One Page Soccer Rules & Modifications 2026-27

Number of Players Needed to Play a Game:

- Must be able to field 7 players (6 fielders and 1 goalie) to be able to play the game. This applies to the start of a game as well as any time during a game. If a team has not shown up at the designated field within 15 minutes of the scheduled start time (without issuing a 1-hour's notice of being late for the game), the game is considered forfeited.

Game Playing Time:

- Two 30 halves (running time)
- Half time will be 5 minutes
- Overtime in playoffs only
- Playoff game tie breakers work as follows:
    - Additional two 5 minutes overtime halves
    - Captains and coaches will meet with official
    - Two full 5 minute halves to be played (Game is **NOT** over once a goal is scored)
    - If game is still tied; 5 DIFFERENT player penalty shootout (ALL 5 players will kick)
    - If it is still tied after 5 players, sudden death penalty (players can take unlimited/consecutive kicks until game is complete, including the first 5 shooters)

All players dressed for the game **must play a meaningful portion of the game.**

An athlete must play at least 1 regular season game to be eligible for the playoffs.

Unlimited substitutions are allowed.

Uniform:

- Team jerseys must have numbers
- If both teams' jerseys are too similar, then the home team will wear different coloured pinnies
- Goalie jersey needs to be a different colour
- Shin guards and socks must be worn
- Cleats are optional but NO METAL CLEATS allowed

7 Goal Mercy Rule:

- Ensure all coaches in your division know about the rule
- Coaches are highly encouraged to implement strategies to prevent from needlessly running up the score (i.e. give their second and third string players more playing time)
- 6 goal differential example = 7-1 (6 goal diff.) game continues as normal, 8-1, score is final, coach's discussion on whether to stop playing or continue for fun
    - The rest of the game can be played without continuing to keep score

Guidelines to Determine a Complete Game:

- If 50% or greater of the total time of a game is complete when the game is stopped it is considered a complete game.
- If less then 50% of the game is complete a new full game is to be scheduled.

Line Judges:

- Home team provides trained line judges
- Adult line judges are required for playoff games