior to his/her departure.
- ix. Coaches will wait at the end of practices or games to ensure that all players are picked up by parents or guardians.
- x. The Coach will file ratings for ALL the players on his/her team by the end of the regular season.
- xi. The Coach will return all BSC equipment to the Club at the conclusion of the season.

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1.5 PERSONAL PROPERTY

The League accepts no responsibility for lost or stolen personal property. We strongly suggest that no valuables be taken to the field.

1.6 NOTICES

All Coaches and Players should check the League Announcements located online at www.burlingtonsoccer.com for any postings concerning game changes, standings and League news.

1.7 ACCIDENTS

All accidents and injuries must be reported to the League Convenor or Recreation Administrator. An incident report must be completed and forwarded to the BSC.

SECTION TWO - LEAGUE ADMINISTRATION

2.1 ELIGIBLE PLAYERS

Only Players registered with the Recreational League may participate. All Players participating in a League game must be registered to the appropriate age division with the exception of official Call Up players (see Call-Up Procedure, pg.9).

Coaches using ineligible players will be subject to discipline and may have their teams' points forfeited.

2.2 PLAYING TIME

All players in the house league program will have equal playing time in all divisions. For shift change recommendations, please see Duration of Games and Game Formats.

2.3 EQUIPMENT & UNIFORMS

A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelery). Hard casts are not permitted for any game.

All players must wear their Club-supplied soccer uniform for each game. No changes or alterations shall be made to the uniform without written permission from the Club. All players must wear soccer shoes or running shoes. It should be noted that in all divisions, metal cleats, hard shoes or any footwear constituting a hazard to other players will not be permitted.

Footwear may be inspected on a request from either coach or referee any time prior to or during a game.

Shin guards must be worn and must be entirely covered by the socks.

Recreational goalkeeper pinnies will be provided and must be returned to his/her coach after each game.

In cold weather players may wear other attire under their complete uniforms at the discretion of the Referee.

2.4 TEAM COLOURS

The two teams must wear colours that distinguish them from each other. Each goalkeeper must wear colours that distinguish them from the other players. Coaches should have an alternate colour jersey or pinnie in case of conflict.

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2.5 HOME TEAM RESPONSIBILITIES

Game balls are supplied to all Teams. The home team (the first one listed on the schedule) will be responsible for supplying the game ball. Substitutions of the approved game ball may be made with the approval of the referee.

2.6 SOCCER BALL SIZES

Under 3 to Under 8 will use size #3 balls

Under 9 to Under 12 will use size #4 balls (and 5 Light)

Under 13 and up will use size #5 balls

BSC is committed to the Long Term Player Development (LTPD) and Long Term Official Development (LTOD) plans set out by Ontario Soccer (OS).

In a continued effort to follow these plans, BSC will be making changes to the Recreational Outdoor structure.

Age	U8	U9	U10
Throw-in or Pass In /Dribble-in	Pass In/dribble in	Pass In/dribble in	Pass In/dribble in
Corners	No	Yes	Yes
Kick-offs	Yes	Yes	Yes
Goalkeepers	No	Yes	Yes
Field Size	1/8 th of a field	Full Mini	Full Mini
Duration of Game	2 X 20	2 x 25 min	2 x 25 min
Substitutions	Unlimited (on the fly)	Unlimited (any stoppage)	Unlimited (any stoppage)
Scores & Standings	No	No	No
Practices	Pre game	Pre game Night	Pre game Night
Goal Size	5ft x 8ft	6ft x 16ft	6ft x 16ft
Ball Size	Size 3	Size 4	Size 4
Retreat Line	Halfway line	1/3 of field	1/3 of field
Offsides	No	No	No
Match Official	Game leader	Match Official	Match Official
Assistant Ref	N/A	N/A	N/A

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Age	U11	U12	U13	U14/15	U16/19
Playing Format		9v9 Minimum 6	11v11 Minimum 7	11v11 Minimum 7	11v11 Minimum 7
Throw-in or Pass In /Dribble-in	Throw- In	Throw- In	Throw-In	Throw-In	Throw-In
Corners	Yes	Yes	Yes	Yes	Yes
Kick-offs	Yes	Yes	Yes	Yes	Yes
Goalkeepers	Yes	Yes	Yes	Yes	Yes
Field Size	Full Small	Full Small	Full	Full	Full
Duration of Game	2 x 35 min	2 x 35 min	2 x 40 min	2 X 45 min	2 X 45 min
Substitutions	Unlimited (any stoppage)				
Scores & Standings	No	No	Yes	Yes	Yes
Practices	N/A	N/A	N/A	N/A	N/A
Goal Size	6 x 18ft	6 x 18ft	8ft x 24ft	8ft x 24ft	8ft x 24ft
Ball Size	Size 4	Size 4	Size 5	Size 5	Size 5
Retreat Line	1/3 of field	1/3 of field	No	No	No
Offsides	Yes	Yes	Yes	Yes	Yes
Match Official	Match Official				
Assistant Ref	N/A	N/A	N/A	TBA	TBA

2.11 FORFEIT OF POINTS

Game points will be forfeited for any of the following reasons

- Failure of a team to appear for a game.
- If a team delays the start of a game by more than fifteen (15) minutes
- If a team has less than minimum amount of players.
- Playing of illegal player or players not registered.
- Failure to complete a game without the referee's permission.

It should be noted that if a team has a full complement of players, that team may play the game using their full complement [e.g. eleven (11) against eight (8)].

2.12 TIE-BREAKER PROCESS

In the event that teams are tied in points, the standings will be determined by the following, in order:

- Total points
- Goal Differential (goals for minus goals against)
- Goals For
- Goals Against
- Results of head to head competition (does not apply if three (3) or more teams tied). ii. Team with the most wins.

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2.13 CALL-UPS

Over the course of a season situations arise that challenge Coaches to field a team with an adequate number of players. In many cases this causes the game to be unbalanced and, in some cases, teams to forfeit games because of not having the minimum number of required players. In an effort to avoid cancelling games or playing unbalanced games, the Club has adopted a Call-Up Procedure for House League divisions for U11 and up.

Regular Season

If you have under 13 players, we will allow call-ups up to a 13-player roster.

Specific players cannot be requested and coaches cannot contact call-up players.

All call-up requests **must** be sent to Ryan Key via email (rkey@burlingtonsoccer.com) seventy-two hours prior to the scheduled game. In the email, please include the first and last name(s) of the players who are unable to attend. Once players have been confirmed, the coach and referee will be emailed with the names of the players who have been approved to play. As the coach, it is your responsibility to write the names of the call-up players on the game sheet.

If you require multiple call-ups, we will do our best to find an equal number of replacements. If you find yourself short each week and require call-ups, the above rules still apply. Additionally, call-up players will be rotating teams and you will not receive the same player each week.

Play-Offs

No call ups will be allowed during play offs.

Please note: Failure to obey the above rules will result in a forfeit.

RULES & REGULATIONS

- a) Players may be called up to establish a maximum roster of thirteen (13) players. Any team that cannot field seven (7) players from their original roster will forfeit the game.
- b) No team may exceed five (5) Call-Ups per game.
- c) A Call-Up player can participate in a maximum of three (3) games per team per season.
- d) No call up player may play more minutes than a regular team player (unless required due to injury or medical condition).
- e) Call-Ups may be used for Regular Season games only.
- f) Players with the same shirt colour of the requesting team are first priority.
- g) A suspended player may not be called-up during their suspension.
- h) Names of Call-Up players must be added to the game sheet prior to the start of the game. All players who are not in attendance must be crossed off the game sheet by the Coach.
- i) When reporting games, Call-Up players are to be noted on the game sheet.

2.14 OFFICIAL DOCUMENTS

All communications regarding Referees must be submitted using the official Match Official (Referee) Conduct Review document. Injuries must be submitted using an Official Form in order to have matters tended to by the Club. This includes General Feedback as well that will help improve the League or its operation. Player Injury Report Form - 2018 These documents can be found on the Club website under Club info, Club Forms and Policies.

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SECTION THREE - MATCH OFFICIALS

3.1 REFEREE QUALIFICATIONS

All Referees will complete an OS sanctioned referee training course prior to officiating any games with the BSC. All Referees must write and pass a written test of the Laws of the Game and achieve minimum required by OS.

A Referee may only take part in games for which his / her classification permits.

3.2 REFEREES

Referees will be assigned by the BSC Head Referee or designated assignor. Mini and youth Referees may only take part in games in which the age classification of the teams involved in the game are a minimum of 2-years younger than the Official.

If a neutral referee is not available at game time, each coach or his appointee will referee one half of the game. This appointee will NOT coach while assuming the role of referee.

3.3 U9, U10, U11, U12: Club Linesperson

For U9 to U12 Divisions each team must provide a Linesperson on their side of the field if the Referee makes the request for one. The Linesperson will only assist the Referee in calling balls that have gone out of play. The Linesperson will NOT coach while assuming their duties.

For U13 Divisions and above, the BSC Head Referee will assign Assistant Referees where available.

SECTION FOUR - DISCIPLINE

4.1 DISCIPLINE

All players, team officials, and Club officials may be subject to discipline, as outlined in the OS and BSC Policy & Procedures for Discipline.

All persons appearing before the Discipline Committee have the right to bring witnesses. All suspensions and reprimands will be noted in the discipline record of the Club.

The BSC shall make available to the Discipline Committee, the discipline record of any player who has appeared before the Discipline Committee. A decision will be given in writing within 14 days, and if the player is suspended, the suspension will start with his/her team's next regularly scheduled League game and last through any regular League games until his/her suspension is deemed to be over. This can continue into the next season of play, if necessary. Indoor discipline will carry over to the next indoor season, and summer outdoor to the following outdoor season. Discipline meetings will be held every Friday during the season or as required and as deemed necessary by the Discipline Chairman. Should any Coach or Player not attend the required disciplinary meeting, the Coach or Player will be indefinitely suspended until they do appear before the Disciplinary Committee.

4.2 DISCIPLINE COMMITTEE

The Discipline Committee will consist of: The Discipline Chairman and two neutral parties. All decisions will be given in writing.

Any Member of the Discipline Committee who is personally involved in a particular discipline case shall not be allowed to stand on the Committee hearing that case. Decisions may be appealed as defined in the Appeals section.

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4.3 APPEALS

Any registrant of the Club directly affected by a decision of the Club may appeal such decision. A decision of the Club may be appealed to the PHSA which is the District Association the Club is affiliated with. The appeal shall be conducted in accordance with the OS's and PHSA's published rules.

AGE-SPECIFIC PLAYING RULES

U4/5/6 – ACTIVE START

At this age, success will be to simply engage the children's "first steps, first kicks" in the wonderful world of soccer and all done in a fun, safe, interactive environment.

All sessions will be run by volunteer coaches who are trained by BSC technical staff. The division will be monitored by a technical coach and convenor.

Players

- Each team will have a maximum of 8 (eight) registered players on the roster.
- Games will be played with 3 or 4 players per team on the field of play with no goalkeeper. Coaches may agree to play 3 or 4 players depending on player attendance at a particular game. 3 v 3 is recommended.
- Each player will receive equal playing time.
- If you are short players, please share with the opposing team.

The Field

- Active Start (U4/5/6) will divide fields into approx. 18x22 yard grids. Field Convenors and Coaches will be utilized to ensure that field is set up correctly (U4/5).
- Pugg Nets will be used as goals.
- Cones will mark the field boundaries.
- Teams will play at the same field every week.

Duration of Session

Warm Up/ Practice- 15 Minutes

Break- 5 Minutes

Game- 25 Minutes

45 Minutes TOTAL

Please refer to your BSC Coaching Guide for weekly drills, skills and exercises for the Active Start divisions.

Roll In's

- Coaches will carry soccer balls during the game and when the ball leaves the boundaries of the field, the coach will roll a new ball into play. This will ensure that the game flows and the players stay within their own field boundaries.

Retreat Line

- A retreat line (half way between two nets) has been introduced to allow players to learn and gain confidence as they build an attack opposed to kicking the ball aimlessly up the field. After the ball crosses the goal line, the attacking team must fall back to the retreat line in order for the other team to begin their attack.

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U7/8 – FUNDAMENTALS

The FUNdamental age group is the second stage of soccer development. However, we have to recognize that in this stage there are players who are participating in soccer for the first time. The most important focus at this age is the continued development of physical literacy and the recognition that development of individual technique is paramount. Skill development at this stage should be well structured, positive, FUN and should concentrate on developing the ABC's of Agility, Balance and Coordination plus the basic skills.

Players

- U7/8 teams will have a maximum of 10 registered players on the roster.
- Each player will receive equal playing time.
- If you are short players, please share with the opposing team.

The Field

- U7/8's will play on approx. 30X36 yard fields. Far Post Nets will used as goals.
- Cones will mark the field boundaries.

Duration of Session

U7/8 Division

Warm Up/ Practice- 15/20 Minutes

Game begins at 7:15pm

1st Half- 20 Minutes

2nd Half- 20 Minutes

Break- 2 Minutes

Total time - 1 hour

U7/8 games will be refereed by the coaches who will be certified as game leaders through OS.

Pass In/Dribble In

- When the ball crosses the touch-line, either in the air or on the ground, the ball will be passed or dribbled in from the point where it left the field of play by a member of the opposing team.
- A goal may not be scored directly from a pass in but can from a dribble in.

Retreat Line

- A retreat line (half way between two nets) has been introduced to allow players to learn and gain confidence as they build an attack opposed to kicking the ball aimlessly up the field. After the ball crosses the goal line, or when the goalkeeper has the ball in his/her arms, the attacking team must fall back to the retreat line in order for the other team to begin their attack until the ball is in play.

- The ball is considered 'in play' when:
 - a) A second member of the kicking team has touched the ball
 - b) The ball has passed the retreat line
 - c) The ball has gone out of play

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U9/10 – LEARN TO TRAIN

At this age, skill development should be well structured, positive and FUN and should concentrate on developing the ABC's of Agility, Balance and Coordination plus basic skills, dribbling, passing and shooting. Players are encouraged to take part in unstructured play, every day, with their friends.

Players

- Each team will have a maximum of 13 registered players on their roster.
- Each player will receive equal playing time.
- There must be a minimum of 5 players, including a goalkeeper, or the game will be considered a forfeit. The referee will allow up to 10 minutes grace time for players to arrive.
- If possible, when one team does not have enough players, the referee will officiate a 'practice' game.

The Field

- U9/10's will play on a "mini" field.
- Fields will be properly lined.
- Permanent goals on field.

Duration of Session

Warm Up/ Practice- 10 Minutes

1st Half- 25 Minutes

Break- 5 Minutes

2nd Half- 25 Minutes

Pass In/Dribble In

- When the ball crosses the touch-line, either in the air or on the ground, the ball will be passed or dribbled in from the point where it left the field of play by a member of the opposing team.
- A goal may not be scored directly from a pass in or from a dribble in.

Free Kicks

- All free kicks are indirect
- All free kicks from defending team's own 1/3 the opponents must be behind the retreat line and a minimum 5 yards from the ball.

Referees

- As per OS guidelines, U9/10 games will have assigned referees.
- Goal kicks, corner kicks, free kicks and penalty kicks will be enforced.
- No offside calls in U9/10 divisions

Substitutions

- Unlimited substitutions.
- All substitutions can be made at any stoppage of play with the referee's permission.

Goalkeepers

- The goalkeeper is the only player allowed to use his/her hands to handle the ball inside of the penalty area. The goalkeeper cannot handle the ball outside of the penalty area.
- If the goalkeeper handles the ball outside of the penalty area, a free kick will be awarded to the attacking team where the offence occurred.

Retreat Line

- A retreat line, 1/3 the distance from the goal line, has been introduced to allow players to learn and gain confidence as they build an attack opposed to kicking the ball aimlessly up the field.
- The retreat line will come into play when the ball has gone out for a goal kick or when the goalkeeper has the ball in his/her arms.
- The attacking team must fall back to the retreat line and may not cross the retreat line until the ball is in play in order for the other team to begin their attack.

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- The ball is considered 'in play' when:
 - a) A second member of the kicking team has touched the ball
 - b) The ball has passed the retreat line
 - c) The ball has gone out of play

U11/12 – LEARN TO TRAIN

At this age, skill development should be well structured, positive and FUN and should concentrate on developing the ABC's of Agility, Balance and Coordination plus basic skills, dribbling, passing, receiving, support and shooting. Players are encouraged to take part in unstructured play, every day, with their friends.

As per LTPD requirements, scores will not be kept in these age groups.

Players

- U11 teams will have a maximum of 16 registered players on their roster. U12 teams will have a maximum of 17 registered players on their roster.
- U11 & U12 games will be played with 9 players per team on the field of play including a goalkeeper.
- A minimum of 6 players, including a goalkeeper, are required
- Each player will receive equal playing time.

The Field

- U11' & U12's will play on a full small field (50x70)
- Fields will be properly lined.
- Permanent goals on field.

Duration of Session

1st Half- 35 Minutes

Break- 5 Minutes

2nd Half- 35 Minutes

Throw Ins

- When the ball crosses the touch-line, either in the air or on the ground, the ball will be thrown in from the point where it left the field of play by a member of the opposing team.
- A goal may not be scored directly from a throw-in.
- The player taking the throw-in will face the field of play, use both hands and deliver the ball from behind and over his/ her head. The player cannot cross the touch-line when taking a throw-in and both feet must be on the ground.

Referees

- As per OS guidelines, U11/12 games will have assigned referees.
- All games shall be played in accordance with the IFAB Laws of the Game and Ontario Soccer (OS) except those superseded by rules outlined in this section.

Substitutions

- Unlimited substitutions.
- All substitutions can be made at any stoppage of play with the referee's permission.

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Goalkeepers

- The goalkeeper is the only player allowed to use his/her hands to handle the ball inside of the penalty area. The goalkeeper cannot handle the ball outside of the penalty area.
- If the goalkeeper handles the ball outside of the penalty area, a free kick will be awarded to the attacking team where the offence occurred.

Retreat Line

- A retreat line, 1/3 the distance from the goal line, has been introduced to allow players to learn and gain confidence as they build an attack opposed to kicking the ball aimlessly up the field. After the ball crosses the goal line, the attacking team must fall back to the retreat line and may not cross the retreat line until the ball is in play in order for the other team to begin their attack.
- The ball is considered 'in play' when:
 - a) A second member of the kicking team has touched the ball
 - b) The ball has passed the retreat line
 - c) The ball has gone out of play

U13 – U19 – SOCCER FOR LIFE

Similar to U11/12, Soccer for Life practices should follow the principles of more playing, more activity. Players enjoy playing, they learn best from playing. You may have heard the saying, "the game is the best teacher".

Players

- Teams will have a maximum of 20 registered players on their roster.
- Games will be played with 11 players per team on the field of play including a goalkeeper.
- Each player will receive equal playing time.
- The minimum number of players a team is permitted to play with is seven (7).

The Field

- Teams will play on a full field.
- Fields will be properly lined.
- Permanent goals on field.

Duration of Session

U13 Division

1st Half- 40 Minutes Break- 5 Minutes 2nd Half- 40 Minutes

U14 to U19 Divisions

1st Half- 45 Minutes Break- 5 Minutes 2nd Half- 45 Minutes

-As per OS guidelines, U13-U21 games will have assigned referees.

-All games shall be played in accordance with the IFAB Laws of the Game and the Ontario Soccer (OS) except those superseded by rules outlined in this section.

Substitutions

- Unlimited substitutions.
- All substitutions can be made at any stoppage of play with the referee's permission.

Goalkeepers

- The goalkeeper is the only player allowed to use his/her hands to handle the ball inside of the penalty area. The goalkeeper cannot handle the ball outside of the penalty area.
- If the goalkeeper handles the ball outside of the penalty area, a free kick will be awarded to the attacking team where the offence occurred.

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Lightning Safety / Severe Weather Policy

When thunder roars, go indoors!

The safety of players, coaches, management and spectators is the primary concern in any weather event that occurs during all matches sanctioned by the CSA.

By understanding and following the information below, the safety of everyone shall be greatly increased. Ultimately the referee has the final say over delaying or restarting a match due to weather. Waiting to stop play or not waiting to start play may result in a serious injury or loss of life. Referees are expected to act responsibly when dealing with such events during matches they are controlling.

If you can hear thunder, you can get hit by lightning. As soon as you hear thunder, quickly get to a safe location. More people are struck before and after a thunderstorm than during one. Stay inside for 30 minutes after the last rumble of thunder.

Additional Information

Please note the following recommendations from Environment Canada:

Source: <https://weather.gc.ca/lightning/>

Casts and Equipment

Casts

Hard plaster casts are considered to pose a danger to both the wearer and other players and are not permitted to be worn. The practice of padding a hard plaster cast does not reduce the element of danger.

Players wearing a soft, lightweight, cast will be permitted to play if the cast does not present a danger to the individual or any other player. Such determination will be made by the Match Officials.

Any player who uses a cast to intimidate or injure an opponent shall be cautioned or sent off depending on the nature of the player's action.

Other Equipment

Orthopaedic Supports (ie. Knee Braces)

FIFA states that the vast majority of commercially manufactured supports are safe to use. Knee and arm protectors made of soft, lightweight padded material are not considered dangerous. The major concern is not the 'hardness' of the equipment alone, rather that any part of it can cut or wound another player. Any support must be safe for all players, and adequately padded and covered if necessary.

Prosthetics

A player wearing a prosthetic device should be allowed to play providing the basic principles of Law 4 are met. **Wearing Glasses**

Eyeglasses are allowed if they are sports spectacles and are safe for the players themselves and for other players. Match Officials should show tolerance when authorizing their use, particularly for younger players. Materials such as metal or glass are not acceptable. In recreational and house league games Match Officials are expected to show common sense and allow spectacles as long as the basic principles of Law 4 are met.

Safety - jewelry

A player must not use equipment or wear anything that is dangerous.

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All items of jewelery (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. Using tape to cover jewelery is not permitted.

The players must be inspected before the start of the match and substitutes before they enter the field of play. If a player is wearing or using unauthorised/dangerous equipment or jewelery the referee must order the player to:

- Remove the item
- Leave the field of play at the next stoppage if the player is unable or unwilling to comply
- A player who refuses to comply or wears the item again must be cautioned