

1. **OFFICIAL RULE BOOK**

[IFAB](#)

[Canadian Grassroots Soccer Standards](#)

<https://www.ontariosoccer.net/referee-rules>

[Playing Regulations | Ontario Federation of School Athletic Associations](#)

The rules shall be those published by FIFA and the CISAA.

Ejection(s) of any participant from a CISAA game (player, coach, spectator) will be reported to the CISAA Director. Ejection from the game will result in a minimum suspension of ONE (1) league game (includes playoff and championship games). Further sanctions may apply if the circumstances require a review by the CISAA Director or the formation of an Investigations and Outcomes Committee.

Additionally:

a) Substitutions

- i. At all levels substitutions may be made at any stop in play, with the consent of the official. The ref will grant substitutions on one's own throw in or when piggybacking onto the oppositions throw in and on goal kicks.
- ii. Substitution rules for tournaments must be outlined by the hosting school in the tournament guidelines.

b) Cards and Player Suspension

( refer to Article 19: CISRR)

- i. Only cards given during league play, playoffs, and the CISAA Championship will be used to determine player suspension.
- ii. The red card suspensions will carry over and apply to play-off games.
- iii. Accumulated yellow cards and yellow card suspensions do not carry over and are not applied to playoffs.
- iv. A RED card during a game means suspension from that game and also the next game.
- v. Accumulation of 3 YELLOW cards by a player in three separate games means suspension from the next league game. After this suspension, he will again be suspended for the next league game after accumulating two more yellow cards in separate games. Subsequent to this, he will be suspended for every additional yellow card.
- vi. All suspensions MUST be reported to the convenor by the coach of the suspended player. (name and number)

c) Time-outs

All u13 – u14 teams are allowed one, one-minute time-out per half. The time-out may be taken at any stoppage of play at the discretion of the official. No time-outs during overtime.

## 2. OFFICIALS

a) Regular Season and Exhibition games:

- i. U13 to U20- one outside official will be arranged for by the host school.
- ii. Linesmen are strongly recommended for SR DI league games

b) Playoffs and Championships (exceptions to section a))

- i. SR DI and SR DII- semi-final and final games should have 3 accredited officials (1 referee and 2 assistant referees)
- ii. JR all levels- semi-final and final games require 1 accredited official and 2 lines people.

## 3. LENGTH OF GAME

a) League Games (single)

- i. Senior            2 halves of 45 minutes each
- Junior           2 halves of 40 minutes each
- U13 & U14       2 halves of 35 minutes each

b) League Games (multiple in same day for all age groups)

- i. The total of time played including all games will follow Ontario Soccer regulations;
  - Under 13                      = 100 minutes allowed in one day
  - Under 14 to Senior       = 180 minutes allowed in one day
- ii. Multiple games in one day require a rest period between games of;
  - Under 13                      Rest period must equal game length  
(not including warm up time for the next game)
  - Under 14                      Rest period must equal game length  
(not including warm up time for the next game)
  - High School                 Age groups currently do not play more than one game in a day during the regular season or playoffs.

c) Abandoned Match:

- i. If a match is abandoned due to inclement weather, the score will stand if two-thirds of the match has been played. If not, it will be rescheduled at

the convenience of the two schools.

- ii. If a match is abandoned due to player misconduct and the referee is unable to clearly allocate responsibility, the match will end in a no match result (as if it was not played), with no points awarded and no goals to count. If one school is clearly designated at fault, the win will be awarded to the other school with a 1-0 score, unless the score at the abandonment favours the designated winner, in which case, that score will stand.

d) Overtime

i. League games:

- No overtime will be used in regular season games in all age groups. Tie will remain as such.

ii. Playoffs and Championships: single games (U16-U20)

- Two, 15 minute halves with 11 players and no golden goal rule
- If the game is still tied, then a shootout will be used (section e)

Playoffs and Championships: single games (U13 & U14)

- Two, 5 minute halves with 11 players and no golden goal rule
- If the game is still tied, then a shootout will be used (section e)

iii. Playoffs and Championships (multiple games in 1 day)

- Senior: the length of each game might be reduced by five minutes each half to allow for the possibility of overtime.
- All age groups: Two five minute sudden-victory periods.
- If the game is still tied, then a shootout will be used (section e)

e) Shoot-out Structure (all age groups use FIFA Guidelines)

i. Only the players on the field at the end of game play may be used in the shoot-out.

ii. Each team will select 5 players.

iii. The winner of the coin flip will decide which team shoots first.

- The teams will alternate shooters until all selected players have taken a penalty shot, or until one team has scored an unmatchable number of times.
- If the tie remains then the remaining players will continue in a sudden death format.

iv. Goalkeepers may be used as shooters at any time.

#### 4. **STANDINGS & TIE BREAKERS**

(refer to Article 17: CISAA Tie Breakers)

(refer to Article 15: Forfeits and Cancellations)

- a) League standings will reflect the following point structure;
- Win= 3 points
  - Tie= 1 point
  - Loss= 0 points
- b) Goal Differential
- i. In league games, the maximum goal differential in a game will be 5 goals.
  - ii. CISAA published records will only recognize a goal difference of 5 per game.
  - iii. For the purposes of breaking ties, the maximum goal differential per game will be +/- 5 goals.
- c) Tie Breakers
- i. result(s) of head to head competition between the tied teams.
  - ii. Fair Play Conduct Formula (for senior and junior age groups)  
Each team accumulates negative points for cards received during league play. The team with the higher (*less negative*) score is the higher seeded team.
- | <b>Infraction</b>             | <b>Points Deducted</b> |
|-------------------------------|------------------------|
| 1st yellow card               | -1 point               |
| Indirect red card (2 yellows) | -3 points              |
| Direct red card               | -4 points              |
| Yellow card + direct red card | -5 points              |
- iii. if still tied, goal differential in head to head competition between tied teams.
  - iv. if still tied, fewest goals against in head to head competition between tied teams.
  - v. if still tied, goal differential using all league games in that season.
  - vi. if still tied, fewest goals against in all league games in that season.

#### Process

- i. In the event that two or more teams are tied, and the process is able to successfully rank the teams and no teams remained tied, this ranking will be used to seed the teams for playoff purposes.
- ii. If the process is only able to reduce the number of tied teams by one or more and a tie still exists;
  - \* the teams that are no longer tied will assume their new ranking
  - \* the process involving the remaining tied teams shall commence again from the beginning with 'c) i.'

## 5. **ELIGIBILITY**

(refer to Article 13: Eligibility for CISAA Participation)

(refer to Appendix 2: OFSAA Participation)

- a) Number of Players
  - i. SR DI: teams may dress only 20 players per game for league and playoff matches
  - ii. SR DII to Under 10 have no restrictions on the number of players dressed per game.
- b) Each coach should have a copy of every other school's team roster, if possible.
- c) Under 14(non-contact sports):
  - i. Is a Grade 8 student or any student who is under 14 years of age as of Dec. 31 of the current school year.
  - ii. Only two over-age grade 8 students may be on the field at any one time. Violation may result in default and sanctions. Coaches must inform the other coach of any over-age grade students and identify these players (uniform numbers)
- d) Eligibility Rosters must be sent in for all teams that have declared to participate in OFSAA and received by the league convenor before the first CISAA league game. The roster must contain names and numbers of players on the team.

## 6. **UNIFORMS**

- a) It is the responsibility of the home team to be aware of any problems arising from similarity in uniforms and to be prepared to wear an alternative uniform.
- b) SR DI:  
Second strip numbers should agree as much as possible with the first team shirt. Teams which have uniforms with similar colours to other teams should consider a 2<sup>nd</sup> set of uniforms (home team changes).

## 7. **EQUIPMENT & SAFETY**

(refer to Appendix 12: Emergency Action Plan)

(refer to section 11 in this document; OPHEA Safety Guidelines)

- a) FIFA approved shin guards are mandatory at all levels, and for all players, including keepers. Players not wearing shin guards shall not be permitted to play.
- b) Proper soccer boots with either moulded or screw-in studs must be worn. American football boots and rugby boots are not permitted. Officials should be

asked to inspect boots before the game and in the case of substitution.

- c) Players wearing a plaster or fiberglass cast on their wrist or forearm or knee brace must have the approval of the opposing coach and the official in order to play.
- d) Ball Size:
 

U14-U20	size 5
U13	size 4

## 8. **PLAYOFFS, CHAMPIONSHIPS & END OF SEASON EVENTS**

(refer to Article 18: Playoffs and Championships for general details)

## 9. **CONVENOR, COACH & HOST RESPONSIBILITIES**

(refer to Article 3: Code of Conduct)

(refer to Appendix 5: Sport & League Convenor Responsibilities)

(refer to Article 19: CISRR)

### a) Game Management:

In games that the score is lop-sided, coaches are encouraged to take the following steps in an effort to keep goal difference to a minimum.

- i. First, the coach must recognize the strength of his/her team in comparison to the opposition, and plan to employ strategies as early as possible.
  - ii. The coach will be expected to bench the better players and move back line players to forward positions and perhaps minimize the number of attackers.
  - iii. In a game in which the goal difference reaches 5 or more by half time, the coaches and referee should discuss the situation.
  - iv. The coach of the team on top, might consider quietly reducing the number of players on the field.
  - v. The coaches might also consider shortening the length of the second half.
  - vi. Players must be taught not to patronize the opposition and to work hard at other aspects of the game besides simply scoring goals.
  - vii. A goal differential of more than 5 in a single game will not be recognized or published.
- b) All game results and cards must be reported to the Convenor by the coaches.
    - i. League game results must be reported on the following school day
    - ii. U-12 and below levels could be reported on Friday mornings of each week
  - c) Any change in schedule must be reported to the Convenor and updated on the website immediately.
  - d) Coaches must check the website to confirm that schedules are correct.

## 10. **AWARDS**

(refer to Appendix 18: CISAA Awards)

### a) CISAA Plaques (or trophies)

A CISAA plaque will be awarded to the champion at each level. Where a trophy has been introduced, no CISAA plaque is required.

The Aylot Trophy- is awarded the Senior Division I Champions

The Robinson Trophy- is awarded the Senior Division I regular season champions

### b) CISAA Medals

SR and JR Individuals on the championship and finalist teams will receive CISAA gold and silver medals.

U13 / U14 Individuals on the championship, finalist, and third place teams will receive CISAA gold, silver, and bronze medals.

## 11. **OPHEA SAFETY GUIDELINES**

All CISAA member schools are required to meet the safety standards set out by OPHEA as a minimum for participation in inter-school sport. The CISAA may, at its discretion, require additional safety standards.

See the OPHEA safety guidelines for SOCCER at the following link:

<https://safety.ophea.net/secondary/interschool/soccer>

<https://safety.ophea.net/elementary/interschool/soccer>

Soccer (Secondary Levels) – Limit time spent on heading skills.

Soccer (Elementary Levels) – Heading Skills are not to be taught or permitted during skills, drills and/or games.

- When an elementary player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.