



BURLINGTON SOCCER CLUB
3390 South Service Road, Suite 104, Burlington ON L7N 3J5
905.333.0777 • www.burlingtonsoccer.com

Outdoor Rules

BSC 7v7

****Unless otherwise outlined in this rule document governing the BSC 7v7 Outdoor Season, all FIFA and OS Rules are assumed.**

RULES OF PLAY

Burlington Soccer Club (BSC) Adult Outdoor League games will follow the FIFA Laws of the Game and the OS Playing Rules for Outdoor Soccer unless otherwise stated in BSC Rules.

GAME BALL

The ball must be size 5. The home team shall be responsible for providing the game ball. The ball shall be judged fit for play by the referee and shall not be changed during the game unless authorized by the referee.

The league is not responsible for lost or stolen balls.

REGISTRATION OF PLAYERS

A player must be registered with the BSC before they play in a league game. If the player is not on the game sheet they are not permitted to play. A team using players not on their team list (unregistered players) will be subject to disciplinary action. No new registrations will be accepted after the 6th week of season.

ROSTER CAP

Team rosters will be capped at 16 players per team. Managers can add additional players for a fee of \$50.00 per player. Roster Additions can be made up to week 6 of season.

NUMBER OF PLAYERS

Unless specified otherwise by the rules of the competition, a match shall be played by two teams, each with not more than seven players (including goalkeeper) and not less than four players (including goalkeeper) on the field of play.

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The rules of the competition shall state the number of players on each team who may be dressed to play. All persons dressed to play shall be subject to the authority and jurisdiction of the referee. Substitutes may be used in any match in accordance with the rules of the competition.

*The minimum number of players for a game to proceed will be 4 players. If a team has less than 4 players the game will be forfeited after a 10-minute grace period.

Female Players on the Pitch (COED)

When a team is able to field a full squad (7 players) it is required that two females be on the field of play at all times. Should a team only have one female, the team must then play down a player and is only able to field 6 players. If unable to field any females and the grace period of 10-minutes after kick-off has expired, the team shall forfeit the game at a score of 3-0.

SUBSTITUTIONS

Unlimited substitutions may be used during the game and are done on the fly. The game shall not be delayed to allow substitution, except for the substitution of the goalkeeper. Any of the other players may change places with the goalkeeper, provided that both the referee is informed before the change is made, and that the change is made during a stoppage of the game. Injured players may go down at any point during the game if they need to be taken off and the referee will blow the play dead. This player can be replaced by any player on the game sheet and play will resume.

PLAYER EQUIPMENT

If there is controversy or debate over the safety of a player's equipment the referee will have the final say on its eligibility. Players shall not wear anything which is dangerous to themselves or another player. The basic equipment of a player shall consist of a numbered shirt, shorts, socks, shin guards and footwear. The footwear shall be appropriate to the outdoor game. Shin guards must be covered entirely by the socks and worn during all games. Team colours shall not conflict with each other. Goalkeepers shall wear colours which distinguish them from each other, the other players and from the referee. It is mandatory for all players on the team to have the same shirts with different numbers. Jewelry must be taken off before the start of the match, the only exception to this rule is a Medic Alert bracelet which must be taped. Glasses may not be worn during a game; only appropriate sport goggles will be allowed. In the event that both teams have same coloured jerseys, the home team must wear alternate jerseys or pinnies.

THE GAME

Games must start and finish on time and teams must be ready to play five minutes prior to the scheduled kick-off time. The team manager must submit the game sheet to the referee before the game begins. A minimum of 4 players are required to start a game. If teams cannot field a team at their scheduled times, they have 10 minutes before the result of the game is a forfeit (3-0). The game will consist of two 25-minute halves; games starting later may have their game time reduced. If 25-minutes of the game has been played and a game is abandoned, the score at that time will stand and no reschedule will take place. At half time the interval shall not exceed 5 minutes, except by the consent of the referee. All games will consist of 6 outfield players and a goalkeeper (7v7). Goalkeepers are not permitted to slide feet first. Should this happen, an indirect free-kick will ensue.

Time shall only be extended to permit a penalty kick being taken at or after the expiration of the normal period.

There is no offside offence in 7v7 soccer.

SLIDE TACKLES

There are **no slide tackles** permitted. Should a player slide tackle or attempt to slide tackle a player, the first violation will be a verbal warning accompanied by a two-minute penalty, second violation will be a yellow card and third violation will be a red. Therefore, a three-strike rule will be implemented.

Restart following slide tackle

If the game is stopped for slide tackling an opponent without contact, the restart shall be an indirect free kick for the opponent team from the place where the slide tackle was made.

FOULS AND MISCONDUCT

****As per FIFA Rules**

Violent behaviour towards the officials or other players will not be tolerated and may result in an automatic red card and expulsion from the league and/or fine. All other infractions will result in a 2-minute penalty to the player committing the infraction.

A team can protest the eligibility of an opposing player before the game has begun or prior to halftime. The protest must be made to the referee or league staff, at which point they will

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confirm the eligibility of the player. If a team is found using ineligible players, they lose by forfeit 3-0 and will face disciplinary action.

No protest will be accepted with regard to the match Official interpretation of the "Laws of the Game"

A team not fulfilling its commitment or failing to show up for a game without notice can be subject to league suspension

In the event that a game is abandoned the game will either be rescheduled or the game will stand depending on the amount of time played. If 25 minutes of the match has been played then the result is final, if not the game is rescheduled to a later date. In the event of a match being cancelled due to field conditions or inclement weather the matches will be rescheduled using available field time to the best of field availability. All decisions made by the referee regarding playing conditions are final. If fields are closed by The City of Burlington all players will be notified as soon as the notice has been received via email.

NO SHOW AND DEFAULT

A team not fulfilling its commitment or failing to show up for a game without 24 hours' notice can be subject to league suspension. Any team who defaults 3 games may be expelled from the entire league.

Discipline & Banning Players/Teams

Misconduct and violation of the rules may result in suspensions, point deductions or expulsions from the league without a refund to the player or team.

Any player or team official reported of violent conduct during a match, who is found guilty of such conduct, may be removed from the league.

If a player receives 3 red cards throughout the course of a year playing Indoor or Outdoor, the BSC will review the players discipline record and will have the authority to ban the player from the league and facilities.

The Burlington Soccer Club reserves the right to take disciplinary action against any individual player and/or team that has, in the opinion of the BSC, acted in a manner deemed to be detrimental to the values of the Club. Such action includes but is not limited to game suspension, denial of access to facilities, removal of a team from the league.

Any league or referee complaints are only dealt in writing. Please email all complaints to customerservice@burlingtonsoccer.com.

LEAGUE SCORING & TIE BREAKERS

A team shall be awarded 3 points for a win, and 1 point for a draw. In the event of a tie in the league standings at the end of the season, the tie will be broken according to the following:

1. 1) Points
2. 2) Goal Difference
3. 3) Goals For
4. 4) Head-to-Head
5. 5) Coin Flip

TEAM FORFEIT BOND POLICY

Each team is required to submit a forfeit bond in addition to the regular team fee. The bond amount is \$250 for 11v11 leagues and \$100 for 7v7 leagues. This bond must be paid prior to the start of the season and is the responsibility of the team captain.

The forfeit bond is fully refundable at the end of the season, provided the team does not forfeit any games. If a team forfeits a match, the bond will be awarded to the opposing team to compensate for the missed game. The forfeiting team must then submit a new forfeit bond (as applicable) before being permitted to play their next scheduled game.

11v11 Teams

- Bond Amount: \$250
- For each forfeited game: \$250 will be deducted from the bond and paid to the opposing team
- If a team forfeits three (3) games, the team will be removed from the league

7v7 Teams

- Bond amount: \$100
- For each forfeited game: \$100 will be deducted from the bond and paid to the opposing team
- If a team forfeits three (3) games, the team will be removed from the league

At the conclusion of the league, any remaining team bond balance will be refunded to the team captain. Team captains must keep a valid credit card on file for the team bond.

WHY IS THE FORFEIT BOND BEING IMPLEMENTED THIS SEASON?

During the 2025 Summer Season, the league experienced an increase in teams forfeiting games, creating challenges for both participating teams and league staff. Although a forfeited game is not played, the league still incurs several fixed costs, including field permits, match official fees, referee assignments, and field lining.

The introduction of this bond is intended to reduce the number of forfeited games and to ensure that teams who miss a game through no fault of their own are appropriately compensated.

If a team is aware of a date during the season when they are unable to play, the league will gladly work with them to reschedule the game, provided sufficient notice is given. Sufficient notice is defined as a minimum of six (6) weeks in advance of the requested date change.