



Metcalfe Indoor Soccer League

Regulations

1. Non-marking soles are required footwear for games and practices.
2. Shin Pads are highly recommended.
3. No person shall wear outdoor shoes in the gym areas. This includes participants as well as spectators.
4. League shirts are required dress by league participants during games.
5. Foul language, bad mouthing , and derogatory comments are unacceptable for any reason. People using these practices must stop or leave. Repeated violations will result in ejection for the season by the perpetrator.
6. Participants should only be in the gym during their scheduled practice time or game time. Before and after this period they are asked to remain outside the gym because of lack of space.
7. Food and Drink are not permitted in the gyms or on the stage. Water bottles must remain off the playing area.
8. Cheering is encouraged for both teams when good plays are made or for helpfulness.
9. Jungle gym's and other equipment found in the schools are not for indoor soccer use. They should not be used and are certainly not meant as a surrogate baby sitter. For safety sake please keep all children off these devices.

Game Rules

(Indoor Soccer have many of the same rules as outdoor soccer. Here are some of the different ones).

1. Each team shall consist of four players and a goalie. In the event that a team cannot field that many, teams can play four to a side to allow play to commence. Less than 4 players and the team must forfeit the game.
2. A coin toss determines which side starts the game with the ball. The opposite team will start the second half.
3. There is no offside rule in indoor-soccer during play.
4. The only time teams are required to return to their own half is after a goal or when play is whistled down for a goalie ball.
5. Because this is a recreational league we allow the use of hands to protect body parts (such as faces). It is up to the discretion of the referee as to whether or not play will be whistled down.
6. No goal can be scored by a direct kick by an opponent standing in the goalie crease.
7. The goalie can only use his/her hands while in the crease. This means that the ball must be in the crease before the goalie can pick it up. The goalie is allowed to use their feet outside of the crease. The goalie may use his feet to bring the ball into the crease and then pick up the ball. If the goalie touches the ball outside his/her crease an indirect free kick is awarded to the opposing team, this free kick must be at least 3 metres from the goal crease area.
8. A goalie must play a goal kick with his/her feet and the kick cannot go over half without hitting the ground or another player first.
9. There are the three areas of out-of-bounds. One is any ball travelling over the end barriers, two is any ball hitting the side walls over the eight foot mark, and three is any ball hitting the ceiling. The ball will either be awarded to the opposite team as an indirect kick, or goalie ball.
10. Right or wrong, the referee's decision is final. We do not have millions of dollars for instant replay so we have to depend upon the referee's call. See Regulation 5 above.
11. A goal cannot be scored by a direct kick at anytime, except during a penalty kick.
12. The Division A is allowed one coach per team, if necessary, to be on the floor with the players to help in direction and guidance. The coach must make every effort not to affect the play.
13. Players are not allowed to slide as this is hazardous to other players. Play will be whistled down and possession given to the opposite team.
14. Play will stop immediately when a player is injured. The injured player will leave the floor and be replaced and play will be resumed as quickly and safely as possible. The safety of the children is paramount.
15. Substitutions can be made during any whistle or on the fly as needed. Substitutions made during a play stoppage should take no more than ten seconds. Longer than this could be considered delay of game.
16. Blatant use of hands to stop a shot on goal will result in a penalty shot from 12 feet in front of the net.
17. Physical violence or the threat of same will result in game expulsion.
18. The referee also acts as the time keeper. Games for younger children are two 20 minute halves with a 10 minute half time. For older participants games are two 24 minute halves with a 4 minute intermission.
19. During the regular season tie games are accepted when regular time runs out. Because a playoff game cannot end in a tie the final decision will be made by way a 5 minute overtime period followed by a 5 player shootout followed by a sudden-death shootout (if necessary) until a victor is declared.

Playing Rules

INTRODUCTION

The Metcalfe Indoor Soccer League has abbreviated these rules from the Ontario Soccer Association standardized Playing Rules of Indoor Soccer.

The spirit of our League is that it is non-competitive, similar to that of Recreational Leagues at the adult level of many sports such as Soccer, Hockey, Volleyball, etc. and therefore the intent is that it will encourage physical co-ordination & fitness, teamwork and individual expression, and that winning is not the most important thing in sport but that it is competing and personal development. Consequently, the rules reflect the fair play nature of our league.

The Metcalfe Indoor Soccer League reserves the right to amend these rules as required during the season. This will be communicated to coaches and players either through the referee before the game, or by more formal means such as re-issues of this document, should the amendment be permanent, with an effective date of implementation.

For the purpose of the competition, two points shall be awarded to the winning team, and one point shall be awarded to both teams in case of a tie. These points shall be used to establish league positions, which in turn shall be used to establish a play-off schedule to be decided upon, and published by the League, prior to the start of such play-offs.

PLAYING RULE 1 – THE FIELD OF PLAY

The field of play for our league is unfortunately, determined by the facilities available and therefore may be different from one building, and consequently one game, to the next. The following provides a guideline as to the definition of the field of play.

- (1) **DIMENSIONS.** The field of play is rectangular. Where required for the safety of the players and spectators, and when available, boards or benches will be used to define the touch-line and goal-line.
- (2) **MARKING:** Unless otherwise marked and identified by the referee prior to the game, the following will define the playing field; the walls, benches or boards on the longer boundary being called the touch-lines and the shorter being called the goal-lines. A halfway line shall be marked out across the field of play. The center of the field of play shall be indicated by a suitable mark, and a circle shall be marked around it.
- (3) **THE GOAL AREA.** At each end of the field of play two lines shall be drawn at right angles to the goal-line approximately 60 cms from each goal-post. These shall extend into the field of play for a distance of approximately 1.5 meters and shall be joined by a line drawn parallel with the goal-line. If the definition of the goal-area is unclear due to the number of lines on the gym floor, then the referee will determine the goal-area with the coaches and players prior to the game.
- (4) **PENALTY MARK.** A penalty mark shall be decided upon before the start of penalty-kicks, and agreed to by the coaches, in the circumstance that they are required after a tied play-off game. This mark shall be no further than 5 meters, and no closer than 4 meters, from the goal-line and shall be central to the field of play.
- (5) **THE GOALS.** The goals shall be placed on the center of each goal-line.

PLAYING RULE 2 – THE BALL

The ball shall be judged fit for play by the referee and shall not be changed during the game unless authorized by the referee. Junior Division play is with a size #3 ball, intermediate a size #4 ball and senior, teen and adult a size #5 ball.

PLAYING RULE 3 – NUMBER OF PLAYERS

- (1) A match shall be played by two teams, each with not more than five players and not less than four players on the field of play. Should a team be unable to field four players 10 minutes after the scheduled start of play, the game shall be forfeited. One of the players shall be the goalkeeper.
- (2) Those players must be in accordance with the published team rosters provided after player registration at the start of the competition.
- (3) Substitutes may be used in any match. The game need not be stopped to allow substitution, except for the substitution of the goalkeeper.
- (4) Unlimited substitution is allowed.
- (5) Any of the other players may change places with the goalkeeper, provided that the change is made during a stoppage of play.

- (6) When any player other than the goalkeeper is to be replaced, the substitute shall not enter the field of play until the player being replaced is within the bench area. The substitution is completed when the substitute enters the field of play, from which moment the substitute becomes a player and the player being substituted ceases to be a player.

Punishment

For any infringement of this playing rule, other than point (2), the game shall be restarted with a free-kick for the non-offending team from the place where the ball was when the offence occurred. For a violation of point (2), the game shall be forfeited by the team found to have fielded an ineligible player.

PLAYING RULE 4 – PLAYERS’ EQUIPMENT

A player shall not wear anything that is dangerous to themselves or another player.

- (1) The basic compulsory equipment of a player shall consist of a shirt, shorts or sweatpants, stockings, and footwear. The footwear shall be appropriate to the Indoor game and the playing surface, and must have non-marking soles.
- (2) Shin-guards when worn must be covered entirely by the stockings, shall be made of a suitable material (rubber, plastic, polyurethane or similar substance) and shall afford a reasonable degree of protection.
- (3) Team shirt colours shall not conflict with each other or with the referee, and shall be as those assigned by the League to the start of the competition.

Punishment

For any infringement of this playing rule, the player at fault shall be instructed to leave the field of play by the referee, when the ball next ceases to be in play, unless by then there is no longer an infringement. Play shall not be stopped immediately for an infringement of this Playing rule. A player who is instructed to leave the field to adjust equipment or obtain missing equipment shall not return without first reporting to the coach, who must ensure that the player’s equipment is in order. The player shall only re-enter the game at a moment when the ball has ceased to be in play.

PLAYING RULE 5 – REFEREES

A referee shall be appointed to officiate in each game. The authority and exercise of the powers, granted to the referee by these playing rules, commence as soon as the referee enters the field of play. The referee’s powers of penalizing shall extend to offences committed when the ball is in play; the ball is out of play; or play has been temporarily suspended. The referee’s decision on points of fact connected with the play shall be final, so far as the result of the game is concerned.

The referee(s) shall:

- (a) enforce these playing rules
- (b) refrain from penalizing in cases where by doing so, an advantage would be given to the offending team
- (c) keep the score
- (d) have the discretionary power to stop the game for any infringement of the playing rules and to suspend or terminate the game whenever, by reason of interference by spectators, or other cause, such stoppage is deemed necessary. In such a case the referee shall submit a detailed report, within three days to the League
- (e) caution any player guilty of misconduct. In such cases the coach is required to ensure that the offending player understands their misconduct and that such behaviour is not repeated
- (f) allow no person other than the players and one coach from each team to enter the field of play
- (g) stop the game when of the opinion that a player has been injured
- (h) have the player removed as soon as possible from the field of play, and resume the game. A player who is able to leave the field of play for attention of any kind, shall not be treated on the field of play
- (i) send off the field of play any player who is guilty of violent conduct, serious foul play, or the use of offensive, insulting or abusive language
- (j) signal for re-start of the game after all stoppages
- (k) decide that the ball provided for a match meets with the requirements of Playing Rule 2

PLAYING RULE 6 – DURATION OF THE GAME

Division A and B – The duration of the game shall be two equal periods of 20 minutes. If the start is delayed due to insufficient players on the part of either team, upon compliance with Playing Rule 3 the duration of the game shall be two equal periods of 15 minutes each. At half time the interval shall not exceed five minutes except by consent of the referee.

Division C, D and E - The duration of the game shall be two equal periods of 24 minutes. If the start is delayed due to insufficient players on the part of either team, upon compliance with Playing Rule 3 the duration of the game be two equal periods of 19 minutes each. At half time the interval shall not exceed four minutes except by consent of the referee.

PLAYING RULE 7 – THE START OF PLAY

Play shall start immediately on the hour assigned. The team winning a simple coin toss shall take the kick-off in the first period of the game and the other team kicks off in the second period of the game. In the game's second period the teams shall change ends, when one end of the gym is not identical to the other.

The referee shall blow a warning whistle two minutes prior to start of play.

Kick-Off: A kick-off is the way of starting or restarting play:

- at the start of the game
- after a goal has been scored
- at the start of the second half of the game

A goal may not be scored directly from a kick-off.

Kick-Off Procedure: The referee having given a signal, the game shall be started by a player taking a place kick (i.e., a kick at the ball while it is stationary on the ground in the center of the field of play) in any direction (i.e., forwards, sideward, or backwards) on the field of play. All players shall be in their own half of the field and every player of the team opposing that of the kicker shall remain not less than three meters from the ball until it is kicked-off. The ball is in play when it is kicked and moves. The kicker shall not play the ball a second time until it has been touched or played by another player.

Punishment

For any infringement of this playing rule, the kick-off shall be retaken.

When restarting the game after a temporary stoppage of play from any cause not mentioned elsewhere in these playing rules, provided that immediately prior to the stoppage the ball had not passed over the goal-line, the referee shall drop the ball at the place where it was when play was stopped. It shall be deemed in play when it has touched the ground. A player shall not play the ball until it has touched the ground. If this section of the playing rules is not complied with, the referee shall again drop the ball.

PLAYING RULE 8 – BALL IN AND OUT OF PLAY

Ball out of Play: The ball is out of play:

- When it has wholly crossed the goal-line, whether on the ground or in the air, or has made contact with the ceiling or the walls at a height over and above 2.5 meters (i.e. 8 foot) above the playing area. If the ball passes behind the goal or enters any area occupied by non-playing players or fans. For such contact, a free kick shall be awarded to the opposing team, below the point at which contact was made.
- When the referee has stopped the game.

Ball in Play: The ball is in play at all other times from the start of the match to the finish including:

- If it rebounds from a goal-post, cross-bar, bench, board or wall, including fixtures attached to the walls, into the field of play, excluding basketball equipment which is deemed part of the ceiling and out of bounds.
- If it rebounds off the referee.
- When a goaltender has handled the ball within his goal area the ball is not in play until the goaltender kicks or throws the ball out of the goal area. The attacking team must retreat at least 3 meters from the goal area, until the ball leaves the goal area.
- In the event of a supposed infringement of the playing rules, until a decision is given.

PLAYING RULE 9 – FOULS AND MISCONDUCT

A player who commits any of the following offences in a manner considered by the referee to be careless, reckless or involving disproportionate force:

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| (a) kicks or attempts to kick an opponent; | (h) holds an opponent; |
| (b) trips an opponent | (i) handles the ball deliberately, i.e. carries, strikes or propels the ball with hand or arm (This does not apply to a goalkeeper within her/his own goal-area. In this circumstance the attacking team must retreat at least three meters from the goal-area, and the goalkeeper may kick or throw the ball back into play.) |
| (c) jumps at an opponent; | |
| (d) charges an opponent, including forcing into the boards; | |
| (e) strikes or attempts to strike an opponent; | |
| (f) pushes or spits on an opponent; | |
| (g) slides whilst tackling an opponent or striking the ball; | |

shall be penalized by the award of a free kick to be taken by the opposing team from the place where the offence occurred.

A player shall be cautioned and the referee requires the coach to ensure that the offending player understands their misconduct and that such behaviour is not repeated if, in the opinion of the referee, the player:

- is guilty of unsporting behaviour;
- shows dissent by word or action;
- persistently infringes these Rules;
- denies an opponent a goal or an obvious goal-scoring opportunity by deliberately handling the ball;
- denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick;
- deliberately delays the restart of play;

If the referee stopped play to administer the caution, a free kick shall be awarded to the opposing team from the place where the offence occurred, unless a more serious infringement of the playing rules was committed.

A player shall be dismissed from the field of play if, in the opinion of the referee, the player:

- is guilty of serious foul play; * uses offensive, insulting or abusive language;
- is guilty of violent conduct; * receives a second caution in the same match.
- spits at an opponent or any other person;

If play is stopped by reason of a player being ordered from the field of play the game shall be resumed by a free kick awarded to the opposing team from the place where the infringement occurred.

PLAYING RULE 10 – METHOD OF SCORING

A goal is scored when the whole of the ball has passed over the edge of the goal line inner to the field of play, between the goal post and under the crossbar, provided it has not been thrown, carried or intentionally propelled by hand or arm, by a player of the attacking side. A goal shall not be allowed if the final touch by the attacking team was inside the goal-area or if an attacking player is interfering with the goalie in his goal crease.

The team scoring the greater number of goals during the game shall be the winner, if no goals or an equal number of goals are scored, the game shall be termed a "tie".

PLAYING RULE 11 – FREE KICK

All free kicks shall be classified as "indirect" (i.e., a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal).

When a player is taking a free kick, all of the opposing players shall be at least three meters from the ball, until it is in play, unless they are standing on their own goal line, between the goal posts. The ball shall be in play when it is kicked and moves.

If a player of the opposing team encroaches within 3 meters of the ball before a free kick is taken, the referee shall delay the taking of the kick, until the playing rule is complied with.

The ball must be stationary when a free kick is taken, and the kicker shall not play the ball a second time until it has been touched or played by another player.

Notwithstanding any other references in these playing rules to the point from which a free kick is to be taken:

- Any free kick awarded to the defending team, within its own goal area, may be taken at a point one within the goal area.
- Any free kick awarded for an infringement on the touch-line or goal-line shall be taken at a point one meter into the field of play.

Punishment

If the kicker, after taking the free kick, plays the ball a second time before it has been touched or played by another player, a free kick shall be taken by a player of the opposing team from the spot where the infringement occurred.

PLAYING RULE 12 – GOAL-KICK/GOALIE ‘S BALL

When the whole of the ball passes over the goal-line, but not into the goal, it shall be kicked by the goalkeeper, along the ground, directly into play from any point within the goal-area. The kicked ball may not cross over the centre line without first touching the ground or any player other than the goalie. The goalie shall not play the ball a second time until it has been touched or been played by another player. Players of the team opposing that of the player taking the goal-kick shall remain outside the defending team’s half until the ball has been kicked.

A goal may not be scored directly from a goal-kick/goalie’s ball.

Punishment

If the player taking a goal-kick/goalie’s ball plays the ball a second time before it has touched or been played by another player without touching the ground then the kick shall be retaken.

PLAYING RULE 13 – PENALTY KICK

In a Game: A penalty kick will only be awarded in a game if a player other than the goalie **deliberately** handles the ball in his own goal crease in an attempt to prevent a goal. Any member of the opposing team on the field of play during the infraction may take the penalty kick.

The opposing goalkeeper must stand on the goal-line, between the goal-posts, until the ball is kicked. The player taking the kick must kick the ball forward and he/she shall not play the ball a second time, until the ball has been touched by another player. All other players on both teams must be positioned behind the centre line. The ball is in play after any penalty kick unless it passes out of bounds.

Punishment

For any infringement of this playing rule:

By the defending team, the kick shall be retaken if a goal has not resulted.

By the attacking team other than by the player taking the kick, if a goal is scored it shall be disallowed and the kick retaken.

By a member of both teams, the kick, if taken shall be retaken.

By the attacking player, if a goal is scored it shall be disallowed and a goalie’s ball awarded to the defending team.

In a Playoff:

INSTRUCTIONS REGARDING THE TAKING OF KICKS FROM THE PENALTY MARK (In play-off competitions to decide a winner)

- All dressed players (excluding any players who were dismissed) shall be “eligible players” to take part in the “Taking of Kicks from the Penalty Mark”.
- The referee shall choose the goal at which all of the kicks shall be taken.
- The team winning the toss shall take the first kick.
- The referee shall keep a record of the kicks being taken.
- Subject to the conditions below, both teams shall take 5 kicks which will be alternately taken by the teams.
- If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks shall be taken.
- If, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, another coin toss is done to determine first kick in a “Sudden Death” sequence. Kicks continue to be taken in alternating order until one team has scored more goals and both teams have taken the same number of kicks.
- Each kick is taken by a different player and all eligible players must take a kick before a player can take a second kick.
- An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken.
- Only the eligible players, referee and coaches of each team are permitted to remain on the field of play, but not obstructing the penalty-kick, when kicks from the penalty mark are being taken.
- All eligible players except the two goalkeepers and the player taking the kick must remain at center-line.