Toronto High Park FC
Adult House League

PROGRAM OVERVIEW

THPFC's Adult House League is a fun recreational league for Men (aged 35+) and Women (aged 19+). It is open to all skill levels. Teams are balanced to include a mix of players for positioning, age, fitness, and skill levels.

PROGRAM OUTLINE

Age Group	Women (19+); Men (35+)
Playing Format	11v11; with GK
Full Time Player	Full-time players must be able to attend at least 80% of the games.
Call Up Player	Players who cannot commit to the full season have the option to register as a call-up player for an administrative fee. Call ups are used to provide teams with at least 2 subs, when possible.
Coaching Recommendation	Soccer for Life + MED, Making Headway and RiS
Program Structure	*Summer Session (May to September)* Length of Program: up to 21 weeks Commitment: 1 x per week Length of Games: 90 minutes (Officiated) Playing Surface: Grass
Uniform	All players receive a Jersey. Shin Guards, socks, shorts, and soccer shoes are required but not provided