

# Outdoor Super League

## Rules & Regulations – 2026 Season

### Rosters & Player Registration

Roster Deadline: Teams have until **September 11, 2026** to finalize all roster additions.

Teams must submit their roster before their first scheduled game.

**Open Roster Policy:** Teams may add unlimited players throughout the season before the roster lock deadline. However, only the following number of players may be dressed per game:

- 6v6: Maximum 14 players dressed
- 7v7: Maximum 16 players dressed
- 9v9: Maximum 18 players dressed
- 11v11: Maximum 20 players dressed

### Adding New Players During the Season:

1. Player must be added on Exposure and waiver must be signed.
2. Each team's Google Drive folder will be shared with coaches/managers. Coaches/managers are responsible for uploading player headshot pictures/IDs by Friday at 6:00 PM.
3. Any player added after Friday 6:00 PM or on Saturday will NOT be eligible to play that week.

### Substitutions

- 7v7: Substitutions are on the fly.
- 9v9: Substitutions must be made during stoppages and players must ask the referee for permission before entering the field.

### Throw-Ins & Offsides

- 9v9 and 11v11: Standard throw-ins and offsides apply.
- 7v7: Offsides apply. Offside lines will be marked a few steps outside the goalkeeper crease on both sides of the field. The halfway line will NOT be used for offsides in 7v7.
- 6v6: No offsides. Throw-ins are still used.

Referees will use discretion on throw-in technique for younger age groups.

### Forfeits & Attendance

Teams are granted a **10-minute grace period** from the scheduled kickoff time.

After 10 minutes, the referee may record a forfeit subject to league approval.

If a team forfeits after **Thursday at 3:00 PM** of that week, the forfeiting team will be responsible for paying both teams' referee fees.

## **Red Cards & Discipline**

Any player receiving a red card is ejected for the remainder of the match and will be suspended for a minimum of **one (1) game**.

The team must play short-handed for **5 minutes**, after which another player may enter the game.

A discipline report will be emailed to the team/club following the incident.

Serious incidents may result in additional suspensions or disciplinary review.

## **Standings & Playoffs**

1. Goal Difference
2. Goals For
3. Head-to-Head (only if two teams are tied)
4. Goals Against
5. Coin Toss

## **Tier Movement & Player Transfers**

Players may only play for two teams if they are in different age groups.

Maximum of 2 players may move between tiers per game. All requests must be approved by the League Director by Friday at 6:00 PM.

Players may transfer teams a maximum of one (1) time during the season.

Transfer deadline: August 1, 2026.

## **Jerseys & Matchday Requirements**

- Jersey numbers are mandatory for all players.
- Teams must wear matching colored jerseys.
- Pinnies are only permitted in emergency situations approved by the referee.
- Player IDs may be checked before each game.

## **Sideline Conduct & Referee Protection**

- Parents and spectators must remain off the field at all times.
- No sideline coaching from spectators or parents.
- Teams are responsible for the behavior of their spectators.
- Zero tolerance for verbal or physical abuse toward referees, players, staff, or spectators.
- Referees may stop or abandon matches due to misconduct or unsafe environments.

## **Weather & Match Delays**

Games will proceed rain or shine unless deemed unsafe by league staff or referees.

In cases of lightning or severe weather, matches may be delayed, suspended, or canceled for safety reasons.

## **Game Recording & League Operations**

Games may be recorded for league operations, highlights, discipline review, and player development purposes.

Schedule changes are extremely limited due to field availability and league scheduling requirements.

## **Rule Interpretation**

The League Director and Tournament Committee's interpretation of the rules is final.

For full policies, procedures, discipline rules, appeals, and codes of conduct, please review:

**<https://gameawareness.ca/policies-%26-procedures>**