



Ottawa Soccer Club uses a small-sided format for younger players in which the number of players, field sizes and rules related to offsides, substitutions, heading, etc. all mature along with the player. The U19 field is regulation size. Play is competitive at the U19 level, but should remain fun and engaging for everyone.

OSC U19 Game Format

1. **Number of Players:** 11 v. 11 with goalie.
2. **Referee:** 1 center referee and 2 linesmen.
3. **Duration of the Match:** 40-minute halves.
4. **Substitutions:** Unlimited substitutions can be made but only on either team's goal kicks, goal, caution, injury or equipment change plus on a team's own corner kick or throw-in. If the team with the corner kick or throw-in subs, the opposing team can sub as well.
5. **Ball Out of Play:** The ball is in play until it completely crosses over a touchline (sideline) or goal line (end line).
 - a. *Sideline Out of Play* – If the ball crosses the sideline, the team that did not touch it last will throw in the ball. The thrower will use both hands to deliver the ball from behind and over the head in one continuous motion while keeping both feet on the ground.
 - b. *Corner Kick* – Taken when a defender last touches the ball before it crosses the end line. The offense will kick the ball from the corner. The opposing players are to be at least 10 yards from the corner arc until it is kicked.
 - c. *Goal Kick* – Taken when the offense last touches the ball before it crosses the end line. The defense will kick the ball from the goal box.
6. **Free Kicks:** Indirect or direct, as determined by the referee. The opposing players are to be at least 10 yards from the ball until it is kicked.
7. **Heading:** Heading is allowed.
8. **Offside:** Offside rule applies. It is not an offense in itself to be in an offside position. A player is in an offside position if he/she is in the other team's half and nearer to the opponents' goal line than both the ball and the 2nd to last opponent (including the goal-keeper). A player is generally caught offside if in an offside position and the ball is played to him/her. A player can't be caught offside from a goal kick, throw in, or corner.
9. **Slide Tackling:** Slide tackling is permitted, provided it is performed safely. A slide tackle may be deemed unsafe by the referee if it is careless, reckless, or involves the use of excessive force. A common illegal slide tackle involves making contact with the opponent before contacting the ball. However, a slide tackle may be deemed unsafe regardless of whether the tackling player "gets the ball first."
10. **Injuries:** If a player is injured and play is stopped by the referee, all players should take a knee. The injured player must leave the field and can only return after play has resumed.
11. **Scores:** The winning coach is responsible for recording the score in the league app, unless an OSC team is playing a non-OSC team, in which case the coach of the OSC team will record the score in the league app.
12. **Gear:** All players should wear soccer cleats with shin guards under socks. During cold weather a player can wear stocking caps, gloves and clothes under the uniform. No necklaces, ear rings or jewelry of any kind should be worn for safety reasons.
13. **Post-game:** Teams line-up to tell the opposing players "good game" and thank the referee(s). Throw all trash in the nearest garbage container. If your team is the last to play on the field, ensure benches and corner flags are placed in the OSC trailer.
14. **3 Goal Rule:** There is no "3 goal rule" in the U19 division.
15. **Short Team Rule:** In cases where teams find themselves short players, coaches have three options...
 - a. If a team has at least the minimum number of players required, play on. The opposing coach may choose to play the same number of players, but this is not a requirement.

- b. If coaches agree, share players. The opposing coach may choose to share specific players at his/her discretion, but this is not a requirement. Every player on the mixed team will wear a pinnie to distinguish it from the other team.
- c. Forfeit.

Coaches may not...

- bring up or down players from other divisions.
- use players in the same division who are rostered on other teams (other than the opposing team in case #2 above).
- use players from outside the league.

The minimum players required to start/continue a match are 7 players per team.