



Why a League Philosophy?

Recreational Coed Soccer is about having fun, being active, and enjoying the game – all in a supportive and inclusive environment.

A “good” game is one in which all players have lots of playing time, teams are passing the ball well and there is plenty of friendly banter. While we do enjoy some friendly competition on the field, games are self-officiated and we don’t keep score. Players on both teams give and receive encouragement and positive feedback for clean passes, good defensive moves and, of course, nice shots on net.

Recreational Coed Soccer fosters an atmosphere of mutual support. All players are asked to take some responsibility for maintaining the well-being of the league, their own team and other players. Play fair and model a positive attitude.

We ask that you actively promote the philosophy of this league, in order to make it a welcoming recreational league for people of all skill levels and abilities.

Basic Rules for Play

RESPECT OTHERS

It is important to note that this league caters to players of all skill levels. The league should be of a light-hearted nature, with an emphasis on having fun. Players should respect each other and place the well-being of their teammates over the skill of the team. Everyone is responsible for helping to maintain a positive atmosphere!

MAINTAIN SAFETY

Avoid excessively hard passes or shots, high shots, aggressive challenges, and rough play in general. **Sliding is not allowed.** Remember that this is a recreational league and play accordingly. We can all help prevent injuries by being mindful, self-aware and accountable on the field.

NO CONTACT

There should be no shoulder-to-shoulder contact, no pushing off with hands or arms, and no intentional striking the ball then the body, etc.

SUB FREQUENTLY & SWITCH OUT THE KEEPER

Players should sub frequently to ensure that all players get equal playing time. A faster rotation also makes for a faster and more exciting game. Switch out the goalkeeper often, too, with all players taking a turn. It is good practice to take over as goalkeeper after you score a goal.

If one team has more players than the other, even out the teams so that they have equal numbers of subs so that everyone can enjoy equal playing time.

CALL YOUR OWN FOULS

Play an honest game, and call your fouls, including hand balls (where a player makes contact with the ball using any part of their arm).

NO CLEATS

The Canada Games Centre does not allow cleats, indoor or otherwise in the fieldhouse.

Recreational Coed Soccer is a fun league for adults 18 years and older. Newcomers can come to free pre-season drop-in games to try out Coed soccer and decide whether to join. The league holds periodic social events and organizes soccer clinics for those wishing to improve their skills. Volunteers are always welcome to help organize league activities!