



Over 35+ 7 v 7 Competition Rules

Updated March 31, 2025

Rule 1: LAWS OF THE GAME

1. All games will be officiated with the 7 v 7 league Laws of the Game as published on the OASC web site.

Rule 2: TEAM APPLICATIONS

1. Team entries will only be accepted with a deposit and application form.
2. Acceptance of late team applications shall be at the discretion of the Board of Directors who shall be guided by the convenience of teams already accepted.
3. Team applications will only be accepted if the Board of Directors believes that the team can fulfill its obligations to the OASC.

Rule 3: DIVISIONS

1. Teams may apply to play in any division.
2. In all games, 3 points shall be awarded for a win, and 1 point shall be awarded for a tie.
3. The team with the most points in each division at the end of the season will be the Divisional Champions.
4. In the event that two teams in the same division have the same number of points, then the tie-breaker to determine the team standings shall be determined in the following order:
 - a) The team with the most points in the head-to-head games played between the 2 tied teams shall be declared the winner of the tie-breaker.
 - b) The team with the highest goal difference shall be declared the winner of the tie-breaker.
 - c) The team with the most goals scored shall be declared the winner of the tie-breaker.
 - d) The team with the most wins in shall be declared the winner of the tie-breaker;



5. In the event of a team withdrawing from the League and failing to complete its schedule, the entire record for that team shall be expunged from the League standings.
6. A team will not be permitted to change division once the season has started without the permission of the Board of Directors who shall be guided by the convenience of teams already playing in the league.

Rule 4: PLAYER REGISTRATION

1. All players shall be registered with the League in accordance with the current seasons Registration Policy.
2. All players shall be at least 36 years of age.
3. A player may register for more than 1 team; however, a player may not register for 2 teams within the same division. The exception is a goalie can register for more than one team within the same division.
4. Teams can carry a maximum roster of 16 players. A maximum of 16 players can attend any one game.

Rule 5: PLAYER IDENTIFICATION

1. Checking each player's Player Identification is compulsory for all games. Player Identification is only confirmed with the presentation of government issued picture ID. Acceptable ID: Passport, Driver's License, Health Card A clear photo of the government issued ID is acceptable.
2. Players who cannot be identified by their ID and game sheet are not permitted to play.

Rule 6: GAMESHEETS

1. Each team is to present 2 copies of a game sheet to the referee before each game. The referee will complete the game sheet and return a copy to the team at the end of the



game. The other game sheet is to be retained by the referee and sent to the league within 48 hours.

2. All players and Team Officials participating in a game must be identified on the game sheet.
3. Only 16 players may be listed on the game sheet.
4. A player whose name appears on the game sheet is deemed to have played in the game. If a player does not attend the game, then his or her name must be scratched on the game sheet when it is given to the referee.

Rule 7: UNIFORMS

1. All teams shall register their uniform with the OASC prior to their first game.
2. Matching uniforms is defined as jerseys, shorts and socks. All players except the goalkeeper must wear matching uniforms.
3. Where there is a similarity of colours the away team shall change, providing the home team's colours are as registered with the OASC. If not, then the home team shall change. It is the responsibility of the coach of the team that is to change to have alternate shirts ready.
4. Player's shirts shall be numbered. The numbers are to be at least eight (8) inches high. No two (2) players on the same team shall wear the same number. The player's number shall be indicated on the Game Sheet beside their name and no player shall change their number during the course of a game without the permission of the referee.

Rule 8: GAME OFFICIALS

1. Only qualified referees registered with Ontario Soccer shall be appointed to officiate in the league.



2. Referees shall receive fees for their services in the amount determined by the Board of Directors at the start of each season.
3. Referees must arrive at the location of the game at least 20 minutes prior to kick off.
4. At the conclusion of the game, the referee shall ensure that all sections of the Game Sheet are completed and shall be forwarded, together with any supplementary sheets, to the OASC within 48 hours.
5. Referees who are also registered players and/or team officials may not referee matches in their own division or any other match in which there might be a conflict of interest.
6. Games where the officially appointed referee fails to appear will be rescheduled unless a mutually agreeable stand-in can be employed instead. Both coaches must write on the gamesheets that they agree to use the stand in referee.

Rule 9: UNPLAYABLE AND ABANDONED GAMES

1. Any team failing to field five (5) players by the scheduled kick off time shall be reported to the OASC.
2. Any team failing to field five (5) players within five (5) minutes of the scheduled kick-off time shall be considered to have failed to appear, and they shall default the game.
3. If both teams fail to appear no points shall be awarded but each team will have one (1) loss added to its record.
4. Defaulted league games will not be rescheduled.
5. If the game is abandoned due to the actions of a player, coach or spectator from one of the teams then the game will be awarded to their opponents. The score will be a 2-0 default or the current score if it is better than 2-0. The guilty team may also face discipline action.
6. If the game is abandoned due to any other reason, then the following policy will be



used to decide the outcome of the game.

- a. If one team is winning by 3 goals or more then the result will stand, and the game is considered complete.
- b. If neither team is winning by 3 goals or more then the game will be considered complete if 1/2 of the game has been completed.
- c. If neither team is winning by 3 goals or more, and less than 1/2 of the game has been completed then the game will be replayed subject to field availability.

Rule 10: POSTPONEMENT AND RESCHEDULING OF GAMES

1. The Operations Committee may postpone any game at any time.
2. Teams may request a postponement of a game in accordance with the Rescheduled Games Policy that is relevant for that season.

Rule 11: GAME REPORTS

1. Both teams must submit a game report to the OASC via their web site no later than noon the following day. Teams who do not submit a game report on time will be fined \$25 for each occurrence.

Rule 12: TROPHIES AND AWARDS

1. Medals will be awarded in the league.

Rule 13: TEAM OFFICIALS

1. At every game each team shall designate an individual to act as a team official, who shall identify themselves to the referee.



2. Team officials are recognized as being participants in games and as such are bound by the rules and regulations of the OASC.

Rule 14: PLAYER LOANS

1. Player loans must be recorded on the game sheet with the words 'Player Loan' after the individual's name.
2. A player may only play on loan in 5 games per season.
3. When a team can field 7 or more players, 2 additional players may be loaned, however the maximum number of players on the team cannot exceed 16.
4. When a team can field 6 players or less, 3 additional players may be loaned.
5. When a player has been loaned to a team, any late arriving players may only be eligible to play if the conditions in paragraphs 4 and 5 above are not violated or permission has been given by the opposing team official.
6. If a loan player is used who does not meet the requirements of rules 14 then the OASC Discipline Panel may decide to replay the game or award a default win to the opponents.

Rule 15: PROTESTS

1. Where a game is played under protest, such fact must be noted on the game sheet and a formal protest must be lodged as stipulated below.
2. In dealing with any protest, the OASC Operations Committee shall take into consideration the possession by the protesting Club or Team of any prior knowledge of the facts or allegations contained in the Protest, which if properly used, might have prevented the Protest.
3. A written protest must be submitted to the OASC within 48 hours of the game. The



protest must contain a full description of the reasons for the protest.

4. A protest fee of \$50 must be submitted to the OASC within 48 hours of the game. The protest fee will only be returned if the protest is upheld or if the protest was deemed to be out of order.
5. If a protest is deemed to be valid then a hearing will be scheduled where the protesting party must present their case to the OASC Operations Committee.
6. No protests pertaining to the decisions of the game officials shall be entertained.
7. Objections to field conditions, goalposts, balls or team colours, shall not be considered as grounds for a protest. Objections of this nature shall be brought to the attention of the referee and noted in writing on the game sheet. If in the opinion of the referee, the objections do not constitute a valid reason for abandoning the game, no further action will be considered by the OASC. In all other cases, the league may take appropriate action based on a review of the referee's written report.

Rule 16: DISCIPLINE

1. Disciplinary action shall be taken in accordance with the Ontario Soccer Published Rules. The following guidelines will apply:
 - a. In cases where Ontario Soccer published rules provide for Discipline by Review (DBR), the accused does not have to appear for a hearing. If the accused person does not request a hearing within 48 hours of the game where the offence occurred, he/she will be found guilty and the applicable penalties and/or fines, established by Ontario Soccer for the offence for which he/she has been charged shall apply.
 - b. Any request for a hearing shall be submitted in writing to the OASC and accompanied by an administration fee of \$50. The hearing fee shall be reimbursed only if the Discipline Panel finds the accused not guilty. An accused who has requested a hearing and fails to appear for the hearing shall forfeit the



administration fee.

2. Where the Ontario Soccer published rules provide for Discipline by Hearing (DBH), and where the EODSA has delegated to the OASC the authority to handle all discipline pertaining to the offence the OASC Discipline Committee will hold a hearing and deal with the alleged infractions.
3. Failure of an accused to appear at a Disciplinary Hearing will result in the immediate suspension of the accused and a \$100 fine. The suspension will continue to be in effect until the accused appears before the OASC Disciplinary Committee.
4. An OASC member must attend a discipline hearing if requested by the OASC Discipline Committee.
5. Discipline hearing will be scheduled according to that season's discipline hearing policy.
6. Any player, coach or manager who has been shown a red card must immediately exit the facility. Failure to exit the facility immediately, which delays the restart of the game, can result in an abandoned game (9.5) as well as further disciplinary action.

Rule 17: APPEALS

1. All decisions of the OASC may be appealed to the EODSA in accordance with the rights of appeal process.

Rule 18: RULE CHANGES

1. The OASC Operations Committee may make emergency rulings on any matter not explicitly covered by these rules at any time.
2. The OASC Operations Committee may also update these rules at any time. All teams will be notified of any rule changes via email.