

REFEREE INFORMATION - GSSC ADULT PROGRAMMING

Division	CO-ED	MEN	WOMEN
Day of the Week	Friday nights 6-9pm	Thursday nights 6-10pm	Sunday nights 6-9pm
Playing format	6 v 6 (with GK) *minimum 1 female	6 v 6 (with GK)	6 v 6 (with GK)
Substitutions *GK exception (only at stoppage)	Unlimited, on the fly (within 1 metre of bench)	Unlimited, on the fly (within 1 metre of bench)	Unlimited, on the fly (within 1 metre of bench)
Game Duration	2 x 25 minutes	2 x 25 minutes	2 x 25 minutes
Throw-ins	Yes	Yes	Yes
Offside	No	No	No
Ball Size	5	5	5
# of Teams in League	6	8	6
Format	10 games: All-play-all x 2	7 games: All-play-all x 1 3 games: Stratification into Div 1; Div 2 All-play-all in division x 1	10 games: All-play-all x 2
Champion *tie breaker, applied if needed	Most points after 10 games	Most points after 3 games stratification	Most points after 10 games

IMPORTANT ADJUSTMENTS – READ CAREFULLY! (Questions? info@gssc.ca)

- ✓ No slide tackling, but sliding to score a goal or keep the ball in play uncontested is permitted
- ✓ Yellow card = 2 minute penalty in sin bin – fully served even if goal conceded
- ✓ Red card = 5 minute penalty in sin bin – fully served even if goal conceded
 - Player/coach faces 1 game suspension minimum and must leave field of play and near vicinity
- ✓ No punting from the Goalkeeper (to protect facility) – he/she can throw, bounce, or play from ground
- ✓ Complete game-sheet fully
 - Teams must complete roster fully – names and numbers of players present
 - At end of the match, complete scoring and discipline → take picture & submit to office
 - Leave paper copies of game sheets at desk
- ✓ Wear professional attire (all black) with badge; have an alternate colour available (e.g. yellow/red/blue)
- ✓ Whistle mandatory; wrist-watch mandatory (no phones); cards in pocket with writing instrument(s)
- ✓ Do NOT use cell phone during the match
- ✓ 3 minute half-time maximum
- ✓ Keep game kick-off times punctual
- ✓ Minimum to start a match is 4 players → 3 field players + 1 goalkeeper
- ✓ Shin guards/pads mandatory; no jewelry permitted
- ✓ Free kick distance is 5 yards
- ✓ Penalty kicks taken from the yellow penalty area line
- ✓ Goal kicks taken from anywhere inside yellow-lined penalty area
- ✓ MAJOR INCIDENTS – any discipline must be described on the REVERSE of the game sheet
 - E.g. #10 of ___ team cautioned for unsporting behaviour at ___ minute of ___ half
- ✓ Arrive 10 minutes prior to game time
- ✓ Spectators must be in designated areas along goal line → not permitted on benches or in technical area