



PRE SEASON MEETING

April 27th, 2026



Agenda

- League operations – Dawn Dinsdale
OASC General Manager
- Club plans for 2026 – Tim Baigent
OASC President
- League overview – Peter Judd
OASC Vice President



Club overview

The Ottawa Adult Soccer Club was formed in 1980

This will be our 46th season

We are a not-for-profit organization with a volunteer board of directors

Dawn Dinsdale is our General Manager

We are members of Eastern Ontario Soccer

2026 plans

In October 2025, the board of directors were given the challenge of how to improve the OASC for 2026

About 20 ideas were discussed over the following months

Some of the suggestions will be implemented for 2026

The 6 most exciting changes are described in the following slides

Use the 2026 World Cup ball



Each team will receive a FIFA 2026 match ball



Get some swag



Each team manager will receive an OASC cap



Form a partnership with Ottawa Rapid FC



We already partner with Atletico Ottawa

We also wanted to partner with our professional women's team

Each team who entered with the early bird will receive 2 match tickets for an Ottawa Rapid game

Members will be able to purchase tickets with a discount code from our website

Explain the law changes for 2026



There are several law changes for 2026

We will hold a webinar to explain these changes on Wednesday May 6th

We encourage team managers and goalkeepers to attend

Start a Women over 55 division



This was suggested by the Women's Committee

We will have a 10-week season for 2026



Start a Fall League

We plan on starting a 7 week Fall League at Richcraft in September and October

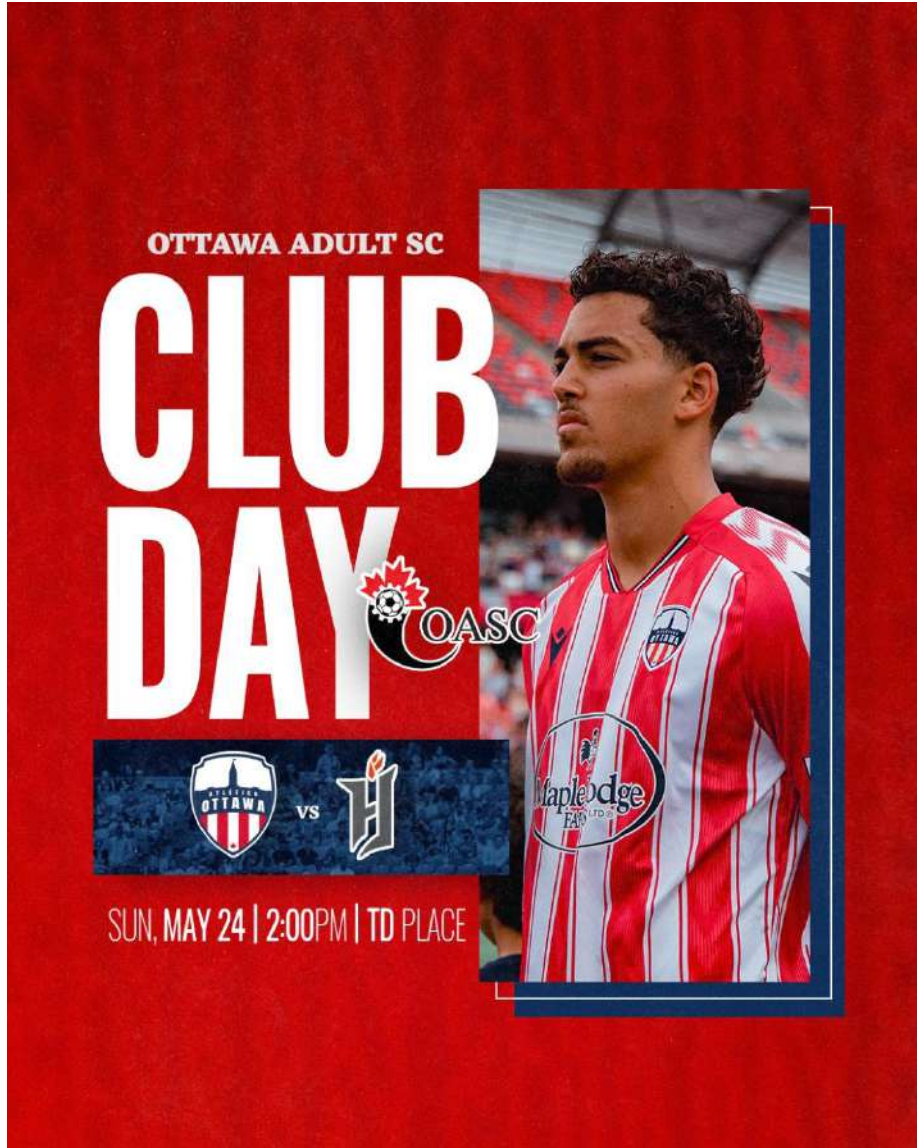
This will be 7 v 7 with matches played on Sundays during the day

Space will be limited





Atletico Ottawa club day



This years OASC club day will be on Sunday
May 24th

Atletico Ottawa v Forge FC

Each 11 v 11 team will receive 10 tickets

Each 7 v 7 team will receive 7 tickets

League Overview

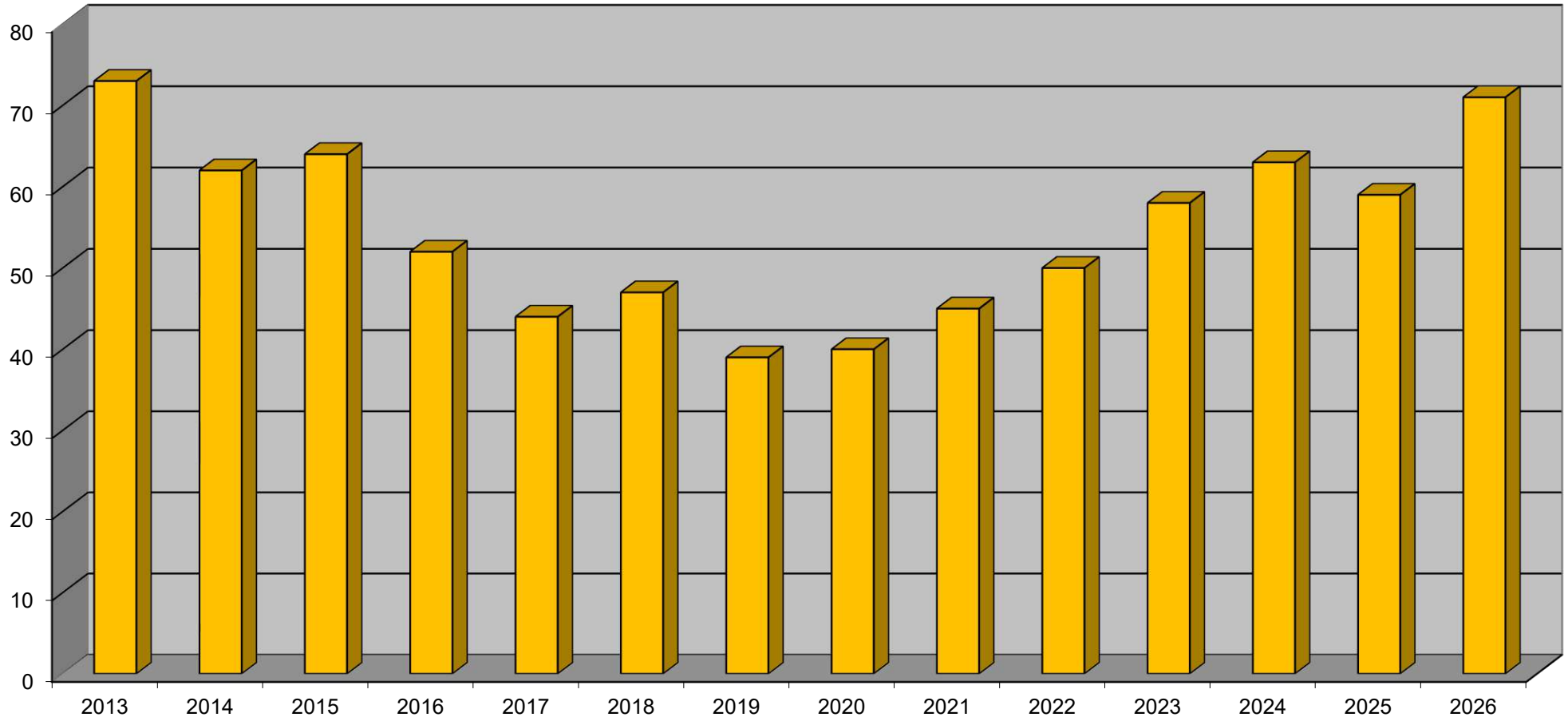


71 teams have entered our league for 2026

This continues our upward trend since rebranding the club in 2021



of teams by year



2026 dashboard

Total 2026 teams

71

Returning teams

52

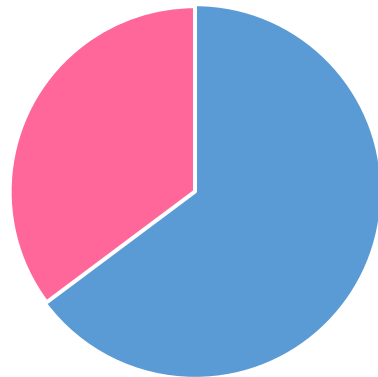
New 2026 teams

19

Lost 2025 teams

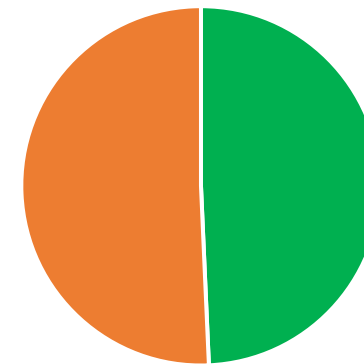
8

2026 teams by gender



■ Men ■ Women

2026 teams by game type



■ 11 v 11 ■ 7 v 7



Early Bird Special



The Early Bird program helps with planning

Thank you to the team managers who participated

51 teams participated in the Early Bird Special

This was a great success that will be repeated in 2027

Areas of concern



The Richcraft field is closed for repair until at least the end of May

This will mean some change of venue for the 7 v 7 teams for the start of the season

Areas of concern



Uniforms remain a concern

League rules require teams to have matching shirts shorts and socks (like this team)

You should be budgeting for all 3 items

The board may consider other solutions if uniforms don't improve

Areas of concern



Discipline has been creeping up in the last few years

We need you to remind players that the OASC is a recreational soccer league with a reputation for fair play.

Let's keep it that way

Schedule overview



Each team will play 14 games

Season will start in the week of May 11th

The schedules will be posted on the website this week

In 11 v 11 divisions top team will be promoted and bottom team relegated

Alternate fields



While Richcraft is closed for May the following fields will be used for 7 v 7 games

Bell Sensplex (Kanata)

Sooners Dome (Stittsville)

Minto turf (Nepean)

Quinn's Point (Barrhaven)



Women Division 1

Women Division 1 (7v7)

| # | Team | GP | W | T | L | GF | GA | +/- | Pts |
|----|----------------------|----|---|---|---|----|----|-----|-----|
| 1. | Goldrush | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2. | Haven't Got a Kahlua | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 3. | Hawaii FC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 4. | Hot Messi | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 5. | Pumas | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 6. | Surf n' Turf | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 7. | Swifters | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 8. | Talons | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 9. | Valley Cats | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

- Regular game night - Monday
- Season starts - Monday May 11th
- Schedule format - 14 games, play everyone once, some teams twice



Women Over 45 Div 1

Women Over 45 Division 1 (7v7)

| # | Team | GP | W | T | L | GF | GA | +/- | Pts |
|----|-----------------|----|---|---|---|----|----|-----|-----|
| 1. | BBFC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2. | Phat Chicks | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 3. | Sassy Ladies | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 4. | Senior Strikers | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 5. | Sonic Boom | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 6. | Spitfires | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

- Regular game night
 - Monday
- Season starts
 - Monday May 11th
- Schedule format
 - 14 games, play everyone twice, some teams three times



Women Over 45 Div 2

Women Over 45 Division 2 (7V7)

| # | Team | GP | W | T | L | GF | GA | +/- | Pts |
|----|---------------|----|---|---|---|----|----|-----|-----|
| 1. | Carp Lynx | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2. | Chili Peppers | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 3. | CP Tornado | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 4. | Momma Cats | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 5. | Soccer Sistas | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 6. | Tailgaters | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

- Regular game night
 - Monday
- Season starts
 - Monday May 11th
- Schedule format
 - 14 games, play everyone twice, some teams three times



Women Over 55 Division

Women Over 55 (7v7)

| # | Team | GP | W | T | L | GF | GA | +/- | Pts |
|----|----------------|----|---|---|---|----|----|-----|-----|
| 1. | Carolina Blue | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2. | Extreme Yellow | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 3. | Kelly Green | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 4. | Purple | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

- Regular game night
 - Thursday
- Season starts
 - Thursday May 14th
- Schedule format
 - 10 games, play everyone three times, one team four times

Men Over 35

Men Over 35 (7v7) Division 1

| # | Team | GP | W | T | L | GF | GA | +/- | Pts |
|-----|-------------------|----|---|---|---|----|----|-----|-----|
| 1. | DY4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2. | Dynamo Dragons | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 3. | Evergreen | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 4. | FORD Lightning | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 5. | Here4Beer | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 6. | JDS Predators | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 7. | Legends FC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 8. | Nederland | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 9. | PB&J | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 10. | The Eagles | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 11. | Tropic Thunder FC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

- Regular game night - Wednesday
- Season starts - Wednesday May 13th
- Schedule format - Play everyone once (9 games) then split into tier 1 and tier 2 (5 games)



Men Division 1

Men Division 1

| # | Team | GP | W | T | L | GF | GA | +/- | Pts |
|-----|------------------|----|---|---|---|----|----|-----|-----|
| 1. | Anatolian Eagles | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2. | Asmis FC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 3. | Bankai FC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 4. | GDMS Gunners | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 5. | Hooligans | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 6. | Les Hirondelles | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 7. | Run Burgundy FC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 8. | Stage | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 9. | Talons | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 10. | The Reds | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

- Regular game night
 - Tuesday
- Season starts
 - Tuesday May 19th
- Schedule format
 - Play everyone once (9 games) then split into tier 1 and tier 2 (5 games)



Men Division 2

Men Division 2

| # | Team | GP | W | T | L | GF | GA | +/- | Pts |
|----|---------------|----|---|---|---|----|----|-----|-----|
| 1. | Bird Squad FC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2. | FOB FC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 3. | Goal Diggers | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 4. | MMU | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 5. | NGA FC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 6. | SGS | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 7. | Strikeforce | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

- Regular game night
 - Wednesday
- Season starts
 - Wednesday May 20th
- Schedule format
 - Play everyone twice then 2 extra games

Men Division 3

Men Division 3

| # | Team | GP | W | T | L | GF | GA | +/- | Pts |
|-----|-----------------------|----|---|---|---|----|----|-----|-----|
| 1. | I Miss Her | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2. | Kinaxis Kodiak | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 3. | Large Chicken Platter | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 4. | Men in Pink | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 5. | Oreo FC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 6. | Ottawa Nationals | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 7. | Simeones Servants | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 8. | StackYaBread | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 9. | West Carleton FC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 10. | Yard Sale | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

- Regular game night - Thursday
- Season starts - Thursday May 21st
- Schedule format - Play everyone once (9 games) then split into tier 1 and tier 2 (5 games)



Men Division 4

Men Division 4

| # | Team | GP | W | T | L | GF | GA | +/- | Pts |
|----|-------------------|----|---|---|---|----|----|-----|-----|
| 1. | Bytown City | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2. | Dragons FC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 3. | EY Beams | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 4. | GDMS Cyclones | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 5. | Nokia Eagles | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 6. | Shrew Crew FC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 7. | Skyworks Skyblues | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 8. | Syntronic Moons | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

- Regular game night - Thursday
- Season starts - Thursday May 21st
- Schedule format - Play everyone twice

Cups



We have 2 cup competitions for our 11 v 11 teams

Challenge Cup open to all

Presidents Cup for Division 3 and 4 only

Challenge Cup entry fee for Division 3 and 4 teams is \$90



Cup Schedule

| | |
|-----------------------------------|-----------------|
| Monday May 11 th | – Entries close |
| Tuesday May 12 th | – Cup draw |
| Week of May 25 th | – Round of 32 |
| Week of June 9 th | – Round of 16 |
| Week of July 13 th | – Round of 8 |
| Week of August 10 th | – Semi finals |
| Week of September 7 th | – Finals |

If you wish to drop out of the cup, please let us know prior to the cup draw



Team management

Each team manager needs to activate their website account

Each player needs to register on the website

Demonstrations of these processes can be found on the website

The screenshot shows the Ottawa Adult Soccer Club website. At the top, there is a black header with the OASC logo on the left and the text 'Ottawa Adult Soccer Club' in white. Below the header is a navigation bar with links: Home, About Us, My Team, Games, OCSL, and Partners. On the right side of the navigation bar, there is a gear icon and a logo for 'EZE SOCCER'. Below the navigation bar, there is a large image of a soccer player in a yellow jersey and yellow socks, and another player in a dark jersey with the number 23. A dropdown menu is open over the image, listing several options: Next Game, Team Schedule, Team Results, Team Statistics, Team Roster, Select Team, Player Availability, Player Registration, and Team Management. The 'Player Registration' option is highlighted with a red rectangular border.

Team registration is now open for 2026



Team management

Only properly registered players may play for your team

Please ensure all your players are registered at least 48 hours before your first game

Players who register later than this may have to miss the first game

Game day management – Team managers

What to do on game day?

Bring 3 copies of your game sheet and give them to the referee

After the game submit a game report on the website within 24 hours



Game day management - Players

What to do on game day?

Bring government issued ID to the game and present it to the referee

Driving license

Health card

Passport

** Only acceptable ID

*** Pictures of government issued ID is acceptable



Game day management - Equipment

What to bring on game day?

All teams

- A game ball

- A pump

11 v 11 teams only

- A goal net

- 2 corner flags

Away team changes when there is a colour clash

The following fields will have nets permanently setup:

- Richcraft

- Quinn's Point



OASC Law Implementations

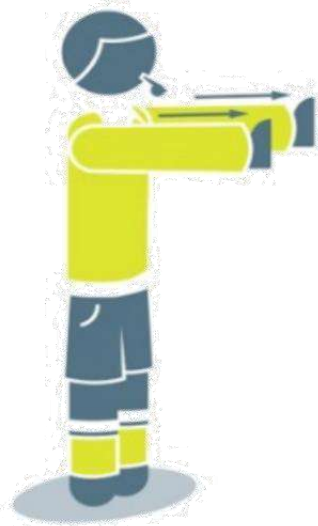
LAWS OF THE GAME:

All matches will be played in accordance with the FIFA Laws of the Game.

Law 3.10 (Team Captain) Only The Captains- Protocol

The following procedure will apply:

- The referee can initiate the 'only the captain' protocol at any stage, but it is most likely to be used following major decisions and to prevent major confrontations
- The referee will blow the whistle and initiate the 'only the captain' protocol by using the following new signal:
 - Raising both arms above their head and crossing them at the wrists
 - Uncrossing their arms and moving them in front of their body with their palms open in a forward pushing motion to indicate that the players must not approach
 - Move away from the players to create zone ~4m – only the captain can enter this zone
- After a brief explanation, the captain should be given a few seconds to explain the decision to their team



OASC Law Implementations

Law 8.2 Dropped Ball:

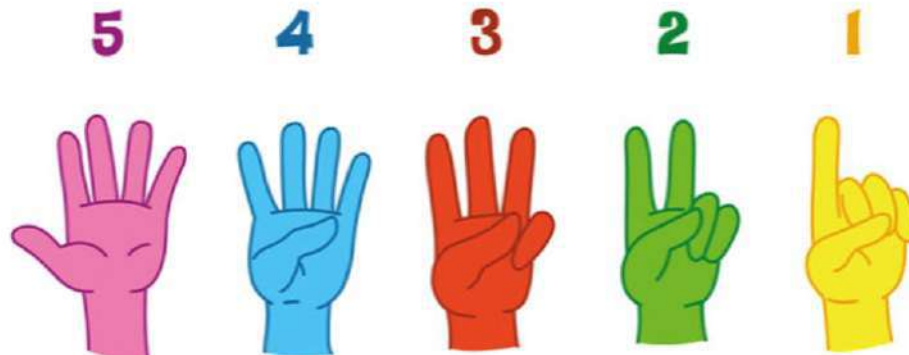
If the ball is outside the penalty area when play is stopped, it is dropped for the team that had, or would have gained possession, if this is clear to the referee; otherwise, it is dropped for the team that last touched it. The ball is dropped at its position when play was stopped.

Law 12.2

If a goalkeeper holds the ball for longer than eight seconds (with the referee using a visual five-second countdown), a corner kick will be awarded to the opposing team (rather than an indirect free kick if a goalkeeper holds the ball for more than six seconds, as per the current Laws).

Procedure

- First 3 seconds are counted silently while the referee gets into position
- Final 5 seconds are displayed in the referee's raised hand





OASC 11 v 11 Rule Changes - Reminders

Teams who are tied at the end of the season, tie breaker will be head-to-head competition points

Acceptable ID are Driver's License, Picture Health Card or Passport.

A clear picture of the ID is acceptable

If a game is called, 1 team is winning by 3 goals or more and at minimum 67.5 minutes of the game (according to the referee's watch), the game will be considered complete.



OASC 7 v 7 Rule Changes - Reminders

Teams who are tied at the end of the season, tie breaker will be head-to-head competition points

Acceptable ID are Driver's License, Picture Health Card or Passport.

A clear picture of the ID is acceptable



OASC Women's Divisions Rule - Reminders

Teams will need to bring 2 game sheets to the game and BRING them to the referee.

Teams who are tied at the end of the season, tie breaker will be head-to-head competition points

Acceptable ID are Driver's License, Picture Health Card or Passport.

A clear picture of the ID is acceptable

16 players may be listed on the game sheet

Women playing in the open division are not permitted to play on loan to the Over 45 division, exception are goal keepers

Important Reminders

Shin guards

Shin guards must be worn by all players. They are not **OPTIONAL**

Game Sheets

BRING them to the referee. Don't make them chase you down

Game starts

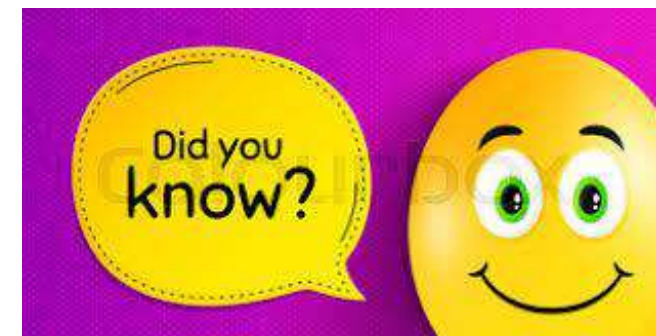
Teams need to be ready on time. If teams are not ready, the referee will start their watch, games will be shortened

Air Quality Policy

The OASC has created an Air Quality Policy. Please review the Policy on our website under [About Us/Policy & Programs](#)

7 v 7 Rule Reminder

Sliding is not permitted. Goal keepers are permitted to slide **INSIDE** the box only



Discipline

We follow the Ontario Soccer's Discipline policy and procedures

Discipline hearings are scheduled each week throughout the season





Discipline Index

Each team will have a discipline index as follows

0.75 point for each yellow card

2 points for each red card

Index = total points / # of games played

Teams who score over 0.75 in the season will be placed on a performance bond for 2026



Men's Over 35 Tournament

The tournament format will be 11 v 11

All teams with players Over 35 years of age (born in 1991) can enter

OASC teams can make up a team with members of the OASC

It is scheduled for Saturday September 19th, 2026



