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Regina West Zone Community Soccer Association

Indoor Soccer Rules

6U, 8U and 10U



"Recreational Soccer Emphasizing Good Sporting Behaviours, Skill Development and Fun"

(Revised Sept. 2024)

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INTRODUCTION

Regina West Zone Community 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. The purpose of our league is for fun and exercise, not winning. The emphasis during games is on player safety and involvement.

The League believes in the importance of respect and fair play. 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.

6 and Under Age Group

At the age of 5 & 6 years old, players are introduced to a game with more emphasis on skill development and adherence to rules that will allow the players to prepare for full indoor rules. The players are still expected to learn respect as part of the game, as well as more detailed actions, footwork, and general rules that make up the game of soccer.

8 and Under Age Group

At the age of 7 & 8 years old, the game continues with its emphasis on skill development and adherence to rules that will allow the players to prepare for entry into the U10 and higher age groups. The U8 age group uses referees to govern play and enforce rules although the rules are modified to support learning players.

10 and Under Age Group

At the age of 9 & 10 years old, the game continues with its emphasis on individual and team skill development and adherence to rules that will allow the players to prepare for entry into the older age groups with their close adherence to FIFA rules of soccer.



6U, 8U and 10U players are expected to continue learning respect as part of the game, as well as more detailed actions, footwork, and general rules that make up the game of soccer.

While coaches are encouraged to try to advance their team as much as possible, it is important to remember that the players are still in early learning phases.

The key aspects to these age groups are that the players:

- continue to learn to socialize properly
- understand the fundamentals of moving the ball, kicking skills, basic positioning, basic passing skills, introduction of goal tending, and using the walls to advance the ball
- continue to practice the basics of fair play and sportsmanship
- learn to follow basic instruction
- learn to be part of a team
- have fun in a semi-structured game.

To this end, these rules are designed to advance the sport and infuse the need for respect on the field during any game ... towards officials, coaches, spectators, and the other players as well.

These rules reflect as best they can the FIFA Laws of the Game 2024/25 for outdoor soccer and the FIFA Futsal Laws of the Game 2023/24 for indoor soccer.

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;
- the ball must clear the penalty area on goal kicks;
- 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 nets, 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 is permitted to deliberately 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 4 metres from the goal line for the **6U, 8U and 10U** age groups. A “One Metre Run-up” is allowed for all age groups. No slide tackles, slide kicks, or bicycle kicks are allowed.

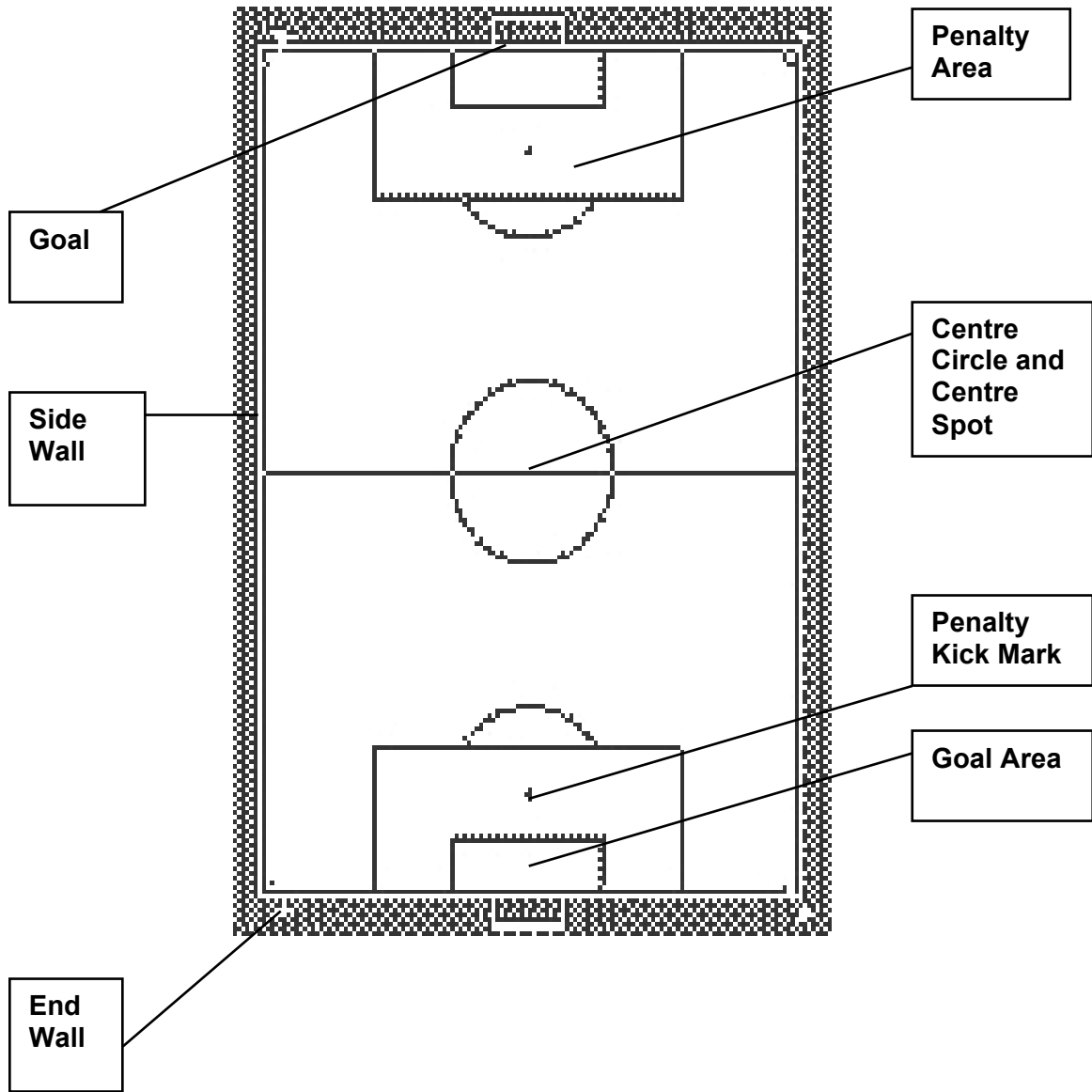
Yellow and Red cards may be issued to coaches or team officials in cases of serious misconduct.



LAW 1. THE PLAYING AREA

1. **Playing areas.** The playing area will be in a school gym as assigned by the league.
2. **Live walls.** 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.
Dead ceilings. Ceilings are considered as dead (out-of-play). Play is stopped if the ball hits the ceiling.
Obstacles. 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 (refer to Law 9). 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 (the "crease")** consists of the rectangular area formed by the goal line, two lines starting on the goal line 1 to 2 metres from the goal posts and extending 2.5 to 4 metres into the playing area from the goal line and a line joining these lines parallel to the goal line. 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.
5. **The Penalty Area** is a rectangular area formed by the goal line and lines extending from it between 4 to 6 metres from the goal posts and extending 5 to 7 metres into the playing area from the goal line and a line joining these lines parallel to 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.
6. **The Penalty Kick Mark (or Penalty Spot)** is set within each Penalty Area 4 metres perpendicular from the mid-point of the goal line for the **6U, 8U** and **10U** age groups.
7. **The Centre Circle** is located at the mid-playing area and has a radius of 3 metres from the **Centre Spot**. The ball is placed at the Centre Spot to start each half and after each goal. The Centre Circle indicates the minimum distance that opposing players must keep at kick-off.
8. **Technical Area/Bench Area.** Team Technical or Bench areas should be 3 metres from the halfway line (to allow keeping the teams apart from each other and from any players serving time penalties). Team members and coaches should be no more than a few metres from the bench (to keep coaches from wandering onto the playing area or close to the goal areas). Players must keep their personal items close to their bench area so as not to interfere with play.

Important area boundaries and spots on the playing area will be identified with tape (where permitted) or well-defined markings on the floor.



LAW 2. THE BALL

1. **Low bounce ball.** The ball will be provided by the league. The ball used in indoor soccer will be a low bounce ball with reduced bounce off walls and floor for player safety and improved quality of play. Teams may practice with a non-low bounce ball, but game play must be with the appropriate low bounce ball.
2. **Game ball.** The ball will be size 3 for 6U year old teams and size 4 for all 8U and 10U teams.
3. **Selection of Ball.** The game ball is selected by the referee and may not be changed during the match without the referee's permission.
4. **Replacement of a defective ball.** If the ball becomes defective during play:
 - play is stopped and
 - restarted with a dropped ball

If the ball becomes defective at a kick-off, goal kick, free kick, dropped ball, or penalty kick, the ball is replaced and the restart is retaken.

If the ball becomes defective during a penalty kick or shootout penalties as it moves forward and before it touches a player, crossbar or goalposts the penalty kick is retaken.

If the ball becomes defective during a penalty kick as it moves forward and after it touches a player, crossbar or goalposts the ball is replaced and restarted with a dropped ball, or if this occurs during a penalty shootout the ball is given to the next kicker in the shootout sequence.

The ball may not be changed during the match without the referee's permission.

LAW 3. NUMBER OF PLAYERS

1. **Number of players.** The game will be played by two teams, each consisting of more than **five (5)** 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.)

If a team has fewer than four players because one or more players has deliberately left the field of play, the referee is not obliged to stop play and the advantage may be played, but the match must not resume after the ball has gone out of play if a team does not have the minimum number of four players.

2. **Minimum number of players.** 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 four players in accordance with Law 12 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 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. **Maximum number of players and substitutes.** Teams may dress the maximum number of players as indicated on their league approved rosters, along with any permitted Guest Substitutes (outlined in Law 3.11) even if the combination of team players and guest substitutes exceeds the roster size. All players who are dressed to play or sitting on the bench with their team will be under the jurisdiction of the referee.



4. **Unlimited substitution.** Unlimited substitution, for any player other than the goalkeeper, 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, do not delay the game, or enable their team to gain an unfair advantage. Substitutions must only be made to and from the players' bench area. Players must leave and 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 or interfere with 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. **Changing goalkeepers.** Goalkeepers may be changed at any time during the game or overtime subject to the following:
- Any of the players or substitutes may change places with the goalkeeper and this must occur at a stoppage of play and only with the permission of the referee.
 - The referee must be notified and approve any change in goalkeeper (other than at half-time, including half-time of extra time, or the period between the end of the match and the start of extra time and/or Penalty shootout), prior to the change taking place.

Changing a goalkeeper during penalties is permitted under Law 10, Article 9q.

If a player changes places with the goalkeeper during play and without the referee's permission, the referee:

- allows play to continue
 - cautions both players when the ball is next out of play. (Law 12, Article 4a).
6. **Delaying play for a substitution.** 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 (Law 12, Article 3a) 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.
7. **Too many players.** 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.
8. **Equal playing time.** Approximately equal playing time is the goal of the league. Each player, other than the goalkeeper, MUST be substituted so as to allow everyone to participate in the game. If any player is sick or injured and would not be able to participate equally, then the referee must be informed during a stoppage in play. Coaches must give all of their players an equal amount of playing time during all game periods including overtime, and the opportunity to participate in the shootout.

If at half time either team's coach feels the equal play rule has been breached, they are to lodge a complaint with the referee. The referee will advise the offending team and if the referee feels that during the second half this situation has not been rectified the referee may issue disciplinary sanctions against the coach and



will report the situation to the league. Violations may be punished by a Caution or Sending-off or the game may be suspended.

9. **Players and substitutes sent off.** A player who is sent-off before the kick-off may be replaced by a substitute and the team does not serve a five-minute time penalty. After the kick-off a player sent-off is removed from the playing area and cannot return to play. The team will serve a five-minute time penalty and after this is complete the team may replace the sent-off player.
10. **Registered Players.** Only registered West Zone soccer players are allowed to play. Each team will only be allowed to field its league designated and assigned players (except as described under Law 3.11 “Guest Substitutes”).
11. **Guest substitutes.** During regular season 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 other West Zone teams to play as guest players for the team.
 - The coach must receive consent from the referee before these guest players will be permitted to play and before the match can start.
 - Coaches are encouraged to come to an agreement that allows games to be played.
 - Guest players can play in their own age group or move up in age (to a maximum of one age group). 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 referee, the referee may exclude the guest players from further play and will report the matter to the league for further action.

Teams may recruit guest players to a maximum of twice the minimum number of 4 players as defined in Law 3 Article 1. The number of guest players plus registered team players would be to a maximum of 8 players (2 times 4).

- If more than these numbers of players on the roster are available to play then guest players are not allowed.
 - Once the referee has allowed guest players to play for a team and the match has started, these players are allowed to play for the team 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. (For example, if a team had 4 registered players show up for play, the coach could recruit 4 guest players to equal a total of 8. If 4 or more players showed up to play prior to kick-off then no guest players could be recruited. If the 4 registered players plus 4 guest players were then joined by 4 more registered players arriving late (after kick-off), the team would be allowed to play with the 12 total players.)
12. **No guest substitutes during tournaments.** During tournament play, guest substitutes are NOT allowed unless tournament rules so specify. 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 may be asked to provide their assigned rosters to the referee so that registered players can be confirmed prior to tournament games.
 13. **Modifying the game.** 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. Coaches are encouraged to come to an agreement that allows games to be played.

Modifications must be made either before the game, or at halftime. If a team has an insufficient number of players at any other time during the game, that team must default the game (per Law 3, Article 2).



14. Extra persons on the playing area. The coach and other officials on the team are considered to be team officials. Anyone not associated in an official capacity with the team is considered as an outside agent. If a team official, substitute, substituted player or outside agent enters the field of play the referee must:

- stop play only if there is interference with play
- have the person removed from play when play stops
- take appropriate disciplinary action

If play is stopped and interference was by:

- a team official, substitute or substituted player then play restarts with a direct free kick or penalty kick
- an outside agent then play restarts by a dropped ball.

If play is not stopped then the referee may deal with the unauthorized entry onto the field of play or interference at the next stoppage of play.

If a ball is going into a goal and the interference does not prevent a defending player from playing the ball, the goal is awarded if the ball enters the goal (even if contact was made with the ball) unless the interference was by the attacking team.

15. Substitutes and Coaches interfering with play. Given the close proximity of the team technical area/bench area to the playing area, substitutes and coaches have to ensure that they avoid interfering with play by entering the playing area or attempting to play the ball when it comes close to the technical/bench area. Unintentional or accidental contact with a ball or player may be dealt with by a dropped ball or possibly an indirect free kick, while more deliberate actions may require a direct kick or caution.

16. Player outside the Playing Area. If a player who requires the referee's permission to re-enter the playing area (e.g. a player who had been required to leave the playing area to correct an equipment deficiency, or a player who has finished serving a time penalty) re-enters without the referee's permission, the referee must:

- stop play (not immediately if the player does not interfere with play or a match official or if the advantage can be applied)
- caution the player for entering the playing area without permission.

If the referee stops play, it must be restarted:

- with a direct free kick from the position of the interference
- with an indirect free kick from the position of the ball when play was stopped if there was no interference.

17. Goal scored with an extra person on the playing area. If, after a goal is scored, the referee realises, before play restarts, that an extra person was on the playing area when the goal was scored, and that person interfered with play:

- the referee must **disallow** the goal if the extra person was:
 - a player, substitute, substituted player, sent-off player or team official of the team that scored the goal; play is restarted with a direct free kick from the position of the extra person
 - an outside agent who interfered with play unless a goal results as outlined above in 'extra persons on the playing area'; play is restarted with a dropped ball.
 - If the extra person was in the team's own penalty area when the goal was scored then the ball would be awarded to the opposing team as a direct kick placed on the forward edge of the penalty area closest to where the extra player was last seen. If the extra player could not be identified then a direct kick would be awarded to the opposing team to be taken from the centre mark.



- the referee must **allow** the goal if the extra person was:
 - a player, substitute, substituted player, sent-off player or team official of the team that conceded the goal
 - an outside agent who did not interfere with play.

The referee will allow a goal if someone other than player touches the ball and it still goes in the goal. This is in accordance with 'fair play' which applies the advantage principle so that if someone or something touches the ball but it still goes in the goal, and the defenders were not prevented from playing the ball, the goal would be allowed. For example, if a substitute/team official tries unsuccessfully to stop an opponents' shot going into the goal then it is clearly 'fair play' to allow the goal to be awarded. The exception is that the goal cannot be allowed if it is scored against the opponents.

In all cases, the referee must have the extra person removed from the playing area.

If, after a goal is scored and play has restarted, the referee realises an extra person was on the playing area when the goal was scored, the goal cannot be disallowed. If the extra person is still on the playing area the referee must:

- stop play
- have the extra person removed
- restart with a dropped ball or free kick as appropriate.

The referee must report the incident to the appropriate authorities.

- 18. Team captain:** The team captain has no special status or privileges but has a degree of responsibility for the behaviour of the team.

LAW 4. PLAYERS' EQUIPMENT

1. **Safety.** Players will not wear anything which endangers themselves or other players (including any kind of jewellery such as necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.).
 - It is strongly recommended that jewellery be removed. If it cannot be removed it must be covered with tape or other such material.
 - All non-prescription glasses must be removed.
 - Medic alert bracelets, anklets, necklets, etc. are permitted but may need to be taped to make them safe.
 - The referee must inspect and approve the covering of jewellery, casts, guards and braces before play is allowed.

(From the CSA Canada Soccer Guide to Safety)

Hard casts are considered to pose a danger to both the wearer and other players and are not permitted to be worn. The practice of padding a hard cast does not reduce the element of danger. Players wearing a soft cast, brace or guard will be permitted to play if the cast does not present a danger to the individual or any other player.

The referee or Supervisor of Officials (if one has been appointed to the match/tournament) will make the final decision as to the acceptability of any cast.

Any player who uses a cast with the intent to intimidate or injure an opponent shall be sent off.

- No article of clothing that has an opening/closing mechanism or covers the neck such as a neck scarf will be allowed.



- For player safety, players are not to chew gum, or have in their mouths any candy, or other materials. These materials present a choking hazard. Mouth guards are allowed to be worn as long as the devices cannot be swallowed.
2. **Compulsory equipment.** Compulsory equipment for all players will consist of a numbered shirt or jersey, shorts, socks, shinguard and footwear designed for indoor use such as athletic runners or soccer footwear with flat bottoms. All players must have this equipment at every game – failure by any player to wear proper footwear and protective shin pads will result in the player being unable to play that game.
- The two teams must wear colours that distinguish them from each other and from the match officials. All players on the same team will wear the same colored shirt/jersey.
 - Footwear with rubber or metal cleats are not allowed. Footwear must have non-marking soles.
 - The shirts/jerseys should be tucked in.
 - Shinguards 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.

It is strongly recommended that players wear shinguards made of a suitable material to provide reasonable protection against kicks and impacts. Players are responsible for the suitability of their compulsory equipment.

A player whose footwear or shinguard is lost accidentally during the game must replace it as soon as possible and no later than when the ball next goes out of play; if before doing so the player plays the ball and/or scores a goal, the goal is awarded.

ANY PLAYER OR TEAM DEFACING UNIFORM(S) WILL NOT BE ALLOWED TO PLAY UNTIL THE UNIFORM(S) HAS BEEN REPLACED.

3. **Goalkeeper.** The goalkeeper must wear a jersey or pinnie different in colour than either team or the referee. If available pinnies may be worn by one of the teams when two teams are wearing similar colors or when a team wears colors that may be confused with the referee. If the two goalkeepers' shirts are the same colour and neither has another shirt, the referee will allow the match to be played. Goalkeepers may wear tracksuit bottoms/sweatpants.
4. **Non-compulsory equipment.** No article of clothing that covers the neck such as a neck scarf or hooded sweatshirt will be allowed. Players are not allowed to play wearing baseball hats, bandanas or other headwear unless for religious or medical reasons. As per FIFA directives, religious headscarves, hijabs, turbans, patkas, or keskis, or specialized medical headwear are allowed to be worn by players but they must be inspected by the referee before each game to ensure they are safe and do not pose a danger to the wearer or to other participants.

Non-dangerous protective equipment, for example facemasks and knee and arm protectors made of soft, lightweight padded material is permitted as are goalkeepers' caps and sports spectacles.

No headwear or specialized equipment are allowed to have any part(s) extending out from the surface (protruding elements) that could pose a danger to players or the wearer.

5. **Electronics and Communications Equipment.** Players (including substitutes/substituted and sent-off players) are not permitted to wear or use any form of electronic or communication equipment, such as Fit Bits or Apple Watches. Watches are not to be worn. Cell phones are not be brought onto the field and must not be used in the technical area during the game.



The use of any form of electronic communication by team officials is permitted where it directly relates to player welfare or safety or for tactical/coaching reasons but only small, mobile, handheld equipment (e.g. microphone, headphone, earpiece, mobile phone/ smartphone, smartwatch, tablet, laptop) may be used. A team official who uses unauthorised equipment or who behaves in an inappropriate manner as a result of the use of electronic or communication equipment will be sent off.

6. **Slogans, statements, images and advertising.** Team equipment and player garments should not have any political, gang related, religious or personal slogans, statements or images on them. Players must not reveal undergarments that show political, gang related, religious, personal slogans, statements or images, or advertising other than the manufacturer's logo.

When interpreting whether a slogan, statement or image is permissible, note should be taken of Law 12 (Fouls and Misconduct), which requires the referee to take action against a player who is guilty of:

- using offensive, insulting or abusive language and/or action(s) - sending off offence (Law 12.3b)
- acting in a provocative, derisory or inflammatory way – caution offence (Law 12.3a)

Any slogan, statement or image which falls into any of these categories is not permitted.

7. **Inspection.** The players must be inspected before the start of the match and substitutes before they enter the playing area. If a player is wearing or using unauthorised/ dangerous equipment or jewellery, the referee must order the player to:
- remove the item
 - leave the playing area at the next stoppage if the player is unable or unwilling to comply

A player who refuses to comply or wears the item again must be cautioned.

8. **Offences.** For any offence play need not be stopped and the player:
- is instructed by the referee to leave the field of play to correct the equipment
 - leaves when play stops, unless the equipment has already been corrected

A player who leaves the field of play to correct or change equipment must:

- have the equipment checked by a match official before being allowed to re-enter
- only re-enter with the referee's permission (which may be given during play)

A player who enters without permission must be cautioned, and if play is stopped to issue the caution, an indirect free kick is awarded from the position of the ball when play was stopped, unless there was interference, in which case a direct free kick (or penalty kick) is awarded from the position of the interference.

LAW 5. THE REFEREE

1. **Authority of the Referee.** Each referee is appointed by the league. The referee has full authority to enforce the Laws of the Game in connection with the match.

The referee has the authority to take disciplinary action from entering the playing area for the pre-match inspection until leaving the playing area after the match ends (including Penalty shootouts). Players committing a serious offence before or after the game will be reported to the league's Discipline Committee.



Free-kicks and even card penalties can be awarded if members of the team, playing or non-playing, on or off the playing area cause the game to be stopped.

2. **Decisions of the Referee.** Decisions will be made to the best of the referee's ability according to the Laws of the Game and the "spirit of the game" and will be based on the opinion of the referee who has the discretion to take appropriate action within the framework of the Laws of the Game.

The decisions of the referee regarding facts connected with play, including whether or not a goal is scored and the result of the match, are final. The decisions of the referee must always be respected.

The referee may not change a restart decision on realising that it is incorrect or on the advice of another match official if play has restarted or the referee has signalled the end of the first or second half (including extra time) and left the playing area or abandoned the match.

A disciplinary sanction may only be issued after play has restarted if another match official had identified and attempted to communicate the offence to the referee before play restarted; the restart associated with the sanction does not apply (e.g. a caution or sending off may be issued but the direct kick/penalty kick may not be granted).

However, if at the end of the half, the referee leaves the playing area to go to talk to the other match officials or to instruct the players to return to the playing area, this does not prevent a decision being changed for an incident which occurred before the end of the half.

If a referee is incapacitated, play may continue under the supervision of the other match officials until the ball is next out of play. If necessary another match official may take over the supervision of the game if the referee cannot return to the match.

3. **Powers and duties.** The referee will:

- enforce the Laws of the Game and the regulations of the competition
- control the match in cooperation with the other match officials
- act as timekeeper controlling the start and stoppage of play
- keep a record of the match and provides the appropriate authorities with a match report, including information on disciplinary action and any other incidents that occurred before, during or after the match
- supervise and/or indicate the restart of play
- decide if the ball, the playing area, and other equipment are suitable
- ensure that the player's equipment meets the requirements of Law 4
- signal the start of the game, the restart after a stoppage, and the end of play

Disciplinary action

- has 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
- punish the more serious offence, in terms of sanction, restart, physical severity and tactical impact, when more than one offence occurs at the same time (Where two separate cautionable offences are committed, even in close proximity, they should result in two cautions. See Law 12.3a)
- take disciplinary action against players guilty of cautionable and sending-off offences
- has the authority to take disciplinary action from entering the playing area for the pre-match inspection until leaving the playing area after the match ends (including Penalty shootouts). If, before entering the playing area at the start of the match, a player commits a sending-off offence, the referee has the authority to prevent the player taking part in the match (see Law 3.9); the referee will report any other misconduct. Cautions for pre-match offences are not issued but referees will report these players to the league.
- has the power to show yellow or red cards and, where competition rules permit, temporarily dismiss a player, from entering the playing area at the start of the match until after the match has ended, including during the half-time interval, extra time and Penalty shootouts



- take action against team officials who fail to act in a responsible manner and warns or shows a yellow card for a caution or a red card for a sending-off from the playing area and its immediate surrounds, including the technical area; if the offender cannot be identified, the senior coach present in the technical area will receive the sanction.
- act on the advice of other match officials regarding incidents that the referee has not seen
- warn or send off any parent, spectator, or team supporter guilty of offensive or insulting or abusive language and/or gestures; acts of misconduct, harassment, verbal abuse, foul language or abuse of the referee
- report, in writing, to the appropriate league 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

Injuries

- allow play to continue until the ball is out of play if a player is only slightly injured
- stop play if a player is seriously injured and ensures that the player is removed from the playing area. An injured player may not be treated on the playing area and may only re-enter after play has restarted; if the ball is in play, re-entry must be from the touchline but if the ball is out of play, it may be from any boundary line. Exceptions to the requirement to leave the playing area are only when:
 - a goalkeeper is injured
 - a goalkeeper and an outfield player have collided and need attention
 - players from the same team have collided and need attention
 - a severe injury has occurred
 - a player is injured as the result of a physical offence for which the opponent is cautioned or sent off (e.g. reckless or serious foul challenge), if the assessment/treatment is completed quickly
 - a penalty kick has been awarded and the injured player will be the kicker
- ensure that any player bleeding leaves the playing area. The player may only re-enter on receiving a signal from the referee, who must be satisfied that the bleeding has stopped and there is no blood on the uniform or playing area
- if the referee has decided to caution or send off a player who is injured and has to leave the playing area for treatment, the card must be shown before the player leaves
- if play has not been stopped for another reason, or if an injury suffered by a player is not the result of an offence, play is restarted with a dropped ball

Referees and all participants must be particularly concerned about the possibility of brain injury including **concussion** that may result from collisions between players, or with objects such as goal posts or the playing surface. Referees will stop play in all situations where there is a possibility of serious injury involving head collisions. Players will be required to leave the playing area to receive assistance, assessment and possible treatment. Coaches will follow the Soccer Canada Concussion Guidelines in their support to players and in the determination of when it is safe to return to play.

4. **Outside interference.** The Referee has the authority to stop, suspend or abandon the match for any offences or because of outside interference (e.g. if: there is a problem with the playing area or goalposts that interferes with play and that cannot be corrected)
 - an object thrown by a spectator hits a match official, a player or team official, the referee may allow the match to continue, or stop, suspend or abandon it depending on the severity of the incident
 - a spectator blows a whistle which interferes with play – play is stopped and restarted with a dropped ball



- an extra ball, other object or animal enters the playing area during the match, the referee must:
 - stop play (and restart with a dropped ball) only if it interferes with play – unless the ball is going into the goal and the interference does not prevent a defending player playing the ball; the goal is awarded if the ball enters the goal (even if contact was made with the ball) unless the interference was by the attacking team
 - allow play to continue if it does not interfere with play and have it removed at the earliest possible opportunity
 - allows no unauthorised persons to enter the playing area
5. **The Advantage Rule:** The advantage rule means the referee will not stop the play for a foul if the non-offending team has gained an advantage (e.g. possession of the ball). Once the advantage has been given the referee cannot reverse the call. The advantage is given at the referee's discretion and may or may not be used depending on the game situation. At the next whistle the referee may warn, yellow card or red card the guilty player if the anticipated advantage does not ensue at that time or within a few seconds.
6. **Referee's equipment.** Referees must have the following compulsory equipment:
- Jersey. Team colors should not conflict with those of the official uniform for referees (black). Referees are permitted to wear referee jerseys or pinnies of colors other than black as long as they do not conflict with team or goalkeeper colors.
 - Shorts, sweat pants, or Athletic wear
 - Proper footwear
 - Whistle
 - Watch (Analogue or electronic/digital watches are acceptable if they are used only for game time keeping)
 - Red and Yellow cards
 - Notebook (or other means of keeping a record of the match)

Referees and other 'on-field' match officials are prohibited from wearing jewellery or using any other electronic equipment, including cameras and cell phones.

7. **Liability of match officials.** A referee or other match official is not held liable for:
- any kind of injury suffered by a player, official or spectator
 - any damage to property of any kind
 - any other loss suffered by any individual, club, company, association, or other body, which is due or which may be due to any decision taken under the terms of the Laws of the Game or in respect of the normal procedures required to hold, play and control a match

Such decisions may include a decision:

- that the condition of the playing area or its surrounds or that the weather conditions are such as to allow or not to allow a match to take place
- to abandon a match for whatever reason
- as to the suitability of the playing area equipment and ball used during a match
- to stop or not to stop a match due to spectator interference or any problem in spectator areas
- to stop or not to stop play to allow an injured player to be removed from the playing area for treatment
- to require an injured player to be removed from the playing area for treatment
- to allow or not to allow a player to wear certain clothing or equipment
- where the referee has the authority, to allow or not to allow any persons (including team or playing area officials, security officers, photographers or media representatives) to be present in the vicinity of the playing area
- any other decision taken in accordance with the Laws of the Game or in conformity with their duties under the terms of league or competition rules or regulations under which the match is played



LAW 6. THE OTHER MATCH OFFICIALS

1. **Other Match Officials (Off-the-playing area).** Normally the referee is the only match official on the playing area and has sole responsibility in controlling the game. Other match officials may be appointed to matches and tournament games by the league to assist the referee in controlling the match in accordance with the Laws of the Game but the final decision will always be taken by the referee. The other match officials normally will remain outside of the playing area and observe the game. They will operate under the direction of the referee and under the authority of the league. In the event of undue interference, improper conduct or serious potential bias the referee may relieve the other match officials of their duties and make a report to the league.
2. **Duties of Other Match Officials.** The other match officials may assist the referee with match control functions such as:
 - inspecting the playing area and resolving issues; maintaining game records; helping resolve player or game equipment concerns; coordinating facilities; provision of game balls;
 - assisting the referee with observing offences and infringements when they have a clearer view than the referee; If the other match official observes a serious infringement to the Laws of the Game, they should wait until a stoppage in play and bring the issue to the attention of the referee before the next restart. It is up to the referee to decide if the new information will be simply advisory or it will be used for a verbal warning or further discipline;
 - submitting reports to the League on any serious misconduct or other incident that occurred out of the view of the referee.
 - observing coach, team official and spectator behavior to ensure compliance with the Laws of the Game;
 - assisting the referee with shootouts;
 - supporting the referee as required.
3. **Other League Officials at matches.** The league may assign other officials to attend matches to perform specific tasks such as facility management which might include on-playing area maintenance, supervisory or security functions.

Another important league official that may be assigned to a match would be the Referee Mentor whose responsibility is to assist, mentor, and evaluate referees to support their development of confidence and competence.

- The mentor would support the game referee with pre-match, break at the half, and post-match comments and advice.
- These mentors are normally experienced referees and would be wearing a referee jersey.
- At the beginning of the match they would present themselves along with the game referee to the coaches. The mentors may ask coaches for comments after the match.
- The mentor's role is to observe how the game referee handles the game and how they interact with players, coaches and spectators.
- In the rarest of occasions, the mentor may have to interject themselves into a game to correct a serious error or support the game referee if they have lost control of a situation.
- The Referee mentor may be required to replace the game referee if the game referee has been injured, was not properly prepared, or was deemed to be unable to continue. In the event of a game referee being unable to continue they may be replaced by another game referee or even another league official.



LAW 7. DURATION OF THE MATCH

- 1. Duration of the game.** The duration of the match will normally consist of two twenty-five (25) minute halves with a five (5) minute break at halftime. The referee may be required to adjust game timings to accommodate for games starting late or for game interruptions that take away from playing time. Referees should ensure that coaches are informed of game timing adjustments in advance so that coaches can plan for team strategy, player substitutions, and game management.
- 2. Game timing discipline.** Referees and coaches should enforce game timing discipline on teams. Game periods and overtimes should start on time and teams will be required to move in and out of the playing facility in an orderly fashion. Excessive time wasting by players and coaches should be sanctioned by the referee issuing cautions (yellow cards) for delaying the restart of play.
- 3. Running Clock.** The clock shall run for the duration of each period including all stoppages of play. The referee shall act as timekeeper and can, at his/her discretion, allow extra playing time for time lost through injury or other cause. The referee can suspend play and the game, at any time, for any serious infringement of the rules or other sufficient cause, such as a serious facility or equipment issue.
- 4. Timing Errors.** The referee must not compensate for a timekeeping error during the first half by changing the length of the second half.
- 5. Extending time.** Time may be extended to allow for stoppages from regular playing time due to injuries (assessments and/or removal of injured players, injury simulation), disciplinary sanctions (fouls), wasting time (such as delayed restarts, substitutions (player changes, changes to goalkeeper, shift changes after a goal), or other interruptions of play (such as goal celebrations, ball being kicked out of bounds, etc.).

If the referee stops play for a water break, the break should be kept as short as possible (which should not exceed one minute) and allowance for the breaks should be made in the calculation of stoppage time. The addition of stoppage time is at the discretion of the referee.

Schedules for games may not allow for much time between games and any excessive time lost to interruptions to play in one game may interfere with scheduled game starts of subsequent games. Referees may not have much allowance to make up for time lost by adding extra time.

- 6. Penalty Kick.** If a penalty kick has to be taken or retaken, the half is extended until the penalty kick is completed.
- 7. Abandoned match.** An abandoned match is **not** replayed unless the competition rules or organisers determine otherwise.



LAW 8. START AND RESTART OF PLAY

A kick-off starts both halves of a match, both halves of extra time and restarts play after a goal has been scored. The kick-off is described in this Law.

Restarts include Free kicks (direct or indirect), penalty kicks, and goal kicks (see Laws 13, 14, and 16).

A dropped ball is the restart when the referee stops play and the Law does not require one of the above restarts.

If an offence occurs when the ball is not in play, this does not change how play is restarted.

1. Kick-off procedure

- the team that wins the toss of a coin (or some other method, such as “Rock-Paper-Scissors”) decides which goal to attack in the first half **or** to take the kick-off
- depending on the above, their opponents take the kick-off **or** decide which goal to attack in the first half
- the team that decided which goal to attack in the first half takes the kick-off to start the second half
- for the second half, the teams change ends and attack the opposite goals
- after a team scores a goal, the kick-off is taken by their opponents

For every kick-off:

- all players, except the player taking the kick-off, must be in their own half of the playing area
- the opponents of the team taking the kick-off must be at least 3 metres from the ball until it is in play
- the ball must be stationary on the centre mark
- the referee gives a signal
- the ball is in play when it is kicked and clearly moves in any direction
- the kicker cannot touch the ball a second time until it has been touched by another player

2. **NO direct goals on the Kick-off.** A goal can only be scored if the ball subsequently touches a player **other** than the opposing goalkeeper before it enters the goal, or when it touches the goalkeeper when they are outside of their goal area. If a ball is kicked from the kick-off directly into the opponent's goal or strikes the opposing goalkeeper while he/she is **inside** their own goal area before entering the goal, a goal kick is awarded to the opponent. (The kickoff is treated as a special form of indirect kick.) If the opposing goalkeeper is **outside** of their goal area and acting as an ordinary player and the ball strikes the goalkeeper and then goes into the goal, then a goal has been scored.

3. Offences and sanctions.

- If the player taking the kick-off touches the ball again before it has touched another player, an indirect free kick, or for a handball offence, a direct free kick, is awarded.
- In the event of any other kick-off procedure offence, the kick-off is retaken.

4. **Dropped ball.** 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.

5. Procedure.

- The ball is dropped for the defending team goalkeeper in their penalty area if, when play was stopped: the ball was in the penalty area or the last touch of the ball was in the penalty area
- In all other cases, the referee drops the ball for one player of the team that last touched the ball at the position where it last touched a player, an outside agent or, as outlined in Law 9.1, a match official (A dropped ball will be awarded if the ball hits the referee and goes to the other team as a result, or if the ball strikes the referee and goes into a goal.)
- All other players (of both teams) must remain at least 3 metres from the ball until it is in play
- The ball is in play when it touches the floor.



- Once the ball is dropped the player may pass the ball or run with it. The ‘double-touch’ prohibition does not apply. A goal may not be scored directly from a dropped ball (see below).

6. Offences and sanctions.

The ball is dropped again if it:

- touches a player before it touches the floor
- leaves the playing area after it touches the floor, without touching a player

If a dropped ball enters the goal without touching at least two players, play is restarted with:

- a goal kick if it enters the opponents’ goal
- an indirect free kick awarded to the opposing team at the penalty line closest to the dropped ball location if it enters the team’s own goal

LAW 9. BALL IN AND OUT OF PLAY

1. Ball out of play. The ball is out of play:

- a) when play has been stopped by the referee (such as when the ball has struck an obstacle in the facility as per Law 1 Article 2, when the ball is stuck under an obstacle or behind the net, or when a foul or misconduct has been committed as per Law 12);
- b) when the ball strikes the ceiling (as per Law 1 Article 2);
- c) when a goal has been scored (as per Law 10); and
- d) when it touches a match official, remains on the playing area and:
 - a team starts a promising attack or
 - the ball goes directly into the goal or
 - the team in possession of the ball changes

In all these cases, play is restarted with a dropped ball.

2. Ball in play. The ball is in play at all other times when it touches a match official (and the team in possession of the ball does not change) and when it rebounds off a goalpost, crossbar or walls and remains on the playing area.

3. Obstacles in the facility. Where obstacles exist in the facility (i.e. basketball backboards, court-separating curtains, players’ benches, spectators’ chairs or benches, etc.) the referee will decide if play will continue when the ball strikes or is stuck behind the obstacle in an inaccessible location. 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.

- a) If the ball enters the spectator’s chairs or benches or player’s benches and the referee decides that **play can continue** they will encourage spectators and substitutes to throw the ball back into the playing area within three seconds. Longer delays may result in the play being blown dead. For the restart the dropped ball will take place 3 metres from the nearest side wall at a point on the floor closest to where the ball left the playing area. (Referees should watch for situations where the ball thrown back into the playing area by spectators results in an unfair advantage, e.g. a ball thrown to a particular player or team. In this case, the referee may stop play and restart with a dropped ball.)



- b) 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 a dropped ball placed 3 metres from the boundary/obstacle.
 - c) A dropped ball will be used to restart play with the ball placed from the location of the ball before it left the playing area. If a player intentionally kicks the ball under the bleachers or out of play in order to gain possession then play is restarted with an indirect free kick.
4. **Ball striking the ceiling.** A ball striking the ceiling (as per Law 1 Article 2) 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 an indirect free kick from that point.

LAW 10. METHOD OF SCORING, OVERTIME AND SHOOTOUTS

1. **Goals.** A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no offence or infringement of the Laws of the Game has been committed by the team scoring the goal. The referee will be the sole judge as to whether a goal has been scored.
2. **No-goal exceptions:**
 - If the goalkeeper throws the ball directly into the opponents' goal, a goal kick is awarded.
 - If a referee signals a goal before the ball has passed wholly over the goal line, play is restarted with a dropped ball.
3. **Winning a Match.** The team scoring the greater number of goals is the winner. If both teams score no goals or an equal number of goals the match is drawn. Tournament rules may specify an overtime or penalty shootout procedure to be followed in those events where a winner must be determined. Tournament organizers will announce the format prior to each tournament.
4. **Goalkeeper scoring.** 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. A goal kick is awarded to the opposing team if the ball enters their goal area that is not touched by a player.

A goal may be scored by a goalkeeper leaving their goal area, acting as an ordinary player and kicking or heading the ball into the opponent's goal. When a goalkeeper leaves their goal area, they are subject to all the rules of an ordinary player (i.e., they cannot handle the ball with their hands outside the goal area, cannot pass the ball back into the goal area and then run in to handle the ball as goalkeeper, can be challenged for the ball, and can score from any point on the floor except in the opposing keeper's goal area).

5. **Live ball kicked.** When the ball is LIVE and subsequently placed by a keeper outside of the goal area or on the penalty area/goal area boundary 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.
6. **Free kick into own goal.** 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.



7. **Overtime.** 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 goals than its opponent during the two extra time (overtime) halves will be declared the winner. **(In special circumstances, tournament officials may decide to use an alternate “Golden Goal” or sudden-death 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.)**
8. **Penalty Shootouts.** If, at the end of extra time, a tournament game is still tied; penalty shootout kicks will be taken to determine the winner. All players recorded on the team roster (except any players ejected from the game or any player injured and unable to take part) will be eligible to participate in the taking of the kicks. Warnings, time penalties and cautions issued during the match are not carried forward into the shootout. The taking of the shootout kicks will generally be in accordance with Law 14 (Penalty Kicks). The following conditions will apply:

Before Penalty shootout start

- a) As indicated in the Code of Conduct and in Law 3, all players (other than the goalkeepers) **MUST** be afforded equal playing time. Coaches must give all of their players an equal amount of playing time during overtime and the opportunity to participate in the shootout. Where one team has a greater number of players or more of one gender than the opposing team, coaches and referees will have to watch closely to ensure all players have an equal opportunity to participate.
- b) There may be two phases to the shootout procedure. The first is a round of five-kicks for each team. The team that scores the most goals during this phase wins the game. If the score remains tied then teams advance to the next phase of the shootout, the alternating one-kick for each team. This phase would continue until one team scores one more goal than the other team after taking the same number of kicks.
- c) The referee will choose the goal at which all of the kicks will be taken. This choice is based on considerations such as playing area conditions and safety. (e.g., In the University gyms, the referee would normally choose the end furthest from the spectator/player entrance in order to minimize spectator disruption to the play.)
- d) All players except the goalkeeper and the player taking the kick will remain at the center circle or in another acceptable area designated by the referee. Only eligible players selected for the shootout and match officials are permitted to remain on the playing area outside the penalty area. The goalkeeper of the kicker must remain on the playing area, outside the penalty area, on the goal line near the side wall so they may move quickly into the goal when the opposing team is ready to kick.
- e) Each team will designate a captain for the purposes of the coin toss. The referee tosses a coin (or some other method, such as “Rock-Paper-Scissors”) and the team whose captain wins the toss will decide whether to take the first or second kick.
- f) **The five-kicks for each team phase.** Each coach will select 5 players from their team – including at least two of each gender (if available) – to take shootout kicks (the goalkeeper may be included).

Where players of each gender are chosen it is not necessary for the coaches to match each other for gender order of kickers during the 1st round of five-kicks for each-team phase of the shootout. If one team has no players of a gender and the other team has one or more of that gender, then the second team is allowed to select any of their players to participate in this phase of the shootout regardless of gender. Teams must alternate between the genders of their players so that everyone has a chance to participate.



If one team has no players of a gender and the other team has one or more of that gender, then the second team is allowed to select any of their players to participate in the shootout regardless of gender.

Coaches will determine the shooting order for their players for the shootout and provide this information to the referee. Coaches are not allowed to change the order or gender of kickers after the information has been provided to the referee.

During Penalty shootout

- g) The defending goalkeeper must remain on the goal line facing the kicker, between the goalposts, without touching the goalpost, crossbar, or goal net until the ball has been kicked. When the ball is kicked, the defending goalkeeper must have at least part of one foot touching, or in line with, the goal line. The ball is positioned stationary on the penalty mark.
- h) During the shootout a penalty kick will be taken by the designated kicker. The designated kicker is allowed to take a single shot on the goal while it is defended only by the opposing team's goalkeeper. Movement by the kicker is restricted to be within a maximum distance of one (1) metre behind the ball. The designated kicker will be positioned behind the Penalty Mark. Once the referee has given the appropriate signal for play to begin the designated kicker can make any movement necessary to kick the ball forward. No kicks are allowed until the referee has given the appropriate signal for play to begin.

The one (1) metre area is designed to control the distance of run-up allowed by the kicker. Feinting in the run-up one (1) metre is permitted. Feinting in the run-up to take a penalty kick to confuse opponents is permitted as part of football, but feinting to kick the ball once the player has completed his run-up is considered an infringement of Law 14 and an act of unsporting behaviour for which the player must be cautioned. During the run-up the designated kicker is allowed to slow down and speed up as long as overall movement is forward. A hesitation or pause in movement is allowed but the hesitation must be brief. There must be no illegal delay in performing the restart, no hand or arm gesture or verbal comment can made to deceive or distract the goalkeeper, and no movement past the ball. No stopping, sideways or backwards motions are allowed. The player is allowed to begin a run to the ball, hesitates (in a maneuver commonly called a “stutter step”), continues the run, and kicks the ball towards the net. Stuttering approaches are allowed provided the penalty taker is continuously moving forward. However, pretending to stop or change direction in an attempt make the keeper dive before the kicker kicks the ball is not allowed.

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 kick. The kicker will not play the ball a second time (such as when the ball bounces off the wall, goal posts or cross bar) or when it rebounds off the opposing goalkeeper. No double touch of the ball is allowed. The penalty kick is completed when the ball stops moving, goes out of play, a goal is scored or when the referee stops play for any offence.

- i) A kick is successful if, having been touched once by the kicker, the ball crosses the goal line between the goal posts and under the crossbar, without touching any player, official, or outside agent other than the defending goalkeeper. The ball may touch the goalkeeper, goal posts, or crossbar any number of times before going into the goal as long as the referee believes the ball's motion is the result of the initial kick. The penalty kick is completed when, after the kick has been taken, the ball stops moving, goes out of play, is played by any player (including the kicker) other than the defending goalkeeper, scores a goal, or the referee stops play for an offence by the kicker or the kicker's team. (The ball is DEAD after a rebound from the goalkeeper, crossbar, goal posts, or end wall.)
- j) The kicks are taken alternately by the teams (e.g. Team A player one and then Team B player one, then Team A player two, then Team B player two, and so on.) Each kick is taken by a different player, and all eligible players must take a kick before any player from the same team can take a second kick. However, if one side has scored more successful kicks than the other could possibly reach with all of its remaining kicks, the shootout immediately ends regardless of the number of kicks remaining.



Subject to the conditions explained below, the shootout may continue

- k) **The alternating one-kick for each team phase.** If at the end of the five-kicks for each team phase the teams have scored an equal number of successful kicks, additional rounds of alternating one-kick for each team will be used until the tie is broken.
- l) Each coach will select 5 players from their team, including at least two of each gender (if available) to take part in the next round of one-kick for each-team phase of the shootout (the goalkeeper may be included). (This selection of 5 kickers does not mean that all of these players will get the opportunity to kick. The selection is only to save time and to keep the shootout proceeding as quickly as possible.)

The team shooting second must match the gender of the first team's shooter, i.e. if the first kicker is female, then the second team's kicker must also be a female if one is available and 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.

If one team has no players of a gender and the other team has one or more of that gender, then the second team is allowed to select any of their players to participate in the shootout regardless of gender. However, as the one-kick for each team phase continues in a tied score, all players must be provided the opportunity to participate in the shootout.

Coaches will determine the shooting order for their players for the shootout and provide this information to the referee. Coaches are not allowed to change the order or gender of kickers after the information has been provided to the referee.

- m) The first of these kickers will then take their kick for one team, and then the first kicker from the other team will have their turn. If one team has scored one goal more than the other team then the game is over. If still tied, 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. If that happens the game is over and a winning team has been determined. If still tied the alternating one-kick for each team phase will continue until the tie is broken and a winner determined.
- n) All players must remain on the playing area until the tie is broken.
- o) No player will be allowed to take a second kick until all other eligible players on their team have taken a first kick, including the goalkeeper.
- p) If it becomes necessary for players to take another kick (because the score has remained equal after all eligible players have taken their first kick), players are not required to kick in the same order.
- q) Any player who is eligible may change places with the goalkeeper at any time during the taking of the kicks. If a goalkeeper is injured or sent off during the shootout, another player must act as goalkeeper. When changing goalkeepers the coach should inform the referee prior to the substitution. A replacement for a goalkeeper cannot take a kick in that "round" if the goalkeeper has already taken a kick.
- r) Kicks from the penalty mark must not be delayed for a player who leaves the playing area. The player's kick will be forfeited (not scored) if the player does not return in time to take a kick.
- s) The team that scores the most successful kicks at the end of the shootout will be winner of the match.
- t) The referee keeps a record of the kicks.



9. Offenses and Sanctions.

As indicated in Law 14, infringements of the shootout procedure will be punished. For any infringement of the above Law:

- Penalty shootouts must not be delayed for a player who leaves the playing area. The player's kick will be forfeited (not scored) if the player does not return in time to take a kick.
- A player's kick will be forfeited (not scored) if the player kicks the ball before the referee signals for the kick to be taken.
- If the goalkeeper commits an offence and, as a result, the kick is retaken, the goalkeeper is warned for the first offence and cautioned for any subsequent offence(s)
- If the kicker is penalised for an offence committed after the referee has signalled for the kick to be taken, that kick is recorded as missed and the kicker is cautioned
- If both the goalkeeper and the kicker commit an offence at the same time, the kick is recorded as missed and the kicker is cautioned

Substitutions and sending-offs during Penalty shootouts

- A player, substitute, substituted player or team official may be cautioned or sent-off
- Time penalties are not assessed to players/teams for players cautioned or sent-off.
- A goalkeeper who is sent off must be replaced by an eligible player
- A player other than the goalkeeper who is unable to continue may not be replaced
- The referee must not abandon the match if a team is reduced to fewer than the minimum number of players.

- 10. Games not complete.** If, for any reason a game is not completed the tournament organizers will decide on the outcome of the game by possibly proceeding directly to OT or if necessary having teams flip a coin or rock paper scissors to decide a winner. The tournament instructions will specify how to proceed.

LAW 11. OFF-SIDE

There is no off-side in indoor soccer given the small playing surface.

LAW 12. FOULS AND MISCONDUCTS

1. Fouls and Misconducts.

Fouls and Misconducts are penalized by the awarding of a free kick to the opposing team in accordance with Law 13. 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. Time penalties will be served in an area designated by the referee.

Fouls are offenses that are committed by a player on the playing area and while the ball is in play. Misconducts are offenses that are committed by a player, substitute or coach, on or off the playing area and while the ball is in or out of play.

Direct and indirect free kicks and penalty kicks can only be awarded for offences committed when the ball is in play.



The Laws of The Game of soccer make special note of the following terms: **Careless, reckless, and using excessive force** when a foul occurs that involves physical contact between players. Such a foul is penalised by a direct free kick or penalty kick and may involve further disciplinary sanction such as a caution or sending off.

“Careless” means that the player has shown a lack of attention or consideration when making a challenge or acts without precaution (i.e. not taking measures to prevent something dangerous from happening).

- No further disciplinary sanction beyond a direct kick is needed if a foul is judged to be careless

“Reckless” means that the player has acted with disregard to the danger to, or consequences for, his opponent.

- A player who plays in a reckless manner must be cautioned (Yellow card)

“Using excessive force” means that the player exceeds the necessary use of force and endangers the safety of an opponent.

- A player who uses excessive force must be sent off (Red card)

2. Direct Free Kick.

a) A direct free kick will be awarded to the opposing team if a player commits any of the following infringements against an opponent in a manner considered by the referee to be careless, reckless or excessively forceful:

- charges
- jumps at
- kicks or attempt to kick
- pushes
- strikes or attempts to strike (including head-butt)
- tackles or challenges (i.e. tackles an opponent from behind in a manner which could cause injury or touching the opponent before the ball when attempting to win possession)
- trips or attempts to trip (i.e. any attempt to kick, where the leg is raised high enough and in a reckless manner, so as to pose a danger to other players. As a general rule the foot should not exceed the waist in height in any situation where other players could be contacted. Bicycle and scissor kicks are not allowed due to inherent danger to participants.)
- boarding (i.e. contact between players which forces an opponent into the perimeter wall or other obstacles such as benches, bleachers, etc.);

If an infringement involves physical contact it is penalized by a direct free kick or penalty kick. In the case of physical contact, the referee should carefully consider the high probability that misconduct has also been committed and further discipline may be appropriate (such as a caution or sending off).

b) A direct free kick will also be awarded to the opposing team if a player commits any of the following infringements:

- a handball offence (except for the goalkeeper within their goal area) (i.e. handles the ball deliberately such as carrying, stopping, striking, propelling or throwing the ball with one’s hands or arms)
- holds an opponent (i.e. holds an opponent for the tactical purpose of pulling the opponent away from the ball or preventing the opponent from getting to the ball)
- impedes an opponent with contact
- bites or spits at an opponent or any other person
- throws an object at the ball, an opponent or a match official, or makes contact with the ball with a held object
- touching the opponent before the ball when attempting to win possession



- 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 goal area, in which case the free kick may be taken from any point inside the goal area in accordance with Law 13.
- 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 in accordance with Law 14.
- 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) and an assessment of a five (5) minute penalty.

Handling the ball.

For the purposes of determining handball offences, the upper boundary of the arm is in line with the bottom of the armpit. Not every touch of a player's hand/arm with the ball is an offence.

It is an offence if a player:

- deliberately touches the ball with their hand/arm, for example moving the hand/arm towards the ball
- touches the ball with their hand/arm when it has made their body unnaturally bigger. A player is considered to have made their body unnaturally bigger when the position of their hand/arm is not a consequence of, or justifiable by, the player's body movement for that specific situation. By having their hand/arm in such a position, the player takes a risk of their hand/arm being hit by the ball and being penalised
- scores in the opponents' goal:
 - directly from their hand/arm, even if accidental, including by the goalkeeper
 - immediately after the ball has touched their hand/arm, even if accidental

The goalkeeper has the same restrictions on handling the ball as any other player outside the goal area. If the goalkeeper handles the ball inside their goal area when not permitted to do so, an indirect free kick is awarded but there is no disciplinary sanction. However, if the offence is playing the ball a second time (with or without the hand/arm) after a restart before it touches another player, the goalkeeper must be sanctioned if the offence stops a promising attack or denies an opponent or the opposing team a goal or an obvious goal-scoring opportunity.

Handling the ball involves a deliberate act of a player making contact with the ball with the hand or arm. The following must be considered:

- the movement of the hand towards the ball (not the ball towards the hand)
- the distance between the opponent and the ball (unexpected ball)
- the position of the hand does not necessarily mean that there is an infringement
- touching the ball with an object held in the hand (clothing, shin-guard, etc.) is an infringement
- hitting the ball with a thrown object (boot, shin-guard, etc.) is an infringement
- the movement of the hand or arm to make themselves unnaturally bigger so as to stop the ball
- the referee's opinion of the intent of the player to perform a deliberate act to make contact with the ball with the hand or arm versus an accidental non-intentional act.

(Throwing an object at the ball or hitting the ball with a held object are separate direct free kick offenses and not a form of handball.)

Where a handball affects opposing players it should be judged like a foul. For example, where a handball stops or interferes with a promising attack then it is a caution. If the handball denied an obvious goal scoring opportunity then it is a red card.



When a goalkeeper leaves their goal area, they are subject to all the rules of an ordinary player (i.e. they **cannot** handle the ball with their hands outside the goal area, cannot pass the ball back into their goal area and then run into handle the ball as goalkeeper, can be challenged for the ball, and can score from any point in the playing area).

3. Indirect Free Kick

An indirect free kick will be awarded to the opposing team from the place where the infringement occurred 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.
- is guilty of dissent, using offensive, insulting or abusive language and/or gestures or other verbal offences;
- prevents the goalkeeper from throwing the ball with his/her hands or kicks or attempts to kick the ball when the goalkeeper is in the process of releasing it;
- initiates a deliberate trick for the ball to be passed (including from a free kick or goal kick) to the goalkeeper with the head, chest, knee etc. to circumvent the Law, whether or not the goalkeeper touches the ball with the hands; the goalkeeper is penalised if responsible for initiating the deliberate trick
- indulges in tactics which, in the opinion of the referee, are designed merely to delay the progression of the game, thus wasting time, and so give an unfair advantage to his/her own team;
- uses the walls to delay play, to obstruct an opponent or to gain an unfair advantage in the playing of the ball;
- commits any other offence not mentioned in the Laws for which play is stopped to caution or send-off a player.

If a player commits an offence outside the playing area (ball in play) against someone from their own team (including a team official) it is an indirect free kick taken 3 metres from the wall where the offence took place.

Refer to additional indirect free kick offences described under Goal Area Rules in Law 12.4)

Playing in a Dangerous Manner

Playing in a dangerous manner is defined as any action that, while trying to play the ball, threatens injury to someone (including the player himself) and includes preventing a nearby opponent from playing the ball for fear of injury. Playing in a dangerous manner involves no physical contact between the Players and is punished by an indirect free kick. Where physical contact is made or where there is a greater risk of injury that endangers the safety of an opponent then more serious disciplinary penalties will be applied.

1. **Slide Tackles** (sliding in an attempt to play the ball while an opponent is playing it or is about to play it, except for the goalkeeper in his own goal area), are NOT allowed:

- a) If a player performs a slide tackle with NO contact with another player and presents no immediate risk to player safety (i.e. the act does NOT cause the other player to move out of the way in order not to be hurt), then an Indirect Free Kick will be given
- b) If a player performs a slide tackle WITH contact with another player, or that causes the other player to move out of the way for fear of injury, or performs any slide tackle that in the opinion of the Referee is reckless, then a Caution will be given



- c) Any slide tackle from behind or to the side, or any slide tackle with excessive force or with an apparent intent to injure, or with apparent disregard for other player's safety, will result in a Sending Off.
- d) Any slide tackles that is made as a two-footed lunge at an opponent is generally considered to endanger the safety of an opponent and is hence sanctioned as serious foul play, resulting in a sending-off. This is still the case even if the ball is won cleanly without touching an opponent.

2. **Slide kicks** (sliding on the floor to kick the ball) are NOT allowed:

- a) If a player performs a slide kick with NO contact to another player and no immediate risk to player safety (i.e. the act does NOT cause other players to move out of the way in order not to be hurt), then an Indirect Free Kick will be given
- b) If a player performs a slide kick that contacts another player or causes the other player to move out of the way for fear of injury, or any slide kick that in the opinion of the Referee is reckless, then a Caution will be given
- c) Any slide kick that involves contact with another player and is judged to be with excessive force, then a Sending Off will be given.

3. **Playing the ball from the floor** is NOT allowed:

- a) If a player plays the ball while lying on the floor or while having a hand/knee on the floor (applies to a player other than the goalkeeper), then an Indirect Free Kick will be given.
- b) Playing the ball from the floor and making contact with another player, or causing the other player to move out of the way for fear of injury, or in the opinion of the referee the action is reckless, will be given a Caution.

4. A **scissors or bicycle kick** is NOT allowed.

- a) A scissors or bicycle kick is not permissible as it is dangerous to nearby opponents and to the player and will result in an Indirect Free Kick.
- b) A scissors or bicycle kick and making contact with another player, or causing the other player to move out of the way for fear of injury, or in the opinion of the referee the action is reckless, will be given a Caution.

5. **Kicking a floored opponent** is NOT allowed.

- a) If a player kicks out towards an opponent who is on the floor with NO contact to that player and no immediate risk to player safety (i.e. the act does NOT cause other players to move out of the way in order not to be hurt), then the referee will stop play, allow the player to rise off the floor and award an Indirect Free Kick
- b) If a player kicks out at a floored opponent in a manner that appears to be intentional, or makes contact with another player, or causes the other player to move out of the way for fear of injury, or in the opinion of the referee the action is reckless, will be given a Caution.
- c) If a player kicks out at a floored opponent and strikes their head, or the action is judged to be with excessive force, a Sending Off will be given.

Impeding the progress of an opponent without contact

This includes moving into the path of the opponent to obstruct, block, slow down or force a change of direction by an opponent when the ball is not within playing distance of either player.

All players have a right to their position on the playing area, being in the way of an opponent is not the same as moving into the way of an opponent.

A player may shield the ball by taking a position between an opponent and the ball if the ball is within playing distance and the opponent is not held off with the arms or body. If the ball is within playing distance, the player may be fairly challenged by an opponent.



4. DISCIPLINARY SANCTIONS

The referee has the authority to take disciplinary action from entering the playing area for the pre-match inspection until leaving the playing area after the match ends (including during breaks, overtime, and penalty shootouts).

Yellow and Red cards may be shown to players, substitutes or substituted players as well as coaches and team officials. 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, coach or team official has been cautioned. The Red card is issued to communicate that a player, substitute or substituted player, coach or team official has been sent off.

If, before entering the playing area at the start of the match, a player, coach or team official commits a sending-off offence, the referee has the authority to prevent that person taking part in the match. The referee will report to the league any misconduct.

A player, coach or team official who commits a cautionable or sending-off offence, either on or off the playing area, against an opponent, a teammate, a match official, another team official or any other person or an offence against the Laws of the Game, is to be disciplined according to the offence.

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.

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 7).

Advantage

If the referee plays the advantage for an offence for which a caution/ sending-off would have been issued had play been stopped, this caution/ sending-off must be issued when the ball is next out of play.

- if the offence was denying the opposing team an obvious goal-scoring opportunity, the player is cautioned for unsporting behaviour whether or not a goal is scored;
- if the offence was interfering with or stopping a promising attack, the player is not cautioned.

Advantage should not be applied in situations involving serious foul play, violent conduct or a second cautionable offence unless there is a clear opportunity to score a goal. The referee must send off the player when the ball is next out of play, but if the player plays the ball or challenges/interferes with an opponent, the referee will stop play, send off the player and restart with an indirect free kick, unless the player committed a more serious offence.

a) CAUTIONABLE OFFENCES

A player 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:

- shows by word or action, dissent from any decision given by the referee;
- persistent infringement of the Laws of the Game (no specific number or pattern of infringements constitutes "persistent");
- delaying the restart of play;



- failure to respect the required distance when play is restarted with a goal kick, dropped ball or free kick;
- entering, re-entering or deliberately leaving the playing area without the referee's permission;
- unsporting behavior.

A substitute or substituted player is cautioned if guilty of:

- delaying the restart of play;
- dissent by word or action;
- entering or re-entering the playing area without the referee's permission;
- unsporting behaviour.

When several offences occur at the same time, the most serious is penalised. Deciding which offence is the most serious will depend on:

- **Disciplinary sanction** – e.g. sending-off offence is more serious than a cautionable offence
- **Restart** – a direct free kick offence is more serious than an indirect free kick offence
- **Nature of the foul** – a foul tackle is more serious than handball or shirt pulling
- **Tactical impact** – an offence which stops an opponent's attack is more important than one which ends a player's own team attack

Where two separate cautionable offences are committed (even in close proximity), they should result in two cautions, for example if a player enters the playing area without the required permission and commits a reckless tackle or stops a promising attack with a foul/handball, etc.

Cautions for Unsporting Behaviour.

There are different circumstances when a player must be cautioned for unsporting behaviour, shown the Yellow Card, and given a two (2) minute penalty, e.g. if a player:

- attempts to deceive the referee by feigning injury or pretending to have been fouled (simulation)
- changes places with the goalkeeper during play or without the referee's permission (See Law 3)
- handles the ball to interfere with or stop a promising attack, except where the referee awards a penalty kick for a non-deliberate handball offence
- denies the opposing team a goal or an obvious goal-scoring opportunity and the referee awards a penalty kick for a non-deliberate handball offence
- commits any other offence which interferes with or stops a promising attack except where the referee awards a penalty kick for an offence which was an attempt to play the ball or a challenge for the ball
- denies an opponent an obvious goal-scoring opportunity by committing an offence which was an attempt to play the ball or a challenge for the ball and the referee awards a penalty kick
- holds an opponent for the tactical purpose of pulling the opponent away from the ball or preventing the opponent from getting to the ball
- handles the ball in an attempt to score a goal (irrespective of whether or not the attempt is successful) or in an unsuccessful attempt to prevent a goal (other than the goalkeeper)
- plays the ball when he is leaving the playing area after being granted permission to leave the playing area
- commits in a reckless manner a direct free kick offence
- shows a lack of respect for the game
- makes unauthorized marks on the playing area
- initiates a deliberate trick for the ball to be passed (including from a free kick or goal kick) to the goalkeeper with the head, chest, knee etc. to circumvent the Law, whether or not the goalkeeper touches the ball with the hands; the goalkeeper is cautioned if responsible for initiating the deliberate trick
- verbally distracts an opponent during play or at a restart
- commits an illegal feigning or other infractions during the taking of a Penalty Kick

If a defender starts holding an attacker outside the penalty area and continues holding inside the penalty area, the referee must award a penalty kick.



Celebration of a goal

Players can celebrate when a goal is scored, but the celebration must not be excessive; choreographed celebrations are not encouraged and must not cause excessive time-wasting.

Leaving the playing area to celebrate a goal is not a cautionable offence but players should return as soon as possible.

A player must be cautioned, even if the goal is disallowed, for:

- climbing onto a perimeter fence and/or approaching the spectators in a manner which causes safety and/or security issues
- acting in a provocative, derisory or inflammatory way (referees are to be aware of taunting offenses)
- covering the head or face with a mask or other similar item
- removing the shirt or covering the head with the shirt

Delaying the restart of play

Referees must caution players who delay the restart of play by:

- delaying leaving the playing area when being substituted;
- excessively delaying a restart (e.g. appearing to take a restart kick but suddenly leaving it to a teammate to take);
- kicking or carrying the ball away, or provoking a confrontation by deliberately touching the ball after the referee has stopped play;
- taking a free kick from the wrong position to force a retake.

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.

Where two separate cautionable offences are committed in quick succession, both cautions must be issued; same principle if one is a sending off offence.

Delaying the restart of play to display a card.

Once the referee has decided to caution or send off a player, play must not be restarted until the sanction has been administered, unless the non-offending team takes a quick free kick, has a clear goal-scoring opportunity and the referee has not started the disciplinary sanction procedure. The sanction is administered at the next stoppage; if the offence was denying the opposing team an obvious goal-scoring opportunity, the player is cautioned; if the offence interfered with or stopped a promising attack, the player is not cautioned.

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;
- Biting or spitting at someone;
- denying the opposing team a goal or an obvious goal-scoring opportunity by committing a deliberate handball offence (except a goalkeeper within their penalty area)



- denying the opposing team a goal or an obvious goal-scoring opportunity by committing a non-deliberate handball offence outside their own penalty area
- denying an obvious goal scoring opportunity to an opponent moving towards the player's goal by committing an offence punishable by a free kick or a penalty kick;
- scoring or attempting to score a goal by deliberately handling the ball;
- 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;
- receiving a second Yellow Card in the same match.

(Players running across the playing area to contest referee decisions, arguing face-to-face with officials, and "visibly disrespectful" actions directed towards the referee will result in yellow cards. Red cards will be issued to players who confront officials and use insulting and/or offensive language or gestures towards them.)

Denying a goal or an obvious goal-scoring opportunity

Where a player commits an offence against an opponent within their own penalty area which denies an opponent an obvious goal-scoring opportunity and the referee awards a penalty kick, the offender is cautioned if the offence was an attempt to play the ball or a challenge for the ball; in all other circumstances (e.g. holding, pulling, pushing, no possibility to play the ball etc.), the offending player must be sent off.

Where a player denies the opposing team a goal or an obvious goal-scoring opportunity by committing a deliberate handball offence, the player is sent off wherever the offence occurs (except a goalkeeper within their own penalty area).

Where a player denies the opposing team a goal or an obvious goal-scoring opportunity by committing a non-deliberate handball offence and the referee awards a penalty kick, the offender is cautioned.

A player, sent-off player, substitute or substituted player who enters the field of play without the required referee's permission and interferes with play or an opponent and denies the opposing team a goal or an obvious goal-scoring opportunity is guilty of a sending-off offence.

The following must be considered:

- distance between the offence and the goal
- general direction of the play
- likelihood of keeping or gaining control of the ball
- location and number of defenders

Serious foul play

A tackle or challenge that endangers the safety of an opponent or uses excessive force or brutality must be sanctioned as serious foul play.

Any player who lunges at an opponent in challenging for the ball from the front, from the side or from behind using one or both legs, with excessive force or endangers the safety of an opponent is guilty of serious foul play.

Violent conduct

Violent conduct is when a player uses or attempts to use excessive force or brutality against an opponent when not challenging for the ball, or against a team-mate, team official, match official, spectator or any other person, regardless of whether contact is made.



In addition, a player who, when not challenging for the ball, deliberately strikes an opponent or any other person on the head or face with the hand or arm, is guilty of violent conduct unless the force used was negligible.

Swearing, offensive, insulting or abusive language or gestures

Under the IFAB's Laws of the Game, *swearing in and of itself is not an offence*. However, using "offensive, insulting or abusive language and/or gestures" is. Swearing is to be discouraged for all participants in the game of soccer. The following will apply:

- abusive, insulting, offensive language or gestures directed towards another player, coach, game official, or spectator will be punished by a sending off
- in the case of swearing, the referee must decide if the words are: **offensive, insulting or abusive = red card, unsporting behaviour = yellow card, or to be discouraged = warning but no card**.
For example, swearing directed at another person is always a sending off. Cursing as part of an indirect disagreement (that call was f***ing stupid) would get a caution for dissent. Swearing in a loud voice which can be heard by others in the vicinity is a caution for unsporting behaviour. Swearing under your breath in frustration and not directed at anyone, could be a warning.

Recreational soccer is based on the values of fairness, respect and good sporting behaviours. Public swearing does not reflect those values and can create a hostile, threatening environment for players which is in violation of our Code of Conduct.

Public swearing is defined as the use of language by players or team officials containing swear words which is audible to people present on the playing area but which does not rise to the level of offensive, abusive and/or insulting language.

In terms of public swearing referees should pay attention to the actual words spoken, the emotional intent of the outburst and the offending nature of the language used. For example, public swearing using obscene, vulgar, sexual words that could be perceived to be homophobic or discriminatory should be dealt with harshly as they could be perceived by some as offensive.

Referees are instructed to act upon all instances of public swearing by players in the following manner:

- For low level public swearing (in-audibility and/or content), the referee should have a quiet word with the player.
- For medium level public swearing (increased audibility and/or content), the referee should issue a public warning to the player. The referee must wait until the ball is out of play before issuing the warning.
- For high level public swearing (increased audibility and/or content but falling short of offensive, abusive and/or insulting language), the referee should caution the player for unsporting behaviour.

Referees retain some discretion in the application of these instructions in instances where there are mitigating circumstances including, but not limited to, an injury or self-directed swearing.

Referees are also instructed to act upon players who repeatedly engage in public swearing. The instructions above can be interpreted as an ascending scale of action in the case of repeat offenders but, at the same time, should not also be interpreted towards excusing first instances of public swearing or avoiding to take ascending action.



Repeatedly having quiet words with a repeat offender means that those quiet words are not having the desired effect and, therefore, not resolving the problem of public swearing that the ascending scale of action is intended to resolve.

Referees who intend to caution a player for engaging in high level (or repeated) public swearing must be able to identify the offending player. Referees who have heard public swearing but cannot identify the offending player are advised to take alternative measures in addressing public swearing.

In instances of public swearing by team officials, referees are instructed to act in the following manner:

- For low level public swearing (in-audibility and/or content), the referee (or fourth official) should ask the team official to desist.
- For medium level public swearing (increased audibility and/or content), the referee (or fourth official) should warn the team official to desist. If the referee issues the warning, it should be issued once the ball is out of play.
- For high level public swearing (increased audibility and/or content but falling short of offensive, abusive and/or insulting language), the referee (or fourth official) should warn the team official that further public swearing may result in his or her dismissal from the technical area.

As with players, referees are instructed to act upon team officials who repeatedly engage in public swearing. The instructions above can be interpreted as an ascending scale of action in the case of repeat offenders that moves from asking to telling to warning.

Referees should consider the significant threshold level at which the behaviour of a team official, in relation to public swearing and apart from the use of offensive, abusive and/or insulting language, warrants his or her dismissal from the technical area. Referees who dismiss a team official from the technical area for their irresponsible behaviour must report that dismissal and the nature of that irresponsible behaviour by submitting a discipline report to the league.

Sanctions to the sent-off player:

- the sent-off player must leave the field of play for the remainder of the game
- the sent-off player may not stand with his/her team mates in the team's technical area or sit with the spectators
- the sent-off player is required to leave the vicinity of the field of play and may not return even after the game is completed
- any participant who has been ejected from the game, and who has left the vicinity of the field of play and who then returns to the field of play or vicinity for any reason shall be subject to further discipline. The vicinity of the field of play is anyplace where the ejected participant can interact with game participants in any manner including but not limited to shouting.
- if a sent-off player attempts to continue misconduct with players, coaches, match officials or spectators near the field of play or in an adjoining parking lot, they will be referred to the League Discipline Committee.

Offences where an object (or the ball) is thrown

If while the ball is in play, a player, substitute or substituted player throws an object (including the ball) at an opponent or any other person the referee must stop play and if the offence was:

- Reckless – caution the offender for unsporting behaviour;
- Using excessive force – send-off the offender for violent conduct.



If, before a game has commenced a player commits a sending-off offense and is prevented from taking part in the game, the penalized team will not be required to play short for the remainder of the game. A player receiving a Red card during the game will be required to leave the field and will not be substituted for during the game. The penalized team plays 1 player short for the remainder of the game. Any Red carded player will also be suspended for the next game.

Restart of play after fouls and misconduct

If the ball is out of play, play is restarted according to the previous decision.

If the ball is in play and a player commits a physical offence inside the playing area against:

- an opponent – indirect or direct free kick or penalty kick
- a team-mate, substitute, substituted or sent-off player, team official or a match official – a direct free kick or penalty kick
- any other person – a dropped ball

All verbal offences are restarted with an indirect free kick.

If the referee stops play for an offence committed by a player, inside or outside the playing area, against an outside agent, play is restarted with a dropped ball unless an indirect free kick is awarded for leaving the playing area without the referee's permission; the indirect free kick is taken from the point on the boundary line where the player left the playing area.

If, when the ball is in play:

- a player commits an offence against a match official or an opposing player, substitute, substituted or sent-off player, or team official outside the playing area or
- a substitute, substituted or sent-off player, or team official commits an offence against, or interferes with, an opposing player or match official outside the playing area,

play is restarted with a free kick on the boundary line nearest to where the offence/interference occurred; for direct free kick offences, a penalty kick is awarded if this is within the offender's penalty area.

If an offence is committed outside the playing area by a player against a player, substitute, substituted player or team official of their own team, play is restarted with an indirect free kick on the boundary line closest to where the offence occurred.

If a player makes contact with the ball with an object (boot, shinguard etc.) held in the hand, play is restarted with a direct free kick (or penalty kick).

If a player who is on or off the playing area throws or kicks an object (other than the match ball) at an opposing player, or throws or kicks an object (including a ball) at an opposing substitute, substituted or sent-off player, team official, or a match official or the match ball, play is restarted with a direct free kick from the position where the object struck or would have struck the person or the ball. If this position is off the playing area, the free kick is taken on the nearest point on the boundary line; a penalty kick is awarded if this is within the offender's penalty area.

If a substitute, substituted or sent-off player, player temporarily off the playing area or team official throws or kicks an object onto the playing area and it interferes with play, an opponent or match official, play is restarted with a direct free kick (or penalty kick) where the object interfered with play or struck or would have struck the opponent, match official or the ball.



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.

4. GOAL AREA RULES

- a) An indirect free kick is awarded if a goalkeeper, inside their goal area, commits any of the following offences:
- has possession of a live ball in their goal area for more than 6 (six) seconds before playing it out of the goal area
 - touches the ball with the hand/arm after releasing it and before it has touched another player
 - touches the ball with the hand/arm, unless the goalkeeper has clearly kicked or attempted to kick the ball to release it into play, after: it has been deliberately kicked to the goalkeeper by a team-mate

A goalkeeper is considered to be in control of the ball with their hand(s) when:

- the ball is between the hands or between the hand and any surface (e.g. floor, own body) or by touching it with any part of the hands or arms, except if the ball rebounds from the goalkeeper or the goalkeeper has made a save
- holding the ball in the outstretched open hand
- bouncing it on the floor or throwing it in the air

A goalkeeper cannot be challenged by an opponent when in control of the ball with the hand(s).

A goalkeeper is considered to be in possession of the ball with their feet when:

- the ball is playable only on the floor and the goalkeeper has the ball in their goal area
- the ball has been passed back to them by one of their own players.

If during a pass back from a teammate the ball goes directly behind the net or cannot be safely played by the goalkeeper, the keeper is permitted to pick up the ball with their hands and immediately place it back on the floor in a position where the ball can be played with their feet. If they take the ball out and proceed to carry it beyond a position where it could be safely played then the keeper will be called for an indirect free kick.

A keeper may have possession of the ball with their feet in their own goal area but must play the ball out of the goal area within six seconds. Delays in returning the ball to active play interferes with the flow of the game and the goalkeeper may be cautioned for delay of game.

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.

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.

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 while in their goal area cannot reach out with their hands and make contact with the ball or attempt to bring the ball into their goal area. 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.

- b) No player is allowed in the goal area (the “crease”) when the ball is in play other than the goalkeeper. If an attacking 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 the attacking team has possession of the ball and a defensive player deliberately steps inside the goal area (enters the “crease”), 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 may 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 a defensive player deliberately enters the goal area with the intent to interfere with play, or try to provoke a stoppage in play, the referee may 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 a defensive player deliberately enters the goal area with the intent to stop a goal or to deny the opposing team a goal scoring opportunity then a Red Card will be issued to the offending player for this flagrant violation of the rules. A penalty kick will be awarded to the opposing team. A five (5) minute penalty will be issued to the offending team.

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. Repeated infractions may result in a Yellow Card for Persistent Infringement of the Laws of the Game.

- 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 their own goal area and a goal is scored by the opposing team, the goal is to be allowed in accordance with the Advantage Rule (Law 5 Article 4).
- 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 directly to the opposing goal without being played by 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.



- f) Attacking players must respect the goalkeeper's possession of the ball within the goal area and provide them the right and space to release the ball back into play in accordance with the other clauses of this Law.

If the goalkeeper has possession of the ball in their hands all opposing players must leave the penalty area to allow the goalkeeper to play the ball. Once the goalkeeper plays the ball from the goal area into the penalty area they must put the ball in play. They cannot retreat back into the goal area. This would result in a caution to the goalkeeper for delaying play.

- g) Attacking players are permitted to shadow the goalkeeper's movements but a player who dances about or gestures in an **excessive manner** calculated to distract a goalkeeper or prevent them from throwing or kicking the ball from the goal area may be cautioned for Unsporting Behaviour. (After the stoppage in play to administer a penalty the ball will be awarded to the non-offending team for an indirect free kick.) Attacking players are not to raise their arms, raise their leg to stop the ball, or jump in order to make themselves taller as an obstacle to the keeper. Attacking players must give a minimum of one metre distance from the goal area to allow the goalkeeper to play the ball out.

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 two (2) players short. If a team has two 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 four (4) players on the playing area at all times. The time of the penalties for the third or more players will not commence until the time penalty of the first player has expired and the player has rejoined the floor.
- d) If a team cannot sit off additional players to serve time penalties, the cautioned player will stay on the playing area until the other's time penalty is up. Once it is up, the referee can then have the player serve the penalty. For example, if a team has only 5 players with no other substitutes on the bench and one player is cautioned, the team would now be playing with four players. If another player received a caution then the team cannot play with only three players. In this case, the second cautioned player would continue to play and when the first player's time penalty is up, the referee will then direct the second player to serve their time penalty.
- e) 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.
- f) Penalized players whose penalties have expired will only be allowed to return to the floor when given permission by the referee. This can occur at any time (i.e., at a stoppage of play or on the fly).
- g) 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).



- h) Should a game go into overtime, penalized players will continue to serve any unexpired penalty time. Should a game go into a shootout warnings, time penalties and cautions issued to players during the match are not carried forward into the shootout.
- i) Players assessed a caution/sending off in a penalty shootout will not be assessed a time penalty.

6. OTHER PARTICIPANT INFRACTIONS

a) COACH AND TEAM OFFICIAL INFRACTIONS

Coach and Team Officials are expected to be models of positive behaviour to their players and spectators.

Where an offence is committed by someone from the technical area (substitute, substituted player, other team officials) and the offender cannot be identified, the senior team coach present at the team bench will receive the sanction. The senior team coach present will not be sanctioned for an offence committed by an unidentified player on the playing area.

Warning

The following offences should usually result in a warning; repeated or blatant offences should result in a caution or sending-off:

- entering the playing area in a respectful/non-confrontational manner
- failing to cooperate with a match official e.g. ignoring an instruction/request from an assistant referee or the fourth official
- minor/low-level disagreement (by word or action) with a decision
- occasionally leaving the confines of the technical area without committing another offence

Caution

A coach or team official will be shown the Yellow card, if in the opinion of the referee, he commits any of the following offences. Caution offences include (but are not limited to):

- clearly/persistently not respecting the confines of their team's technical area
- delaying the restart of play by their team
- deliberately entering the technical area of the opposing team (non-confrontational)
- dissent by word or action including: throwing/kicking drinks bottles or other objects
- action(s) which show(s) a clear lack of respect for the match official(s) e.g. sarcastic clapping
- excessively/persistently gesturing for a red or yellow card
- gesturing or acting in a provocative or inflammatory manner
- persistent unacceptable behaviour (including repeated warning offences)
- showing a lack of respect for the game
- unsporting behaviour
- encouraging a player to violate the Laws of the Game or attempting to create an unfair advantage for their players by behaviour that violates the Laws of the Game
- failing to correct or control the behaviour of their players
- failing to correct or control the behaviour of parents, spectators and team supporters when requested by the referee
- failing to give all players the opportunity to play equal time
- enters the playing area after the game has commenced or during a stoppage of play without the referees' permission.



The team having had their coach or team official cautioned will be assessed a two (2) minute penalty and the coach will designate one of their players to serve the time penalty.

Sending-off

A **coach or team official** will be shown the Red card and sent off, if in the opinion of the referee, he commits any of the following offences. Sending-off offences include (but are not limited to):

- delaying the restart of play by the opposing team e.g. holding onto the ball, kicking the ball away, obstructing the movement of a player
- deliberately leaving the technical area to:
 - show dissent towards, or remonstrate with, a match official
 - act in a provocative or inflammatory manner
- entering the opposing technical area in an aggressive or confrontational manner
- deliberately throwing/kicking an object onto the playing area
- entering the playing area to: confront a match official (including at half-time and full-time)
- interfere with play of an opposing player or a match official (i.e. entering the playing area or obstructing them from the team bench area)
- physical or aggressive behaviour (including spitting or biting) towards an opposing player, substitute, team official, match official, spectator or any other person
- receiving a second caution in the same match
- using offensive, insulting or abusive language and/or action(s)
- using unauthorised electronic or communication equipment and/or behaving in an inappropriate manner as the result of using electronic or communication equipment (i.e. using a camera to record the referee)
- violent conduct
- 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

Use of abusive language and/or profanity **by a coach or team official will not be tolerated**. Offensive or insulting or abusive language and/or gestures will be penalized by the coach or team official being suspended for the remainder of the game.

Sanctions to the Sent-off Coach or team official

- The sent-off coach or team official must leave the playing area for the remainder of the game and is required to leave the gym.
- The sent-off coach or team official may not sit with his players on the player's bench or sit in the stands with the spectators.
- The sent-off coach or team official is required to leave the gym and may not return even after the game is completed. Any participant who has been ejected from the game, and who has left the vicinity of the gym and who returns to the gym or vicinity for any reason shall be subject to further discipline. The vicinity of the playing area is anyplace where the ejected participant can interact with game participants in any manner including but not limited to shouting.
- If a sent-off coach or team official attempts to continue misconduct with players, coaches, or spectators in the building or parking lot, they will be referred to the League Discipline Committee.

If there is not a second coach or team official at the team bench to assume coaching responsibilities, the referee may ask for a parent to come to the bench and assume coaching duties for the remainder of the game. If no-one is available to assume the coaching responsibilities then the game will be suspended.



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

Coach and team officials sent-off with a red card will be automatically suspended from their team's next match. They will be referred to the League Disciplinary Committee for further review.

b) SPECTATOR INFRACTIONS

Regina Inter-Zone Indoor Soccer *encourages good sportsmanship and team spirit. Cheering and praise of players and their accomplishments are encouraged. Booing, taunting, swearing or any other negative activity is not tolerated.* Spectators, parents and team supporters are not to criticize game officials at any time and shall encourage sportsmanship towards all.

The league will not tolerate coaches, spectators or other persons committing acts of misconduct, harassment, verbal abuse, foul language, or abuse of the referee or any other game participant.

Referees have the authority 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.

The referee can ask any coach, team official, parent, team supporter, or spectator arguing with, or disrespecting the referee, causing disruption to the game, using offensive or insulting or abusive language and/or gestures, or engaged in physical abuse or acts of sexual harassment to leave the vicinity of the playing area.

All instances of serious spectator misconduct must be reported to the league for further discipline. Coaches are required to assist referees in dealing with unruly spectators.

c) FURTHER DISCIPLINARY SANCTIONS

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

Each incident where a player receives a Red Card in a tournament will be reviewed by the League Executive. The Red Carded player may be allowed to return for the next game, **as decided by the Tournament Officials based on consultation with the Referee.** Players ejected for violent play, abusive behaviour or serious foul play will not be allowed to return for the next game.

During a tournament any player dismissed twice (shown two Red Cards) will take no further part in said tournament.

Referees will report all Red Card offences to the League Referee Coordinator/Discipline Committee. A copy of the referee report will also be sent to the Zone Coordinator for their consideration of further disciplinary sanctions. 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 and/or coaches 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 serious player, coach or spectator misconduct.

The League Discipline Committee will review all incidences of coach or spectator misconduct. If serious problems arise or repeated incidents of misconduct over the season occur, the League reserves the right to issue further sanctions against the offending individual or family, which may include suspension from further involvement in Regina Inter-zone activities or refusal to allow the family to take part in further soccer activity for the balance of the current year and the next soccer season. These sanctions will be communicated to other zone soccer associations.

LAW 13. FREE KICKS

- Types of Free Kicks.** Direct and indirect free kicks are awarded to the opposing team of a player, substitute, substituted or sent-off player, or team official guilty of an offence.
 - **Direct Free Kick** - goal can be scored directly from the kicker
 - **Indirect Free Kick** - goal cannot be scored unless the ball is touched by another player before entering the goal
- Indirect free kick signal.** The referee indicates an indirect free kick by raising the arm above the head; this signal is maintained until the kick has been taken and the ball touches another player, goes out of play or it is clear that a goal cannot be scored directly.

An indirect free kick must be retaken if the referee fails to signal that the kick is indirect and the ball is kicked directly into the goal. (Referees should signal quickly when awarding an Indirect free kick so as not to restrain teams from playing the ball quickly.)

If a Ball enters the goal

- if a direct free kick is kicked directly into the opponents' goal, a goal is awarded
- if an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded
- if a direct or indirect free kick is kicked directly into the team's own goal, an indirect free kick is awarded to the opposing team

3. Procedure:

All free kicks are taken from the place where the offence occurred, except:

- *Any* free kick awarded for an offence committed close to the side or end wall will be taken 3 metres from the side or end wall, at the point nearest to where the offence occurred.
- 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.
- A direct free kick is awarded to an attacking team within their opponent's penalty area will be a penalty kick in accordance with Law 14.
- Free kicks to the defending team in their goal area may be taken from anywhere in that area.



- Free kicks for offences involving a player entering, re-entering or leaving the playing area without permission are taken from the position of the ball when play was stopped. However if a player leaves the playing area as part of play and commits an offence against another player, play is restarted with a free kick taken three metres from side or end the wall nearest to where the offence occurred; for direct free kicks offences a penalty kick is awarded if the offense is committed within the offender's penalty area.
- where the Laws of the Game designates another position (see Laws 3 and 12)

The ball:

- must be stationary and the kicker must not touch the ball again until it has touched another player
- is in play when it is kicked and clearly moves

Until the ball is in play, all opponents must remain:

- at least 3 metres from the ball, unless they are on their own goal line between the goalposts
- outside the penalty area for free kicks inside the opponents' penalty area

Where three or more defending team players form a 'wall', all attacking team players must remain at least 1 metre from the 'wall' until the ball is in play. All defending team players forming a wall must remain standing. Defending team players forming a wall may turn when the ball is kicked to avoid being struck.

A free kick can be taken by lifting the ball with a foot or both feet simultaneously.

Feinting to take a free kick to confuse opponents is permitted as part of football.

If a player, while correctly taking a free kick, deliberately kicks the ball at an opponent in order to play the ball again but not in a careless or reckless manner or using excessive force, the referee allows play to continue.

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. Players are encouraged to put the ball in play as quickly as possible.

4. Offences and Sanctions.

- If, when a free kick is taken quickly by the defending team inside its penalty area, any opponents are inside the penalty area because they did not have time to leave, the referee allows play to continue.
- If an opponent who is in the penalty area when the free kick is taken, or enters the penalty area before the ball is in play, touches or challenges for the ball before it is in play, the free kick is retaken.
- 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. An opponent who deliberately prevents a free kick being taken quickly must be cautioned for delaying the restart of play.
- If, when a free kick is taken, an opponent is closer to the ball than the required distance, the kick is retaken unless the advantage can be applied; but if a player takes a free kick quickly and an opponent who is less than 3 metres from the ball intercepts it, the referee allows play to continue. However, an opponent who deliberately prevents a free kick being taken quickly must be cautioned for delaying the restart of play.



- If, when a free kick is taken, an attacking team player is less than 1 metre from a ‘wall’ formed by three or more defending team players, an indirect free kick is awarded.
 - If, after the ball is in play, the kicker touches the ball again before it has touched another player an indirect free kick is awarded; if the kicker commits a handball offence:
 - a direct free kick is awarded
 - a penalty kick is awarded if the offence occurred inside the kicker’s penalty area unless the kicker was the goalkeeper in which case an indirect free kick is awarded

LAW 14. THE PENALTY KICK

1. **Penalty Kick.** A penalty kick is awarded if a player commits a direct free kick offence against an opposing player, inside their penalty area or off the playing area as part of play as outlined in Laws 12 (Article 1) and 13 (Article 3). A goal may be scored directly from a penalty kick.
2. **Procedure.**
 - The ball must be stationary, with part of the ball touching or overhanging the centre of the penalty mark, and the goalposts, crossbar and goal net must not be moving.
 - The player taking the penalty kick must be clearly identified.
 - The defending goalkeeper must remain on the goal line, facing the kicker, between the goalposts, without touching the goalposts, crossbar or goal net, until the ball has been kicked. The goalkeeper must not behave in a way that unfairly distracts the kicker, e.g. delay the taking of the kick, dancing about, flailing their arms, or touching the goal posts, crossbar or goal net.
 - The players other than the kicker and goalkeeper must be:
 - at least 3 metres from the penalty mark
 - behind the penalty mark
 - inside the playing area
 - outside the penalty area
 - When the ball is kicked, the defending goalkeeper must have at least part of one foot touching, or behind, the goal line.
 - After the players have taken positions in accordance with this Law, the referee signals for the penalty kick to be taken.
 - The player taking the penalty kick must kick the ball forward; backheeling is permitted provided the ball moves forward.
 - The ball is in play when it is kicked and clearly moves.
 - The kicker will not play the ball a second time (such as when the ball bounces off the wall, goal posts or cross bar) until it has been touched by another player.
 - The penalty kick is completed when the ball stops moving, goes out of play, a goal is scored or when the referee stops play for any offence.



- 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, goal posts or end wall. The ball is still live after a rebound from the goalkeeper, crossbar, goal posts, or end wall. Players, other than the kicker as a second touch of the ball, can play the ball on the rebound.)
 - Additional time is allowed for a penalty kick to be taken and completed at the end of each half of the match or extra time. **When additional time is allowed**, the penalty kick is completed when, after the kick has been taken, the ball stops moving, goes out of play, is played by any player (including the kicker) other than the defending goalkeeper, scores a goal, or the referee stops play for an offence by the kicker or the kicker's team. (The ball is DEAD after a rebound from the goalkeeper, crossbar, goal posts, or end wall.) If a defending team player (including the goalkeeper) commits an offence and the penalty is missed/saved, the penalty is retaken.
3. **Movement of the Kicker.** Movement by the kicker is restricted to be within a maximum distance of one (1) metre behind or beside the ball. Gym markings may be used by tournament officials to create a consistent distance. This distance may exceed one (1) metre, but should be no more than 1.5 metres

The designated kicker will be positioned behind or beside the Penalty Mark. Once the referee has given the appropriate signal for play to begin the designated kicker can make any movement necessary to kick the ball forward. No kicks are allowed until the referee has given the appropriate signal for play to begin.

For any infringement of the movement of the Kicker prior to the kick being taken the ball will be given to the defending team for an Indirect Free Kick from the Penalty Spot.

The one (1) metre area is designed to control the distance of run-up allowed by the kicker. Feinting in the run-up one (1) metre is permitted. Feinting in the run-up to take a penalty kick to confuse opponents is permitted is part of football, but feinting to kick the ball once the player has completed his run-up is considered an infringement of Law 14 and an act of unsporting behaviour for which the player must be cautioned.

During the run-up the designated kicker is allowed to slow down and speed up as long as overall movement is forward. A hesitation or pause in movement is allowed but the hesitation must be brief. There must be no illegal delay in performing the restart, no hand or arm gesture or verbal comment can be made to deceive or distract the goalkeeper, and no movement past the ball. No stopping, sideways or backwards motions are allowed. The player is allowed to begin a run to the ball, hesitate (in a maneuver commonly called a "stutter step"), continue the run, and kick the ball towards the net.



4. Offences and Sanctions.

A player's kick will be forfeited (not scored) if the player kicks the ball before the referee signals for the kick to be taken. Once the referee has signalled for a penalty kick to be taken, the kick must be taken; if it is not taken the referee may take disciplinary action before signalling again for the kick to be taken.

If, before the ball is in play, one of the following occurs:

- a team-mate of the player taking the penalty kick is penalised for encroachment only if:
 - the encroachment clearly impacted on the goalkeeper; or
 - the encroaching player plays the ball or challenges an opponent for the ball and then scores, attempts to score or creates a goal-scoring opportunity
- a team-mate of the goalkeeper is penalised for encroachment only if:
 - the encroachment clearly impacted on the kicker; or
 - the encroaching player plays the ball or challenges an opponent for the ball and this prevents the opponents from scoring, attempting to score or creating a goal-scoring opportunity

➤ **the player taking the penalty kick or a team-mate offends:**

- if the ball enters the goal, the kick is retaken
- if the ball does not enter the goal, the referee stops play and restarts with an indirect free kick

except for the following when play will be stopped and restarted with an indirect free kick, regardless of whether or not a goal is scored:

- a penalty kick is kicked backwards
- a team-mate of the identified kicker takes the kick; the referee cautions the player who took the kick
- feinting to kick the ball once the kicker has completed the run-up (feinting in the run-up is permitted); the referee cautions the kicker

➤ **the goalkeeper offends:**

- if the ball enters the goal, a goal is awarded
- if the ball misses the goal or rebounds from the crossbar or goalpost(s), the kick is only retaken if the goalkeeper's offence clearly impacted on the kicker
- if the ball is prevented from entering the goal by the goalkeeper, the kick is retaken
- If the goalkeeper's offence results in the kick being retaken, the goalkeeper is warned for the first offence in the game and cautioned for any subsequent offence(s) in the game

➤ **a team-mate of the goalkeeper offends:** if the ball enters the goal, a goal is awarded if the ball does not enter the goal, the kick is retaken

➤ **a player of both teams offends:** the kick is retaken unless a player commits a more serious offence (e.g. 'illegal' feinting)

➤ **both the goalkeeper and the kicker commit an offence at the same time:** the kicker is cautioned and play restarts with an indirect free kick to the defending team (*See explanation below the Summary of PK Infractions.)



If, after the penalty kick has been taken:

- **the kicker touches the ball again before it has touched another player:** an indirect free kick (or direct free kick for a handball offence) is awarded
- **the ball is touched by an outside agent** as it moves forward: the kick is retaken unless the ball is going into the goal and the interference does not prevent the goalkeeper or a defending player playing the ball, in which case the goal is awarded if the ball enters the goal (even if contact was made with the ball) unless the interference was by the attacking team
- **the ball rebounds into the playing area** from the goalkeeper, the crossbar or the goalposts and is then touched by an outside agent:
 - the referee stops play
 - play is restarted with a dropped ball at the position where it touched the outside agent

Summary of Penalty Kick Infractions

	Outcome of the Kick	
	Is a Goal	Is no Goal
Encroachment by Attacking Player	<u>Impact: penalty is retaken</u> <u>No impact: goal</u>	<u>Impact: indirect free kick</u> <u>No impact: no retake</u>
Encroachment by Defending Player	<u>Impact: goal</u> <u>No impact: goal</u>	<u>Impact: penalty is retaken</u> <u>No impact: no retake</u>
Encroachment by both Attacking and Defending Players	<u>Impact: penalty is retaken</u> <u>No impact: goal</u>	<u>Impact: penalty is retaken</u> <u>No impact: no retake</u>
Offence by Goalkeeper	Goal	Not saved: penalty is not retaken (unless kicker is clearly impacted) Saved: penalty is retaken and warning for goalkeeper; caution for any further offence(s)
Goalkeeper and kicker offend at the same time	No goal. Indirect free kick and caution for kicker (*See explanation below on offences)	Indirect free kick and caution for kicker. (*See explanation below on offences)
Ball kicked backwards	No goal. Indirect free kick	Indirect free kick
Illegal feinting	No goal. Indirect free kick; caution for kicker	Indirect free kick; caution for kicker
Wrong kicker	No goal. Indirect free kick; caution for wrong kicker	Indirect free kick; caution for wrong kicker

**From IFAB. If both the Goalkeeper and the Kicker commit at the same time offences that would be Yellow Card offences then both would receive Yellow Cards. If the Kicker has offended with a Yellow Card offence and the Goalkeeper's offence is not punished by a Yellow Card, then the Kicker's Yellow Card offence is judged to be more serious than the Goalkeeper's offence and the Kicker is penalized. The Law states that if there are two offences at the same time then the more serious of them is penalized.*

LAW 15. THE THROW-IN

There is no Throw-In in indoor soccer given the small playing surface.



LAW 16. THE GOAL KICK

1. **Goal kicks.** Goal kicks will be used to restart play in cases of goal area violations as described in Law 12 Article 4.

As indicated in Law 12 Article 4, if the ball goes directly behind the net or cannot be safely played by the goalkeeper, the keeper is permitted to pick up the ball with their hands and immediately place it back on the floor in a position where the ball can be played with their feet. If they take the ball out and proceed to carry it beyond a position where it could be safely played then the keeper will be called for an indirect free kick.

If the ball goes behind the net and it cannot be safely or easily retrieved, play can be stopped and the goalkeeper awarded a dropped ball.

2. **Procedure.**

- 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. If the ball is touched by a defensive player before it leaves the penalty area the kick is retaken. Opposition players must remain outside the penalty area until the ball is in play.
- Any player on the defending team may take the goal kick in place of the goalkeeper but they must leave the goal area before becoming active in play.
- A goal may be scored directly from a goal kick but only against the opposing team. If the ball directly enters the kicker's goal, a direct free kick is awarded to the opposing team to be taken from the edge of the penalty area.

3. **Offences.**

- 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.
- 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 delaying the restart of play.
- If a player enters the penalty area before the ball is in play and fouls or is fouled by an opponent, the goal kick is retaken and the offender may be cautioned or sent off, depending on the offence.
- If the kicker commits a handball offence:
 - a direct free kick is awarded
 - a penalty kick is awarded if the offence occurred inside the kicker's penalty area, unless the kicker was the goalkeeper, in which case an indirect free kick is awarded.

LAW 17. THE CORNER KICK

There is no Corner Kick in indoor soccer given the small playing surface.





THE 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 AND WITH RESPECT

- Do not violate the rules to gain an unfair advantage.
- Foul or abusive language from players, coaches, parents or spectators will not be tolerated.
- Violent or over-aggressive play 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 must give all of their players an equal amount of playing time during all game periods including overtime, and the opportunity to participate in the shootout. 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 for everyone.
- Respect your opponents at all times. Players and teams should always be humble in victory and gracious in defeat. Do not run up the score against a weaker opponent.
- Respect the diversity of our players and celebrate their inclusion in all of our activities.

