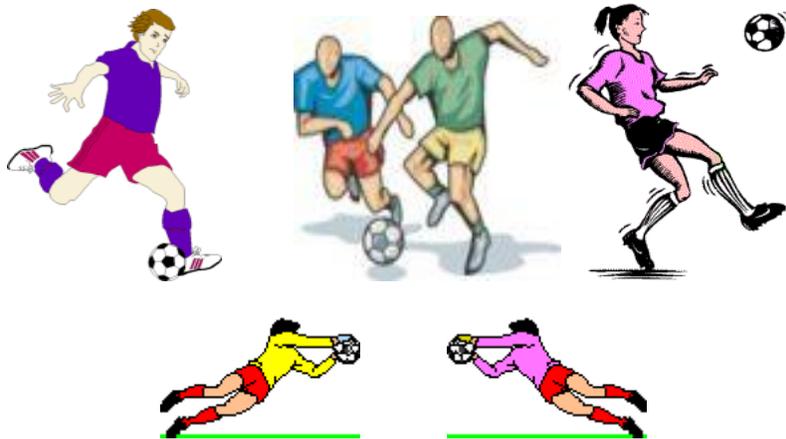




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**Regina North Zone Indoor Soccer
Community Indoor Soccer Rules**

8U and 10U



***"Recreational Soccer Emphasizing Sportsmanship, Skill
Development and Fun"***

(Revised October, 2011)

Regina North Zone Indoor Soccer Association

Community Indoor Soccer Rules

8U and 10U

CONTENTS

INTRODUCTION	3
LAW 1 THE PLAYING AREA	4
LAW 2 THE BALL	6
LAW 3 NUMBER OF PLAYERS	6
LAW 4 PLAYERS' EQUIPMENT	8
LAW 5 THE REFEREE	8
LAW 6 DURATION OF THE GAME	10
LAW 7 START AND RESTART OF PLAY	11
LAW 8 BALL IN AND OUT OF PLAY	12
LAW 9 METHOD OF SCORING	13
LAW 10 OFF-SIDE	14
LAW 11 FOULS AND MISCONDUCTS	14
LAW 12 FREE KICK	19
LAW 13 PENALTY KICK	20
LAW 14 GOAL KICK	21
CODE OF CONDUCT	22



INTRODUCTION

Regina North Zone Indoor Soccer Association has developed these indoor soccer rules in such a way as to best interpret the intent and spirit of the game of soccer while taking into account the obvious limitations of different facilities.

These rules reflect as best they can the FIFA Laws of the Game 2010/2011 for outdoor soccer, the FIFA Futsal Laws of the Game 2010/2011 for indoor soccer and the Regina North Zone Indoor Soccer Rules for 2010.

To this end, as many FIFA Laws as possible have been adapted to the indoor situation, including for example, the indirect and direct free kick. In the interpretation of these Laws the intent and spirit rather than the letter of the FIFA outdoor rules should be used.

SUMMARY OF RULE ADAPTATIONS

For the gym facilities commonly used for community soccer, FIFA indoor and outdoor soccer laws will be adopted, with the following adaptations:

- smaller playing area dimensions;
- fewer players;
- unlimited substitution;
- live walls;
- dead goal area;
- no corner-kicks, kick-ins or throw-ins;
- no off-side; and
- 2 and 5 minute penalties.

The size of the playing area and the age group of the players will determine the appropriate dimensions of the goal area and penalty area, and the size of the goals. The league will assign facilities, determine playing area dimensions and provide goals, as they deem appropriate for the various age groups.

In the interest of safety, the following adaptations are made:

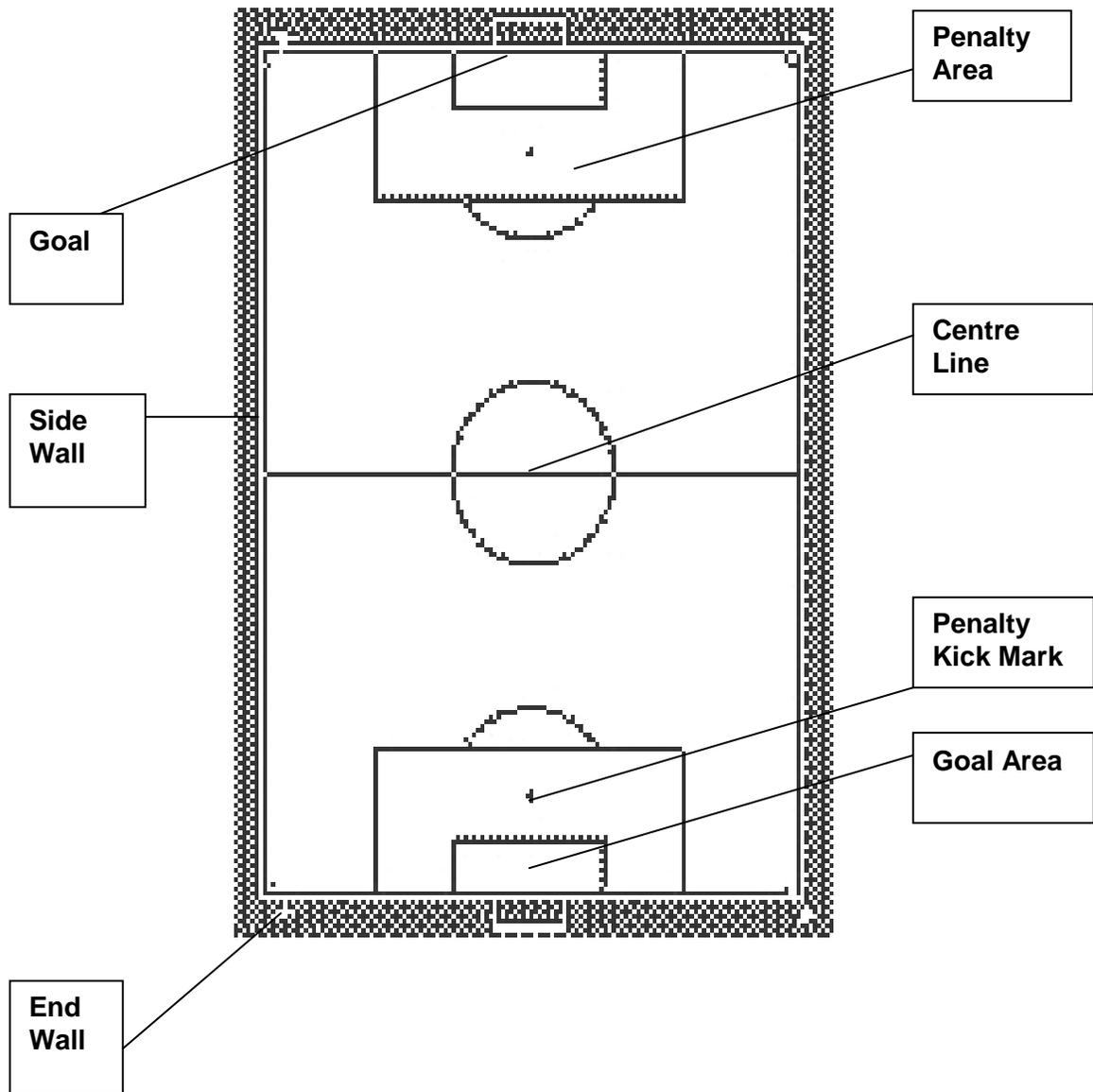
- No player other than the goalkeeper *may* enter the goal area while the ball is in play;
- The goalkeeper *may* handle the ball in the goal area only (and not in the penalty area);
- The penalty mark will be 5 metres from the goal line for the 8U and 10U age groups. The standing penalty kick will be maintained for all age groups.
- No slide tackles, slide kicks, or bicycle kicks are allowed.



LAW 1. THE PLAYING AREA

1. The playing area will be adequate in size and free from hazards. The playing area will be rectangular in shape with the side walls greater in length than the length of the end walls. The playing area will be divided into two halves by the centre line. The centre mark will be indicated at the midpoint of the centre line. The surface of the playing area will be flat, smooth and non-abrasive. The use of wood or artificial material is recommended. Concrete or tarmac should be avoided.
2. Walls immediately surrounding the playing area will be regarded as part of the playing area except under the crossbar and between the goal posts. Walls are live and the ball may be bounced off the walls during play. Ceilings with irregular surfaces will be considered as dead (out-of-play). Where obstacles exist in the facility (i.e. basketball backboards, court-separating curtains, team benches, spectator's chairs or benches, etc.) the referee will decide if play will continue when the ball strikes the obstacle. Play will not continue in circumstances that may create unfair advantage for either team or when an unsafe situation is created with players chasing after the ball and getting caught up in the obstacles.
3. **THE GOAL AREA:** At each end of the playing area two lines will be drawn at right angles to the end wall, 1 metre to 2 metres outside of the goals. These will extend, into the playing area and will be joined by a line drawn parallel with and between 2.5 metres and 4 metres from the goal line. Each of the spaces enclosed by these lines and the end wall will be called a Goal Area. No player, other than the goalkeeper, will encroach within this area.
4. **THE GOALS** will be placed on the goal line and centered in the goal area. The goals will consist of two upright posts equidistant from each corner and joined at the top by a horizontal crossbar. The width of the goals will be between 2.2 metres and 3 metres, measured from the inside of each goal post. The height will be between 1.5 metres and 2.5 metres, measured from the floor to the underside of the crossbar. The thickness of the goal posts and crossbars will be identical. The goal lines will be the same width as the goal posts and the crossbar. Nets, made of hemp, jute or nylon, will be attached to the back of the goal posts and crossbar. The lower part of the nets will be attached to curved tubing or another suitable means of support. The depth of the goal, i.e. the distance between the inside edge of the goal posts and the back of the net, will be at least 80 cm at the top and 100 cm at ground level. For safety, the goals will have a stabilizing system that prevents them from overturning. Padding to protect players may be necessary around the goal posts and crossbar.
5. **THE PENALTY AREA:** At each end of the playing area two lines will be drawn at right angles to the end wall, between 6 metres and 8 metres on each side of the midpoint of the goal line. These will extend, into the playing area and will be joined by a line drawn parallel with and between 6 metres and 9 metres from the goal line. This distance may be reduced in order that the line will be a minimum of 3 metres from the side wall. Each of the spaces enclosed by these lines and the end wall will be called a Penalty Area. There are no restrictions on the number of players allowed in the penalty area.
6. **THE PENALTY KICK MARK:** Within each penalty area, a Penalty Kick mark will be set 5 metres perpendicular from the mid-point of the goal line for the 8U and 10U age groups.





LAW 2. THE BALL

1. The ball will be spherical. The outer casing will be constructed of material which is not dangerous to the players. An officially-approved indoor soccer ball, preferably low-bounce, should be used.
2. The ball will be size 4 for all 8U and 10U year old teams.
3. The recommended pressure for indoor soccer balls is 50 kilopascals (6 lbs) or as indicated on the ball.

LAW 3. NUMBER OF PLAYERS

1. For the 8U and 10U age groups the game will be played by two teams, each consisting of not more than six (6) players, one of whom will be the goalkeeper. A game will not commence or continue if either team has less than four (4) players except for the special circumstances outlined in Law 3 Article 2. The League may modify the number of players on the playing area based on the suitability of facilities.)
2. A team may commence play with four players in the event of other players arriving late to play. In the event of injuries or time penalties, a team can temporarily continue a match with a minimum of three players in accordance with Law 11 Article 5c. In the event that a team ends up with less than four players as a result of players not showing up or having left before the game is complete, a player being dismissed or a where a player is injured and cannot return to play, the game will be stopped with the team having insufficient number of players defaulting the game.
3. Teams may dress the maximum number of players as indicated on their league approved rosters. All players who are dressed to play will be under the jurisdiction of the referee.
4. Unlimited substitution will be allowed at any time during the game (on the fly, after goals, or when the ball is out of play), as long as the players leaving or entering the playing area do not interfere with the play or enable their team to gain an unfair advantage. Substitutions must only be made to and from the players' bench area. Players must leave or be within one metre from the edge of the player's bench area before a substitute may enter the playing area. Neither the player entering the playing area nor the departing player may participate in the play and or gain an advantage during a period of time when they are simultaneously on the playing area and the ball is in play. Such violation will result in a team penalty assessed as a two (2) minute penalty to the last person entering the playing area. If the player cannot be identified then the coach will choose a player currently on the playing area to serve the two (2) minute team penalty. The play will be restarted by an indirect free kick given to the non-offending team and taken from the position of the ball at the time of the stoppage. If the ball at the time of stoppage was in the opponent's penalty or goal area, the ball will be placed on the outside edge of the penalty area for the restart.
5. The taking of a free kick will not be delayed to allow a substitution to be made. The goalkeeper will not delay the game for substitutions. Substitutions will not be allowed to interfere with the flow of the game. Excessive delay is a cautionable (Yellow Card) offense and if awarded, play will restart with an indirect free kick given to the non-offending team and taken from the position of the ball at the time of the stoppage. If the ball at the time of stoppage was in the opponent's penalty or goal area, the ball will be placed on the outside edge of the penalty area for the restart.



6. Should a team be found to have more than the permitted number of players on the playing area, the offending player(s), if identified, can be assessed a Yellow card and a two (2) minute penalty. If the player cannot be identified then the coach will choose a player currently on the playing area to serve the two (2) minute team penalty. The play will be restarted by an indirect free kick given to the non-offending team and taken from the position of the ball at the time of the stoppage. If the ball at the time of stoppage was in the opponent's penalty or goal area, the ball will be placed on the outside edge of the penalty area for the restart.
7. Should a team having too many players on the playing area score a goal, the goal will be disallowed. The play will be restarted by an indirect free kick given to the non-offending team and taken from inside their own goal area. A Yellow card and a two (2) minute penalty may be assessed in accordance with Law 3 Article 6.
8. Any of the other players or substitutes may change places with the goalkeeper, provided that the referee is informed before the change is made and the change is made during a stoppage in play.
9. All players must be afforded equal playing time. Referees may warn coaches if they observe that this rule is being violated. If after receiving a warning a coach persists to violate this rule, they will be reported to the league for further action.
10. During regular play, there may be occasions when a team has insufficient numbers of players who show up for a match. The coach may recruit other players from different teams to play as guest substitutes for the team but the coach must request consent from the other coach and from the referee for these guest players to play before the match can start. Coaches are encouraged to come to an agreement that allows games to be played. The guest substitutes must be registered in one of the Inter-Zone indoor soccer associations in order to play. Guest players can play in their own age group or move up in age. Guest players are not permitted to play down to younger age groups.

If a team plays with guest players and the coach has not requested consent from the opposing coach and the referee, the referee may exclude the guest players from further play and will report the matter to the league for further action.
11. Sufficient number of players is defined as twice the minimum number of players required for play in the particular age group. For example, with the minimum number of players being four, sufficient number of players would be eight. If eight or more players on the roster are available to play then guest players are not allowed. Once the referee and coaches have allowed guest players to play for a team these players are allowed to play for the entire game even if late players have arrived to join the team and the total number of players exceeds the "sufficient number of players".
12. There may be situations where there are insufficient numbers of players on one or both teams, and it is in the best interests of the game to modify the rules so as to allow a fair game to be played. Modifications may be made to the number of players on the playing area or players may be shared between the teams in order to allow a game to be played. These game modifications should be encouraged so as to provide a fun playing experience but the changes must be agreed upon by the respective coaches and the referee.
13. During tournament play, no guest substitutes are allowed. All players must be registered on the team that is competing. The league may modify this rule for voluntary participation tournaments where interested players could be placed on other teams in situations where their regular team is not playing in the tournament. Coaches will be asked to provide their assigned rosters to the referee so that registered players can be confirmed prior to tournament games.



LAW 4. PLAYERS' EQUIPMENT

1. Compulsory equipment will consist of a numbered shirt or jersey, shorts, socks, shin pads and footwear designed for indoor use such as tennis, basketball or soccer athletic runners. Footwear with rubber or metal cleats are not allowed. Footwear must have non-marking soles. The shirt or jersey should be tucked in. Shin pads must be fully covered by socks or sweatpants. Cycling or other types of athletic shorts are permitted. Jeans, jean shorts, or any bottoms with belt loops will not be permitted. All players on the same team will wear the same colored shirts and will not have identical numbers. When issued with shirts that the player will keep after the season, players may place their name on the shirt. Names are limited to the player's first and/or last name. Nicknames are not allowed.

Goalkeepers will wear colors which are distinguishable from all other players and referees. Goalkeepers are permitted to wear sweatpants. Team colors will not conflict with those of the official uniform for referees (black with white trim). Pinnies will be worn by one of the teams when the two teams are wearing similar colors or when a team wears colors that may be confused with the referee. (Referees are permitted to wear referee jerseys of colors other than black as long as they do not conflict with team or goalkeeper colors.)

2. Non-compulsory equipment. No article of clothing that covers the neck such as a neck scarf will be allowed. Players are not allowed to play wearing baseball hats, bandanas or other headwear unless for religious or medical reasons. Religious or medical headwear, must be identified to the league executive, approved by the executive in writing and the coach must retain the approval letter for referee inspection at each game.
3. Players will not wear anything which endangers themselves or other players (including any kind of jewellery). It is strongly recommended that jewellery be removed. If it cannot be removed it must be taped. All non-prescription glasses must be removed. Casts, guards and braces that run up the knee or cover the arms are strictly prohibited unless covered or padded by some soft material to protect other players from injury. The referee must inspect and approve the covering of jewellery, casts, guards and braces before play is allowed. Goalkeepers may wear volleyball style knee pads. Medic alert bracelets, anklets, necklets, etc. are permitted but may need to be taped to make them safe.
4. A player who has been required to leave the playing area because of an infringement of this law may not re-enter without the referee's permission. At a stoppage in play the referee will inspect the player and must be satisfied that the players' equipment is in order before allowing the player to return to play. If a player re-enters the playing area without the referee's permission they may be issued a caution (Yellow Card) as per Law 3 Article 6.

LAW 5. THE REFEREE

1. Each match will be controlled by a referee, who has the authority to enforce the Laws of the Game in connection with the match to which he has been appointed, from the moment he enters the premises where the playing area is located until he leaves the facility. The referee's authority will extend to offences committed when the game is in progress or when the game is stopped.



2. The referee will:

- a) enforce the Laws of the Game and the regulations of the competition;
- b) decide if the ball, the playing area, and other equipment are suitable;
- c) ensures that the player's equipment meets the requirements of Law 4;
- d) signal the start of the game, the restart after a stoppage, and the end of play;
- e) act as the official timekeeper of the match controlling the start and stoppage of play and the assessment of time penalties;
- f) keep a record of the game including the score and the name and number of any player, who is cautioned (Yellow Card) or sent from the playing area or its vicinity (Red Card);
- g) have discretionary power to stop, suspend, or terminate the game for any infringement of the Laws, as a result of any kind of outside interference (for example, interference by spectators), or any other cause;
- h) stop the game if, in the opinion of the referee, a player is seriously injured and ensure that this player is removed from the playing area, or allow play to continue until the ball is out of play if a player is, in his opinion, only slightly injured;
- i) require that a player who is bleeding must leave the playing area and be assisted by a coach/manager. A substitute must replace the affected player. The bleeding must be stopped and the wound covered before the player is allowed to return to the playing area. If any part of the player's uniform is saturated with blood, that uniform part must be changed before the player can return to the game. Referee's discretion will determine if a "bleeding situation" has been sufficiently managed to allow a player's return to the playing area;
- j) refrain from penalizing in cases where the referee is satisfied that, by doing so, an advantage would be given to the offending team; or allow play to continue if the team against which an offence has been committed stands to benefit from such an advantage, and penalize the original offence if the anticipated advantage does not ensue;
- k) caution (Yellow Card) any player guilty of misconduct or unsporting behavior, and, if the offender persists, suspend such person from further participation in the game (Red Card);
- l) send from the playing area and its vicinity (Red Card) any player who, in the opinion of the referee, is guilty of serious misconduct, violent conduct or serious foul play, or the use of foul or abusive language;
- m) punish the more serious offence if a player commits more than one offence at the same time;
- n) control who may enter or leave the playing area;
- o) warn any team official guilty of misconduct or unsporting behaviour, and if the offender persists, suspend such person from further participation in the game;
- p) report, in writing, to the appropriate authority, any misconduct by players, coaches, spectators or other persons which takes place on the playing area or within its vicinity at any time prior to, during, or after the game.



3. Coaches are responsible for the conduct of their players and spectators. The league will not tolerate coaches, spectators or other persons committing acts of misconduct, harassment, verbal abuse, foul language or abuse of the referee. Referees have the right to stop a game to discuss with coaches any improper behaviour taking place on or off the playing area and to request the coach's assistance to resolve problems, warn offenders and if necessary to direct offenders to leave the vicinity of the playing area. If the offender persists in these actions the referee will direct the game to be suspended. All instances of this sort must be reported to the league for further discipline.
4. The decisions of the referees regarding facts connected with play including whether or not a goal is scored and the results of the match are final. The referee may only change a decision if they realize that it is incorrect or if they deem it necessary to do so, provided that play has not restarted or the match has not ended. This change of decision would also include those circumstances where a Yellow card was issued and upon reflection the referee determines that a Red card was more appropriate based on the severity of the misconduct.

LAW 6. DURATION OF THE GAME

1. The duration of the game will normally consist of two twenty-five (25) minute halves with a five (5) minute break. If necessary to adjust timings for tournaments or when facility/scheduling issues require longer or shorter games, the duration of full-time games may be adjusted up to sixty (60) minutes, but not less than thirty (30) minutes, and will be divided into two equal halves.
2. The duration of the break between the halves may be shortened with the consent of the coaches of the respective teams and the referee.
3. Time will be extended at the end of each half of play to allow the taking of a penalty kick to be concluded. Time may also be extended to allow for stoppages from regular playing time due to injuries or other interruptions of play. The addition of stoppage time is at the discretion of the referee.
4. In all games in which a winner must be declared (i.e. a tournament), two (2) extra time (overtime) halves of five (5) minutes each will be played with a one (1) minute break in-between. In accordance with FIFA rules the team that scores more than its opponent during the two extra time (overtime) halves will be the winner. (In special circumstances, tournament officials may decide to use an alternate "Golden Goal" format where the first goal scored ends the match or may decide to play only one extra time (overtime) period. Tournament organizers will announce the format prior to each tournament.)
5. If, at the end of extra time, a tournament game is still tied; shootout kicks will be taken to determine the winner. All players recorded on the team roster (except any players ejected from the game and any player still serving a time penalty) will be eligible to take part in the taking of the kicks. The following conditions will apply:
 - a) The referee will choose the goal at which all of the kicks will be taken. All players except the goalkeeper and the player taking the kick will remain at the center line.
 - b) The referee tosses a coin and the team whose captain wins the toss will decide whether to take the first or second kick.
 - c) Each coach will pick 5 players from their team – including at least two of each gender (if available) – to take penalty kicks (the goalie may be included). Shooting order for the 1st shootout will be to alternate between the genders of the players chosen.



- d) Teams will alternate kicking.
 - e) The goalkeeper will stand, without moving either foot, on the goal line and between the goal posts, until the ball is kicked. The player chosen to take the penalty kick will stand beside the ball and kick from a standing position.
 - f) The team scoring the most of five shots will be awarded the win. If, before both teams have taken five kicks, one has scored more goals than the other could score from the remaining kicks, no more kicks will be taken.
 - g) If still tied, one-for-one kicks will then be taken. Team shooting second must match the gender of the first team's shooter, i.e. if the first team shoots with a female, then the second team must also shoot with a female if there is one available who has not already taken a kick. Teams are encouraged to alternate between the genders of their players so that everyone has a chance to participate. The taking of kicks will continue until such time as both teams have taken an equal number of kicks and one team has scored one goal more than the other.
 - h) All players must remain on the playing area until the tie is broken.
 - i) Each kick will be taken by a different player. Not until all eligible players of a team, including the goalkeeper, have taken a kick may a player of the same team take a second kick. Where the TWO teams have an unequal number of eligible players, the numbers of players taking a penalty kick before a player may take a second kick will be the lesser of the two numbers of players.
 - j) Any player who is eligible may change places with the goalkeeper at any time during the taking of the kicks.
 - k) The taking of the kicks will be in accordance with Law 13.
6. If, for any reason, a game is not completed, the tournament organizers will decide on the outcome of the game.

LAW 7. START AND RESTART OF PLAY

1. At the beginning of the game, choice of halves and kick-off will be decided by the toss of a coin. The team winning the toss will take the kick-off to start the game. The other team will kick-off to start the second half of the game.
2. At the kick-off, all players will be in their own half of the playing area. All players opposing the team taking the kick-off will not be less than 3 metres from the ball when it is kicked off. The ball must be stationary on the centre mark. The game will be started by the referee giving a signal. The ball is in play when it is kicked and moves forward. For any infringement of this Law, the kick-off will be retaken.
3. A goal may **NOT** be scored directly from the kick-off due to the small playing surfaces. A goal can only be scored if the ball subsequently touches a player other than the opposing keeper before it enters the goal. If a ball is kicked from the kick-off directly into the opponent's goal or strikes the opposing keeper before entering the goal, a goal kick is awarded to the opponent.



4. Should the player who took the kick-off touch the ball a second time before it has been touched or played by another player, an indirect free kick will be awarded to the opposing team to be taken from the position of the ball when the infringement occurred.
5. After a goal has been scored, the game will be restarted by a kick-off, to be taken by a player of the team against which the goal was scored.
6. In the second half of the game, the teams will change ends and attack the opposite goals. The kick-off will be taken by a player of the team opposing that which started the game.
7. A kick-off will be used to start each period of extra time (overtime).
8. If, while the ball is still in play, the referee is required to stop play temporarily for any reason not mentioned elsewhere in these rules, the game is restarted with a dropped ball from the place where the ball was located when play was stopped. If play was stopped with the ball inside the goal area, the referee will drop the ball on the penalty area line parallel to the goal line at the point nearest to where the ball was located when play was stopped. The ball will be in play as soon as it touches the floor.
9. The ball is dropped again if it is touched by a player before it makes contact with the floor, or if the ball leaves the playing area after it makes contact with the floor without a player touching it.

LAW 8. BALL IN AND OUT OF PLAY

1. The ball is out of play:
 - a) when play has been stopped by the referee;
 - b) when the ball strikes the ceiling; and
 - c) when a goal has been scored.
2. The ball is in play at all other times, including:
 - a) when it rebounds into play from the goal post, a crossbar rebound, boards or walls;
 - b) when it rebounds from the referee when the referee is within the playing area.
3. When the ball crosses the goal line directly from an indirect kick under the crossbar and between the posts, the game will be restarted with an indirect free kick to the defending team from within the goal area.
4. Where obstacles exist in the facility (i.e. basketball backboards, court-separating curtains, player's benches, spectator's chairs or benches, etc.) the referee will decide if play will continue when the ball strikes or is stuck behind the obstacle. If the referee decides that play can continue they will encourage spectators and substitutes to return the ball back into the field of play within three seconds. Longer delays may result in the play being blown dead. Play will not continue in circumstances that may create unfair advantage for either team or when an unsafe situation is created with players chasing after the ball and getting caught up in the obstacles.



5. If the referee has to stop play for a ball that has gone out of play behind a player's bench or into the spectator's viewing stands, the ball will be given to the defending team in their half of the field for an indirect free kick restart regardless of which team may have touched the ball last. For the restart the ball will be placed 3 metres from the nearest side wall at a point on the floor closest to where the ball left the playing area.
6. In the case of the referee stopping play due to a ball striking an obstacle such as a basketball backboard or a court-separating curtain then a drop ball will be used to restart play. For any stoppage against a wall or when the ball is trapped in an unplayable position, or when the ball leaves the playing area through an open doorway, the referee will stop play. The game is restarted by dropping the ball 3 metres from the boundary/obstacle.
7. A ball striking the ceiling will be blown dead and the opposing team will receive the ball for a restart with an indirect kick at a point on the floor closest to where the ball struck the ceiling. When the ball strikes the ceiling above the goal area, the ball will be placed on the edge of the penalty area and awarded to the opposing team for a restart from that point.

LAW 9. METHOD OF SCORING

1. A goal is scored when the whole of the ball has crossed over the goal line, between the goal posts and under the crossbar unless a member of the attacking team, including the goalkeeper, has deliberately carried, thrown or struck the ball with his hands or arms, and provided that the scoring team has not previously infringed the Laws of the Game.
2. The referee will be the sole judge as to whether a goal has been scored.
3. During the course of the game, should an outside agent assist the ball into the goal, or prevent the ball from entering into the goal, play will be stopped. The referee will restart the game by dropping the ball in accordance with Law 7 Article 8.
4. The team scoring the greater number of goals will be the winner. If no goals or an equal number of goals are scored, the result of the game will be a draw. The league will determine which games, such as in tournaments, will be decided by overtime or shootouts.
5. The goalkeeper cannot score on the opponent's net from inside their goal area by throwing or kicking the ball unless the ball is touched by a player other than the opposing goalkeeper. An indirect free kick is awarded to the opposing team if the ball enters their goal area that is not touched by a player. This indirect free kick is taken from the edge of the goal area.

A goal may be scored by a goalkeeper from a goal kick into their opponent's goal or by the goalkeeper leaving their goal area, acting as an ordinary player and kicking or heading the ball into the opponent's goal.

6. When the ball is LIVE and subsequently placed by a keeper outside of the goal area or on the goal line, it may be played by any member of either team as long as no goal area violation occurs. If an opposing player kicks the ball into the net, a goal will be scored. If the keeper kicks the ball into the opponent's net, a goal will be scored.
7. At the taking of a free kick should the team taking the free kick put the ball directly into their own net without the ball touching anyone, no goal will be scored and the referee will award the opposing team a direct free kick from the edge of the penalty area.



LAW 10. OFF-SIDE

1. There is no off-side in indoor soccer given the small playing surface. Players shall not be coached or encouraged to play deliberately offside ("Cherry Picking").

LAW 11. FOULS AND MISCONDUCTS

Fouls and Misconducts are penalized by the awarding of a free kick to the opposing team in accordance with Law 12. The guilty player may also be penalized with a verbal warning, a caution (Yellow Card) or a sending off (Red Card) depending on the severity of the foul or misconduct. Time penalties will be assigned when a yellow or red card has been issued.

1. DIRECT FREE KICK

- a) A direct free kick will be awarded to the opposing team if a player commits any of the following infringements in a manner considered by the referee to be careless, reckless or excessively forceful:
 - kicking or attempting to kick an opponent while attempting to strike the ball;
 - tripping or attempting to trip an opponent, either by sliding or by bending down in front of or behind an opponent, while attempting to strike the ball;
 - jumping at or on an opponent;
 - charging an opponent from behind while attempting to play the ball;
 - charges the goalkeeper or another player;
 - striking or attempting to strike an opponent;
 - boarding an opponent (i.e. contact between players which forces an opponent into the perimeter wall);
 - tackling an opponent.
- b) A direct free kick will also be awarded to the opposing team if a player commits any of the following infringements:
 - pushing or holding an opponent;
 - spitting at an opponent;
 - sliding in an attempt to play the ball while an opponent is playing it or is about to play it (sliding tackle), except for the goalkeeper in his own penalty area, provided that he does not endanger the safety of an opponent;
 - tackles an opponent from behind in a manner which could cause injury;
 - using a bicycle kick or other kick where the leg is raised high enough and in a reckless manner so as to pose a danger to other players;
 - touching the opponent before the ball when attempting to win possession;
 - handles the ball deliberately i.e. carrying, stopping, striking, propelling or throwing the ball with one's hands or arms, (except for the goalkeeper in his own goal area.)
- c) The direct free kick will be taken from the place where the infringement occurred, unless the free kick has been awarded to the defending team in its own penalty area, in which case the free kick may be taken from any point inside the penalty area in accordance with Law 12 Article 3.



- d) Should a defending player commit one of the above offences within the penalty-area, while the ball is in play, irrespective of the position of the ball, a penalty-kick will be awarded to the opposing team.
- e) Depending on the severity of the foul, players who commit any of the above offences may also receive a caution (shown the Yellow card) and assessed a two (2) minute time penalty or be sent off (shown the Red Card). (E.g. Unsporting behaviour requires a Yellow Card and a two-minute time penalty: Serious Foul Play requires a Red Card and an assessment of a five (5) minute penalty that the team must serve. In the case of the Red Card, the coach will designate one of their players to serve the time penalty.)

2. INDIRECT FREE KICK

An indirect free kick will be awarded to the opposing team from the place where the infringement occurred (in accordance with Law 3 Article 3) if, in the opinion of the referee, a player:

- plays in a dangerous or out-of-control manner;
- impedes the progress of an opponent or deliberately obstructs an opponent when not playing or in possession of the ball. This includes standing between the opponent and the ball so as to form an obstacle. Obstruction is not called when a player has a ball and is shielding so as to prevent an opposing player from stealing the ball or if the ball is kicked downfield and a player attempts to run through an opponent who has established position.
- prevents the goalkeeper from throwing the ball with his hands;
- uses the walls to delay play, to obstruct an opponent or to gain an unfair advantage in the playing of the ball;
- plays the ball while lying on the ground or while having a hand/knee on the ground;
- indulges in tactics which, in the opinion of the referee, are designed merely to hold up the game thus wasting time, and so give an unfair advantage to his own team;
- commits any other infringement not otherwise mentioned in Law 11 for which play is stopped to caution or dismiss a player.

3. DISCIPLINARY SANCTIONS

Yellow and Red cards may only be shown to players, substitutes or substituted players. The referees are authorized to take disciplinary action from the moment players enter the playing area until the moment they leave it after the final whistle. The referee should show a Yellow or Red card to administer a caution or sending off. The Yellow card is used to communicate that a player, substitute or substituted player has been cautioned. The Red card is issued to communicate that a player, substitute or substituted player has been sent off.

Referees should pay close attention to the nature of any infringement. Circumstances where a player intentionally violated a rule should be differentiated from situations where it is clearly not intentional, occurred while attempting to avoid an infraction or is an involuntary action. It is up to the discretion of the official as to whether the player will receive a verbal warning, Yellow card, or Red card, depending on the severity of the foul or misconduct.

A player, who commits a cautionable or sending-off offence, either on or off the field of play, whether directed towards an opponent, a team-mate, the referee, or any other person, is disciplined according to the nature of the offence committed. All players including the goalkeeper will serve their own card and time penalties.

Players designated by their coach to serve a team time penalty will not be shown a card (Law 3 Article 4; Law 3 Article 6; Law 11 Article 1 (e); Law 11 Article 3 (b)).



a) CAUTIONABLE OFFENCES

A player or a substitute will be cautioned, shown the Yellow card, and given a two (2) minute penalty if in the opinion of the referee, he commits any of the following infringements:

- unsporting behaviour;
- shows by word or action, dissent from any decision given by the referee;
- persistent infringement of the Laws of the Game;
- delaying the restart of play;
- failure to respect the required distance when play is restarted with a goal kick or free kick;
- enters, re-enters or leaves the playing area after the game has commenced without the referees' permission, except when returning to the team bench after serving a time penalty.

In addition to the caution, if the game is stopped to administer the penalty, and provided that the ball was in play at the time of the offense, an indirect free kick will be awarded to the opposing team from the point closest to the infringement.

b) SENDING-OFF OFFENCES

A player or a substitute will be shown the Red card and sent off, if in the opinion of the referee, he commits any of the following offences:

- serious foul play;
- violent conduct;
- spitting at an opponent or any other person;
- denying the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (with the exception of a goalkeeper inside his own goal area);
- denying an opponent moving towards the player's goal an obvious goal scoring opportunity by committing an offence punishable by a free kick or a penalty kick;
- using offensive, insulting or abusive language or gestures;
- disrespectfully addressing or intentionally making contact with the game official;
- taunting or fighting;
- persistent dissent by words or actions to the referee;
- persisting in misconduct after receiving a caution;
- is given a second Yellow Card in the same match.

The sent-off player must leave the playing area for the remainder of the game. The player is required to leave the gym. The player may not sit with his team mates on the player's bench or sit in the stands with the spectators.

In addition to the sending off, if the game is stopped to administer the dismissal, and provided that the ball was in play at the time of the offense, a direct free kick will be awarded to the opposing team from the point closest to the infringement in accordance with Law 12 Article 3. If the offence occurred in the penalty area a penalty kick may be awarded.

The team having had one of their players sent off will be assessed a five (5) minute penalty and the coach will designate one of their players to serve the time penalty.

c) FURTHER DISCIPLINARY SANCTIONS

Players that are sent off with a Red card will be automatically suspended from their team's next match.

Any player dismissed twice (shown two Red cards) will take no further part in a tournament.



Referees will report all Red card offences to the League Referee Coordinator/Discipline Committee. A player who receives two Red cards in a season will be reviewed by the Discipline Committee and further disciplinary sanctions may be levied. Further disciplinary sanctions could include multiple game or entire season suspensions.

Two players being ejected from the same team in one game will result in a default loss to the offending team. When this occurs, the referee will suspend the game at that point and require teams to leave the playing area.

The referee will report, in writing, to the appropriate authority, any misconduct by players, coaches, spectators or other persons which takes place on the playing area or within its vicinity at any time prior to, during, or after the game.

The League Referee Coordinator/Discipline Committee will review all incidences of coach or spectator misconduct.

4. GOAL AREA RULES

- a) An indirect free kick will be awarded to the opposing team (with the ball being placed on the forward edge of the penalty area) if a goalkeeper commits any of the following offences:
- A keeper may make contact with the ball with their hands only while in the goal area. A keeper cannot start with the ball in their hands in their goal area, take it out of their goal area and then bring it back into the protection of their goal area with the ball still in their hands.
 - A keeper may not handle the ball for more than 6 seconds within his or her goal area. The goalkeeper only has 6 seconds to distribute the ball outside of the goal area. Dropping the ball to their feet inside the goal area does not stop the count. Repeated delay of the game in this fashion will result in a Yellow card.
 - A keeper may not pick-up the ball with their hands when a teammate's foot passes it back to them. The ball can be headed, chested, kneeed, or legally directed with the body back to the keeper by a teammate without penalty.
 - A keeper may go out of their goal area to gain possession of the ball with their feet and then bring it back into the protection of their goal area. In this circumstance the keeper is not allowed to play the ball with their hands. If, in the opinion of the referee, the keeper who handled the ball outside of the goal area appeared to not know they were outside the goal area, or the handling of the ball appeared to be an accidental act, then the play will be stopped and an indirect free kick will be awarded to the opposing team. However, if in the opinion of the referee, the goalkeeper left the goal area to deliberately handle the ball, possibly to deny the opposing team possession of the ball, then play will be stopped and a penalty kick awarded to the opposing team. A Red card may be issued if the goalkeeper has denied the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball outside of his goal area.
 - A keeper may not kick or throw the ball deliberately out of play to delay the game or to force a stoppage of play for a substitution or for any other reason. The keeper may be cautioned for Unsporting Behaviour for delaying the game.



- b) No player is allowed in the goal area when the ball is in play other than the goalkeeper. If an offensive player deliberately steps inside the opponents' goal area, or passes any part of the foot in the air above the goal area, or with intent to gain advantage passes through the goal area, or makes contact with the ball when the ball is wholly in the goal area, play will be stopped. The keeper plays the ball out with a goal kick.

If a defensive player steps inside the goal area, or passes any part of the foot in the air above the goal area, passes through the goal area or makes contact with the ball when the ball is wholly in the goal area, the referee will apply the advantage rule, allow play to continue until the advantage is lost or a goal scored, and then at the next stoppage of play deal with the misconduct. If in the opinion of the referee the defensive player deliberately enters the goal area with the intent to interfere with play, or try to provoke a stoppage in play, the referee will punish the misconduct with a Yellow card and a two (2) minute penalty for Unsporting Behaviour. The attacking team will be awarded an indirect free kick from the edge of the penalty area closest to where the offence took place for the restart unless a goal has been scored.

If in the opinion of the referee a player has entered the opponents' or their own goal area and that action has no consequence to the play or was clearly an accidental act then the referee may instruct play to continue and verbally warn the player to correct their behaviour.

- c) A player entering the goal area will be warned by the referee. Repeated goal area violations in this fashion may result in a Yellow card for Persistent Infringement of the Laws of the Game. Players who deliberately enter the keeper's goal area with the intent to gain advantage or make contact with the goalkeeper may be penalized with a Yellow card for Unsporting Behaviour or with a Red card for Serious Foul Play or Violent Conduct.
- d) If a defending player enters the goal area and a goal is scored, the goal is to be allowed in accordance with the Advantage Rule (Law 5 (2) (j)).
- e) Goalkeepers should avoid throwing or kicking the ball from their goal area directly to the other goalkeeper positioned in their goal area. (Directly means a ball kicked or thrown without striking a wall, the floor or another player). As indicated in Law 9 Article 5 goalkeepers cannot score on the opponent's net from inside their own goal area by throwing or kicking the ball unless the ball is touched by a player other than the opposing goalkeeper. If a goalkeeper has thrown or kicked the ball directly to the other goalkeeper, the referee should give a verbal warning to the offending goalkeeper. If in the opinion of the referee, the ball could have been played by a player of either team on its path from one keeper to the other, the referee will not call this a keeper-to-keeper infraction. Repeated keeper-to-keeper throws or kicks may result in a Yellow card to the offending goalkeeper for Persistent Infringement of the Laws of the Game.

5. TIME PENALTIES

The following system of time penalties will be implemented:

- a) All players, including the goal-keeper, receiving a caution (Yellow Card) will serve a two (2) minute penalty to be served in an area designated by the referee. The team of the offending player will play one player short for the entire time of the penalty. If a goalkeeper receives a caution and leaves the playing area to serve the time penalty, the team may substitute another player to play as a goalkeeper but the team will still play one player short for the entire time of the penalty.



- b) A player who was sent off is ejected for the duration of the game and will leave the playing area. The team will play one player short for five (5) minutes.
- c) No team will be more than three (3) players short. If a team has three players serving time penalties simultaneously, and another player receives a time penalty, the player must go to the designated area to serve the penalty. The player must, however, be replaced on the playing area by a substitute as each team must have a minimum of three (3) players on the playing area at all times. The time of the penalties for the fourth or more players will not commence until the time penalty of the first player has expired and the player has rejoined the floor.
- d) A goalkeeper serving a 2-minute penalty may not return to the goal after the penalty has expired until there is a stoppage in play and the referee has been notified.
- e) Penalized players whose penalties have expired will only be allowed to return to the floor when given permission by the referee.
- f) Yellow card time penalties are running time. Red card time penalties are actual playing time (running time plus any stoppage time). In the event of a player committing more than one offence, the most serious will be punished. Penalty times are not added together and time served will be that of the most severe time penalty (Yellow / Red).
- g) Should a game go into overtime, penalized players will continue to serve any unexpired penalty time. Should a game go into a shootout any player serving a time penalty at the end of overtime is ineligible to take part in the shootout kicks.

LAW 12. FREE KICK

1. Free kicks will be awarded under two headings: "Direct" (from which a goal can be scored directly against the offending side), and "Indirect" (from which a goal cannot be scored unless the ball has been touched by another player before crossing the goal line)
2. On an indirect free kick a goal can be scored only if the ball subsequently touches another player before it enters the goal. If an indirect free kick is kicked directly into the opponent's goal, a goal kick is awarded to the opposing team. If an indirect free kick is kicked directly into the team's own goal, a direct kick is awarded to the opposing team to be taken from the edge of the penalty area closest to where the offence took place.
3. For any infringement of the Laws of the Game when the ball is in play, the referee may award a free kick to the team opposing that of the offending player. The free kick will be taken from the place where the offence occurred, with the following exceptions.
 - a) *Any* free kick awarded for an offence committed close to the wall will be taken 3 metres from the wall, at the point nearest to where the offence occurred.
 - b) Any indirect free kick awarded to the attacking team within its opponent's penalty area will be taken from the part of the penalty area line which runs parallel to the goal line, at the point nearest to where the offence was committed.
4. When a defending team is taking a free kick from inside its own penalty area, all opponents will remain outside the penalty area. The ball will be deemed in play immediately after it has left the penalty area. If the ball is not kicked directly out of the penalty area, the kick is retaken.



5. At the taking of a free kick, the ball will be stationary and all opponents must be at least 3 metres from the ball until it is in play. The ball is in play when it has been kicked and moves.
6. A player taking a free kick will not touch the ball for a second time until it has been touched by another player. For any infringement of this Law, an indirect free kick will be awarded to the opposing team.
7. Players must retire the required distance to allow free kicks to be made. However the non-offending team has the right to put the ball in play before a player from the other team has retired the full distance or they may request the referee to ensure the required distance is given by instructing players to move back or by marking out the required distance on the playing area. A player who does not retire the required distance, or who dances about or gestures in a manner calculated to distract an opponent, or delays the taking of the free kick, may be cautioned for Unsporting Behaviour.

LAW 13. PENALTY KICK

1. A penalty kick is awarded against a team that commits any of the infringements for which a direct free kick is awarded inside its own penalty area and while the ball is in play (see Law 11 Article 1). A penalty kick will be taken from the penalty-mark.
2. The goalkeeper will stand facing the kicker, without moving either foot, on the goal line and between the goal posts, until the ball is kicked.
3. The player taking the penalty kick is allowed one step from the mark on the floor. The ball must be kicked forward. The ball will be deemed in play from the moment it is kicked and set in motion. A goal may be scored directly from a penalty kick. The kicker will not play the ball a second time until it has been touched by another player.
4. The players other than the kicker and goalkeeper will be situated on the playing area outside the penalty area behind the penalty mark and at least 5 metres from the penalty mark. Players may move towards the net as soon as the ball is touched by the kicker in the pursuit of any rebounds from the goalkeeper, crossbar or goal posts.
5. Time of play will be extended at the end of each half or at the end of each period of extra time to allow a penalty kick to be taken. In the event that time is extended, play will end when:
 - a) a goal is not scored;
 - b) a goal is scored by the ball going directly into the goal or by the ball rebounding into the goal from the goalkeeper, and/or a goal post or the crossbar.
6. For any infringement of the above Law:
 - a) by the goalkeeper, if a goal is scored, it will count. If a goal is not scored then the kick will be retaken.
 - b) by a member of the defending team other than the keeper, if a goal scored, then it will be counted. If a goal is not scored then the kick will be retaken.
 - c) by the player taking the kick, if a goal scored, the kick will be retaken. If a goal is not scored then the ball is given to the defending team for an indirect free kick from the spot of the infringement.



- d) by a member of the attacking team other than by the player taking the kick, if a goal is scored it will be disallowed and the kick retaken. If a goal is not scored then the ball is given to the defending team for an indirect free kick from the spot of the infringement.
- e) by both a player on the attacking and the defending teams, then the kick is retaken.
- f) by the player taking the penalty kick, committed **after** the ball is in play, a player of the opposing team will take an indirect free-kick from the spot where the infringement occurred, subject to the over-riding conditions imposed in Law 12 Article 3.

LAW 14. GOAL KICK

1. Goal kicks will be used to restart play in cases of goal area violations as described in Law 11 Article 4. If the ball goes behind the net play will restart with a goal kick. Goal kicks will be taken from any point within the goal area by a player of the defending team. The ball is ruled live (in play) when it has left the penalty area. If the ball is not kicked directly out of the penalty area from a goal kick then the kick is retaken. Opposition players must remain outside the penalty area until the ball is in play.
2. Any player on the defending team may take the goal kick in place of the keeper but they must leave the goal area before the ball is in play (before the ball leaves the penalty area).
3. A goal may be scored directly from a goal kick but only against the opposing team.
4. The kicker must not play the ball again until it has been touched by another player. If the kicker touches the ball a second time before it has been touched by another player, an indirect free kick is awarded to the opposing team with the kick taken from the edge of the penalty area closest to where the offence took place.
5. A player who does not retire the required distance, or who dances about or gestures in a manner calculated to distract a goalkeeper or other player taking a goal kick may be cautioned for Unsporting Behaviour. A goalkeeper who delays the taking of a goal kick may be cautioned for Unsporting Behaviour.



CODE OF CONDUCT

All players, coaches, league officials, referees, parents and spectators must comply with the following code of conduct. Remember the goal of community soccer is to have fun, learn some soccer and team skills, and enjoy the soccer experience. All the coaches and league officials are volunteers.

We want the children and youth who take part in our league to play soccer in a positive atmosphere free from foul and abusive language, undue pressure, embarrassment, harassment, prejudice and violence.

Please help us to achieve this aim by abiding by this simple code:

- Play fair!
- Foul or abusive language from players, coaches, parents or spectators will not be tolerated.
- Never dispute a referee's decision - they are seeing the action from a different angle than you are and they can make mistakes, just like anyone.
- The health and safety of players is paramount. Do not encourage players to continue playing if they are obviously injured or unwell. Do not encourage players to cause injury to other players.
- Coaches are strongly advised to give all of their players an equal amount of playing time. It's no fun being on the sideline.
- Coaches, parents and spectators are expected to let all players play without being screamed and shouted at from the sidelines.
- Encourage and applaud all players, not just those on your team.
- Demonstrate respect for team-mates, coaches, referees and league officials.
- Respect the facilities in which you play.
- Maintain self-control at all times – it is only a game!!
- Always attempt to contribute to the betterment of the soccer experience.
- Respect your opponents at all times. Players and teams should always be humble in victory and gracious in defeat.

