

Inter-Zone Indoor Soccer Rules (Condensed*) U12, U14, U16 and U19



Introduction:

The League believes in the importance of respect and fair play, and these rules should be applied in the interests of player safety. A Code of Conduct* has been developed to guide behaviour of players, coaches, game officials, and spectators. Everyone will be held accountable for ensuring a safe and fun soccer experience.

Basic Rules for Coaches and Players:

Law 1: The Playing Area

- U12 will play their games at Centennial School, at other facilities throughout Regina hosted by the various Zones, and at the University of Regina. The older age groups play at the University in the old gyms in the Kinesiology Building. You can park in Lot 4 (East of building) or Lot 14 (South of building).
- The goal area ("crease") will be marked by tape on the floor. No player, other than the goalie may enter within this area.
- Goals: larger metal or plastic nets (provided by the league).
- For U12 the penalty kick mark is set at 5 metres. For the older age groups it is at 7 metres.

Law 2: The Ball

- U12 age group uses a Size 4 ball, provided by the league. The older age groups use a size 5 ball.

Law 3: Number of Players

- For U12: two teams, consisting of no more than 5 players, one of whom is the goalkeeper. For older age groups and all U12 games at the University no more than 6 players, one of whom is the goalkeeper.
- Modifications to the number of players can be made if a team has an insufficient number of players (i.e., fewer players on the field, players shared between teams).
- Unlimited substitutions allowed at any time during the game; substitutions may be made on the fly (as long as players entering and leaving the field of play do not interfere with the play itself)
- Goalies may be substituted at a stoppage of play and only with the game official's consent.
- **All players must be afforded equal playing time, and each player should play at least 50% of every game.** Opposing coaches, parents and referees should raise this as a concern if they observe that this rule is not being followed.

Law 4: Players' Equipment

- Players are issued with a t-shirt by the league and are expected to wear this at each game.
- Shin guards are mandatory equipment – players will NOT be allowed to play without them. Players are encouraged to wear soccer socks over their shin pads.
- Shoes with non-marking soles only (i.e., runners, indoor soccer shoes) – no cleats allowed.
- Goalies should wear pinnies (provided by the league) to distinguish themselves from other players.
- Earrings, watches, necklaces, and jewelry of any kind are NOT permitted during the game.
- Religious headgear (i.e., scarves, turbans) may be worn.

Law 5: Referees

- Referees are assigned for these age groups. Their focus is player safety and fair play according to the rules. Everyone must show respect for the referee.

Law 6: Duration of the Game

- Two 25-minute halves with a 5 minute break at halftime.
- For tournaments, refer to special rules for overtime and shootouts.

Law 7: Start and Restart of Play

- Choose one player to act as "captain" – referee will select game ball and use coin toss or "rock-paper-scissors" for choosing end.

- A goal cannot be scored off the kick-off – results in a goal kick taken from the corner of the crease.
- No second touch on the kick-off – ball must be passed to another player.
- If the play is stopped for any reason other than an infraction, play is restarted with a dropped ball from the point where play was stopped.

Law 8: Ball In and Out of Play

- Walls are live and the ball may be bounced off the wall during play. If the ball strikes the ceiling, it is considered dead. If the ball strikes any irregular surface, such as basketball nets, players' benches, etc. play may be stopped.

Law 9: Method of Scoring

- Goal is scored when the ball crosses the goal line, between the posts and under crossbar.
- Goalie cannot score on opposing team by kicking or throwing the ball from their own net into the opposing goal.

Law 10: Offside

- There is no offside in indoor soccer. Players can play anywhere on the pitch except in the goal areas.

Law 11: Fouls and Misconducts

- There are Red and Yellow Cards, and 2 and 5 minute penalties issued in the U12 to U19 age groups.
- Coaches should coach their players to respect the rules of the game.
- Fouls may result in:
 - Direct Free Kick: For careless, reckless, or excessively forceful play (i.e., kicking or tripping an opponent, charging the goalie, striking another player, pushing, handball, etc.)
 - Indirect Free Kick: For lesser offenses such as obstruction, delaying play, etc.
 - Some fouls may be punished by Cautions (i.e., unsporting behaviour, encroachment, etc.)
 - For more serious behaviour, including violent conduct, swearing, taunting or fighting, players will be sent off the field and must not sit with their team or spectators. Coaches should address these serious behaviours as soon as they see them.
- If an opposing player enters the crease, play is stopped and restarted with a goal kick. If a player enters their own crease, an indirect free kick is taken by the opposing team from the edge of the penalty area.
- Coaches are expected to be models of positive behaviour and fairness – abusive behaviour or unfair play will not be tolerated. Spectators are expected to display supportive encouragement.
- At all times, encourage good sportsmanship and team spirit from players and spectators.

Law 12: Free Kick

- Goals can be scored off direct kicks. Goals cannot be scored directly off indirect kicks without the ball being touched by another player.

Law 13: Penalty Kick

- Serious fouls occurring in the Penalty Area will result in a penalty kick.
- The kicker designated to take a Penalty Kick will use a "One-step" approach to the ball.

Law 14: Goal Kick

- Goal kicks are taken from the corner of the crease – ball is live when it passes the centre line. If it does not cross the centre line, goal kick is retaken.
- Players on the opposing team have to move back across the centre line to allow the kicker space to take the kick. If they don't give the required distance, kick is retaken.
- If the ball goes behind the net, restart with a goal kick.
- A goal can be scored on a goal kick, but only against the opposing team (cannot score on yourself from a goal kick).

**Focus should be on having fun, learning new skills, good sportsmanship, and fair play!
PARENTS – No criticism of players or Game Officials is allowed.
Your job is to Cheer! Loudly! For Everyone!**

*For more information on the Rules and the Code of Conduct refer to the complete rule package on the web site www.reginaindoorsoccer.ca (Oct. 2014)