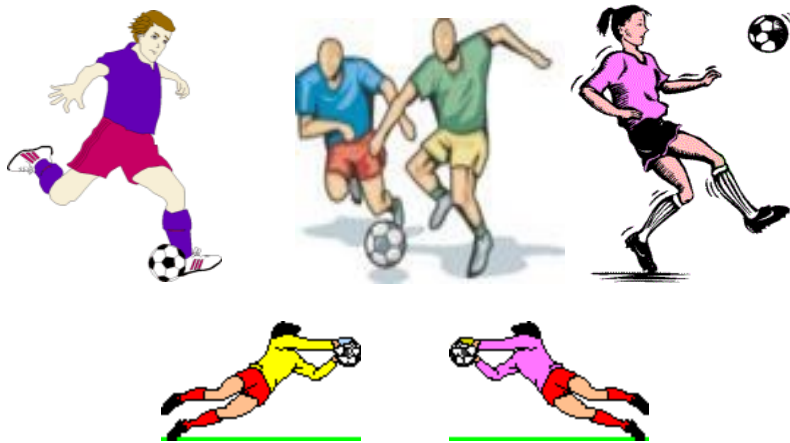




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**Regina West Zone Community Soccer Association
Indoor Soccer Rules
3 & 4U**



***"Recreational Soccer Emphasizing Good Sorting
Behaviours, Skill Development and Fun"***

(Revised Sept. 2024)

Regina West Zone Community Soccer Association

Indoor Soccer Rules

3 & 4U

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 and the age of the participants. The purpose of the league is for fun and exercise, not winning. The emphasis during games is on player safety.

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.

3 & 4U Age Group

At the entry level in indoor soccer which involves 3 & 4 year olds, there is some structure applied to the game, though the rules are very limited in nature.

The key aspects to this age group are that the players:

- learn to socialize properly
- understand the fundamentals of moving the ball
- understand 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 that end, we do not expect much more of the **3 & 4U** age group than the most basic set of rules for both the coaches and players to be followed.



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;
- for goal kicks the ball will be placed on the penalty area line and opposing players will have to remain at the centre line;
- no time penalties;
- no corner-kicks, kick-ins or throw-ins;
- no off-side; and
- no direct kicks or penalty kicks.

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

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

- No player other than the goalkeeper *may* enter the goal area (i.e. the “crease”) while the ball is in play;
- The goalkeeper *may* handle the ball in the goal area only (and not in the penalty area);
- No slide tackles, slide kicks, or bicycle kicks are allowed.

Referees are not assigned in this age group. Coaches will act as Game Officials.



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.

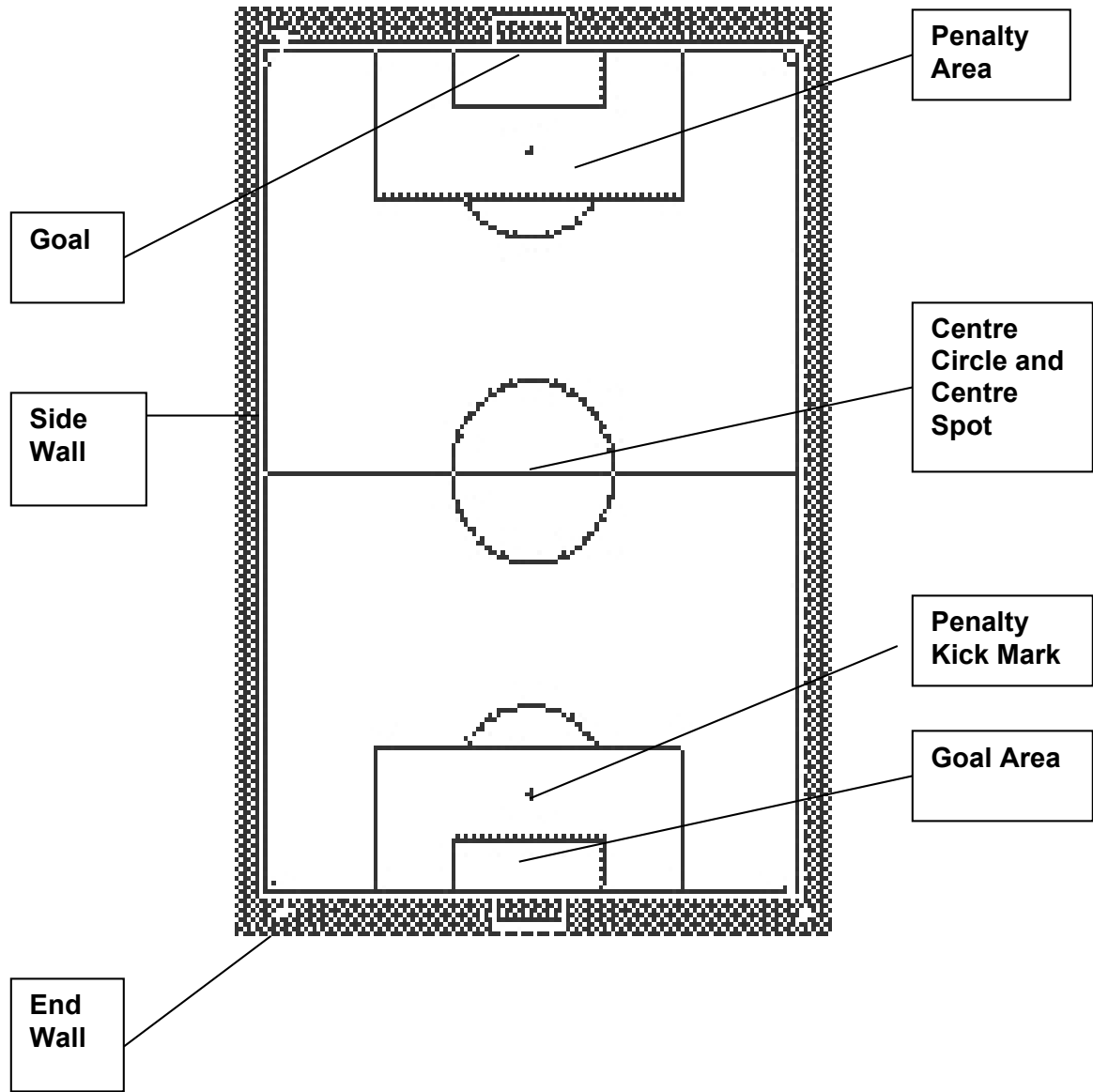
Dead ceilings. Ceilings with irregular surfaces will be considered as dead (out-of-play).

Obstacles. Where obstacles exist in the facility (i.e. basketball backboards, court-separating curtains, team benches, spectator's chairs or benches, etc.) the Game Official will decide if play will continue when the ball strikes the obstacle (refer to Law 8). 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 a portable folding net which will be placed on the goal line and centered in the goal area.
5. **The Penalty Area** is a larger rectangular area will be drawn that encloses the Goal Area and extends into the playing area. The Penalty Area will be marked by tape on the corners of the floor area. There are no restrictions on the number of players allowed in the penalty area.
6. **The Penalty Kick Mark (or Penalty Spot):** The **3 & 4U** age group will **not** use the penalty kick mark.
7. **The Centre Circle** is located at 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.

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





LAW 2. THE BALL

1. **Low bounce ball.** The ball will be provided by the league.
2. **Ball sizes.** The ball will be **Size 3** for all **3 & 4U** year old teams.

LAW 3. NUMBER OF PLAYERS

1. **Number of players.** For the **3 & 4U** age group the game will be played by two teams, each consisting of not more than **six (6)** players, one of whom will be the goalkeeper. (The League may modify the number of players on the playing area based on the suitability of facilities.)
2. **Unlimited substitution.** Unlimited substitution will be allowed at any time during the game (on the fly, after goals, or when the ball is out of play), as long as the players leaving or entering the playing area do not interfere with the play or enable their team to gain an unfair advantage.
3. **Changing goalkeepers.** Any of the other players or substitutes may change places with the goalkeeper, provided that the Game Official is informed before the change is made and the change is made during a stoppage in play.
4. **Equal playing time.** All players must be afforded equal playing time. Each child will be expected to have the opportunity to play every position before the season ends (Goalie is optional). Opposing coaches and parents should raise Equal Play concerns to the other coach if they observe that this rule is being violated. All incidents of this nature will be reported to the league.
5. **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.
6. **Extra players on the playing area.** If an extra player has entered the playing area the Game Official should stop play (not immediately if the player does not interfere with play) and remove the player.

LAW 4. PLAYERS' EQUIPMENT

1. **Compulsory equipment.** Compulsory equipment will consist of a numbered jersey (provided by the league), shorts, socks, shinguards and footwear designed for indoor use such as tennis, basketball or soccer athletic runners. Footwear with rubber or metal cleats are not allowed. Footwear must have non-marking soles. **All players must have the compulsory 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.** Players must 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. Shinguards must be fully covered by socks or sweatpants.



The jersey should be tucked in. Cycling or other types of athletic shorts are permitted. Jeans, jean shorts, or any bottoms with belt loops will not be permitted. All players on the same team will wear the same colored jerseys. Players may place their name on the back of the jersey. Names are limited to the player's first and/or last name. Nicknames are not allowed.

2. **Colours.** Goalkeepers will wear colours (pinnies) which are distinguishable from all other players. Goalkeepers are permitted to wear sweatpants. If available, pinnies may need to be worn by one of the teams when the two teams are wearing similar colours.
3. **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 headscarfs, hijabs, turbans, patkas, or keskis, or specialized medical headwear are allowed to be worn by players but they must be inspected by the coaches before each game to ensure they are safe and do not pose a danger to the wearer or to other participants.
4. **Safety.** Players will not wear anything which endangers themselves or other players (including any kind of jewellery). It is strongly recommended that jewellery be removed. If it cannot be removed it must be covered with tape or other such material (i.e., bandaids). All non-prescription glasses must be removed. Goalkeepers may wear volleyball style knee pads. Medic alert bracelets, anklets, necklets, etc. are permitted but may need to be taped to make them safe. Other medical equipment such as hearing aids, cochlear implants or insulin pumps may be worn but must be inspected by the coaches to ensure they are safe and do not pose a danger to the wearer or to other participants.

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 (cloth or padded) will be permitted to play if the cast does not present a danger to the individual or any other player. Any player who uses a cast with the intent to intimidate or injure an opponent shall be removed from playing. Coaches must inspect and approve the covering of jewellery, casts, guards and braces before play is allowed.

LAW 5. THE GAME OFFICIAL AND GAME OFFICIALS

1. **Game officials.** There are no Referees in the **3 & 4U** age group. **Coaches are the Game Officials for these age groups.** Their job is to keep the playing environment FUN, SAFE and focused on the children. When play is stopped for a foul, explain to the child what they did to cause the foul. Coaches are to be on one side of the playing area with their team, with fans on the other. Coaches may be on the playing area with their players to encourage fair play and basic game fundamentals. Players, especially first time players, will be looking for guidance so coaches should provide instruction and lots of encouragement. The coaches from the opposing teams should come to an agreement as to which coach will act as the Game Official for the first half of the game with the opposing coach acting as the Game Official for the second half. (Parents could also be recruited to act as Game Officials.



2. Duties and powers. When acting as a Game Official, coaches will:

- a) enforce the Laws of the Game and the regulations of the competition;
- b) decide if the ball, the playing area, and other equipment are suitable;
- c) ensures that the player's equipment meets the requirements of Law 4;
- d) signal the start of the game, the restart after a stoppage, and the end of play;
- e) act as the official timekeeper of the match controlling the start and stoppage of play;
- f) have discretionary power to stop, suspend, or terminate the game for any infringement of the Laws, as a result of any kind of outside interference (for example, interference by spectators), or any other cause;

Advantage

- g) refrain from penalizing in cases where the Game Official is satisfied that, by doing so, an advantage would be given to the offending team; or allow play to continue if the team against which an offence has been committed stands to benefit from such an advantage, and penalize the original offence if the anticipated advantage does not ensue;

Discipline

- h) verbally warn any player guilty of misconduct or unsporting behavior, and, if the offender persists, suspend such person from further participation in the game;
- i) send from the playing area and its vicinity any player who, in the opinion of the Game Official, is guilty of serious misconduct, violent conduct or serious foul play, or the use of foul or abusive language;
- j) punish the more serious offence if a player commits more than one offence at the same time;
- k) control who may enter or leave the playing area; allow no unauthorized person from entering the playing area;
- l) 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 Game Official;
- m) 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

- n) allow play to continue until the ball is out of play if a player is only slightly injured
- o) stop play if a player appears to be seriously injured or unable to continue play and ensure that the player is removed from the playing area to receive assistance at the team bench or outside the playing area. An injured player may only re-enter after play has restarted as part of a normal substitution.

Exceptions to the requirement to leave the playing area are only when the assessment/treatment can be completed quickly and apply to situations 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 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)
- a penalty kick has been awarded and the injured player will be the kicker
- a severe injury has occurred and assessment/treatment must be done without moving the injured player.

Coaches 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 in the facility, walls or the playing surface. Game Officials 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.

- p) require that a player who is bleeding leave the playing area and be assisted by a coach/manager. A substitute must replace the affected player. The bleeding must be stopped and the wound covered before the player is allowed to return to the playing area. If any part of the player's uniform is saturated with blood, that part of the uniform must be changed before the player can return to the game. Coach's discretion will determine if a "bleeding situation" has been sufficiently managed to allow a player's return to the playing area. The coach will also ensure that any blood on the playing area is duly cleaned up;
3. **Outside interference.** The Game Official has the authority to stop, suspend or abandon the match for any offences or because of outside interference e.g. if:
- the lights go out or are inadequate
 - an object thrown by a spectator hits a match official, a player or team official, the Game Official 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 field of play during the match, the Game Official 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.
4. **Decisions of the game official.** The decisions of the Game Official regarding facts connected with play, including whether or not a goal is scored and the results of the match, are final. The Game Official may only change a decision if they realize, upon reflection, that it is incorrect or if they deem it necessary to do so, provided that play has not restarted or the match has not ended.

LAW 6. DURATION OF THE GAME

1. **Duration of the game.** The duration of the **3 & 4U** game will normally consist of a fifteen (15) minute warm-up practice and two fifteen (15) minute halves with a five (5) minute break at halftime.
2. **Adjusting timings.** If necessary, coaches can adjust the duration of games when scheduling issues require longer or shorter games.



LAW 7. 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 (only **indirect kicks** are used in **3 & 4U**), and goal kicks (see Laws 13–14).

A dropped ball is the restart when the Game Official 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 field of play
- 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 Game Official gives a signal
- the ball is in play when it is kicked and clearly moves in any direction

2. **NO direct goals.** 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, an indirect 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 Game Official 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 Game Official 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 Game Official and goes to the other team as a result, or if the strikes the Game Official and goes into a goal.)
- All other players (of both teams) must remain at least 3 m from the ball until it is in play
- The ball is in play when it touches the floor.

6. Offences and sanctions.

The ball is dropped again if it:

- touches a player before it touches the floor
- leaves the field of play 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 8. BALL IN AND OUT OF PLAY**1. Out of play.** The ball is out of play:

- a) when play has been stopped by the Game Official (such as when the ball has struck an obstacle in the facility as per Law 1, 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 Game 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. Ball crossing goal line directly.** When the ball crosses the goal line **directly** from an indirect kick under the crossbar and between the posts, the game will be restarted with an indirect free kick to the defending team from within the goal area.

4. **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 Game Official 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 Game Official 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.
 - b) In the case of the Game Official **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 Game Official will stop play. The game is restarted by a dropped ball placed 3 metres from the boundary/obstacle.
 - c) In the case of the ball being kicked out of play by a player then the ball will be awarded to the opponents of the player who last touched the ball while it was in the playing area. An indirect free kick will be used to restart play with the ball placed 3 metres from the location of the ball before it left the playing area.
5. **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.

Whether a ball is in play or not is important in determining what actions are allowed under the Laws of the Game. For, example, when the ball is live, a goalkeeper is allowed to throw or kick the ball out from their goal area. When the ball is out of play, the goalkeeper will use a goal kick to restart play (see Law 14). A goalkeeper cannot score a goal against an opponent from within their own goal area (Law 9 Article 5 (d)), "keeper-to-keeper", when the ball is live (in-play). The goalkeeper can, however, score a goal against an opponent from a goal kick when the ball is restarted in play (Law 14).

LAW 9. METHOD OF SCORING

1. **Goal scored.** A goal is scored when the whole of the ball has crossed over the goal line, between the goal posts and under the crossbar provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.
2. **Game Official is the sole judge.** The Game Official will be the sole judge as to whether a goal has been scored.
3. **Outside agent interference.** During the course of the game, should an outside agent assist the ball into the goal, or prevent the ball from entering into the goal, play will be stopped. The Game Official will restart the game by dropping the ball in accordance with Law 7 Article 8.



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. An indirect free kick is awarded to the opposing team if the ball enters their goal area having not been touched by another player. This indirect free kick is taken from the edge of the goal area.

A goal may be scored by a goalkeeper from a goal kick (see Law 14) into their opponent's goal or by the goalkeeper leaving their goal area, acting as an ordinary player and kicking or heading the ball into the opponent's goal. 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 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 Game Official will award the opposing team a direct free kick from the edge of the penalty area.

LAW 10. OFF-SIDE

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

LAW 11. FOULS AND MISCONDUCTS

Fouls and Misconducts can occur even in the youngest age groups. Yellow and Red cards are **not** used against players in the **3 & 4U** age group. All misconducts and fouls will result in an indirect kick being awarded to the opposing team. Players will be verbally warned of the misconduct or foul and the explanation should inform the player what they did wrong so they can learn from the experience. Players can be sent off the playing area depending on the severity of the foul or misconduct. Time penalties will not be used in these age groups. Coaches and spectators can be asked to leave the playing area in the event of serious misconduct.

1. INDIRECT FREE KICK

- a) Game Officials will award an indirect free kick to the opposing team if a player commits any of the following infringements in a manner considered to be careless, reckless or excessively forceful:
 - kicking or attempting to kick an opponent while attempting to strike the ball;
 - tripping or attempting to trip an opponent, either by sliding or by bending down in front of or behind an opponent, while attempting to strike the ball;
 - jumping at or on an opponent;
 - charging an opponent from behind while attempting to play the ball;
 - charges the goalkeeper or another player;
 - pushes;



- striking or attempting to strike an opponent;
 - boarding an opponent (i.e. contact between players which forces an opponent into the perimeter wall);
 - tackling an opponent.
- b) An indirect free kick will also be awarded to the opposing team if a player commits any of the following infringements:
- holding an opponent;
 - sliding in an attempt to play the ball while an opponent is playing it or is about to play it (sliding tackle), except for the goalkeeper in his own penalty area, provided that he does not endanger the safety of an opponent;
 - tackles an opponent from behind in a manner which could cause injury;
 - using a bicycle kick or other kick where the leg is raised high enough and in a reckless manner so as to pose a danger to other players;
 - touching the opponent before the ball when attempting to win possession;
 - handles the ball deliberately i.e. carrying, stopping, striking, propelling or throwing the ball with one's hands or arms, (except for the goalkeeper in his own goal area.)

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. (The shoulder is not considered part of the arm. Handling is considered to be touching the ball with the hand/arm part of the body measured from the finger-tip to the upper boundary of the arm in line with the bottom of the armpit.)

It is an offence if a player:

- deliberately touches the ball with their hand/arm, including moving the hand/arm towards the ball
- gains possession/control of the ball after it has touched their hand/arm and then:
 - scores in the opponents' goal
 - creates a goal-scoring opportunity
- scores in the opponents' goal directly from their hand/arm, even if accidental, including by the goalkeeper

It is usually an offence if a player:

- touches the ball with their hand/arm when:
 - the hand/arm has made their body unnaturally bigger
 - the hand/arm is above/beyond their shoulder level (unless the player deliberately plays the ball which then touches their hand/arm)

The above offences apply even if the ball touches a player's hand/arm directly from the head or body (including the foot) of another player who is close.

Except for the above offences, it is not usually an offence if the ball touches a player's hand/arm:

- directly from the player's own head or body (including the foot)
- directly from the head or body (including the foot) of another player who is close
- if the hand/arm is close to the body and does not make the body unnaturally bigger
- when a player falls and the hand/arm is between the body and the ground to support the body, but not extended laterally or vertically away from the body



The goalkeeper has the same restrictions on handling the ball as any other player outside the penalty area. If the goalkeeper handles the ball inside their penalty 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.

- c) The indirect free kick will be taken from the place where the infringement occurred, unless the free kick has been awarded to the defending team in its own penalty area, in which case the free kick may be taken from any point inside the penalty area in accordance with Law 12 Article 3.
2. An indirect free kick will be awarded to the opposing team from the place where the infringement occurred if, in the opinion of the Game Official, a player:
- plays in a dangerous or out-of-control manner;
 - impedes the progress of an opponent or deliberately obstructs an opponent when **not playing or in possession of the ball**. This includes standing between the opponent and the ball so as to form an obstacle. Obstruction is not called when a player has a ball and is shielding so as to prevent an opposing player from stealing the ball or if the ball is kicked downfield and a player attempts to run through an opponent who has established position.
 - prevents the goalkeeper from throwing the ball with his hands;
 - uses the walls to delay play, to obstruct an opponent or to gain an unfair advantage in the playing of the ball;
 - plays the ball while lying on the ground or while having a hand/knee on the ground (applies to a player other than the goalkeeper);
 - indulges in tactics which, in the opinion of the Game Official, are designed merely to hold up the game thus wasting time, and so give an unfair advantage to his own team;
 - is guilty of dissent, using offensive, insulting or abusive language and/or gestures or other verbal offences;
 - commits any other infringement not otherwise mentioned in Law 11 for which play is stopped to caution or dismiss a player.

Game Officials 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.

3. An indirect free kick will be also be awarded to the opposing team from the place where the infringement occurred if, in the opinion of the Game Official, a player commits any of the following infringements:
- unsporting behaviour;
 - shows by word or action, dissent from any decision given by the Game Official;
 - persistent infringement of the Laws of the Game;
 - delaying the restart of play;
 - failure to respect the required distance when play is restarted with a goal kick or free kick;
 - enters, re-enters or leaves the playing area after the game has commenced without the Game Official's permission.



4. SENDING OFF OFFENCES

Players can be sent off the playing area depending on the severity of the foul or misconduct. Coaches should monitor their player's behaviour and quickly take action to remove their player if they seriously violate the Laws of the Game. Remember, player safety is the first consideration. A player or a substitute will be sent off, if in the opinion of the Game Official, he commits any of the following offences:

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

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

5. COACH AND TEAM OFFICIAL INFRACTIONS

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

Coaches and Team Officials will be verbally cautioned by the Game Official and will be reported to the League if he/she commits any of the following infringements:

- unsporting behaviour;
- shows by word or action, dissent from any decision given by the other coach acting as a Game Official;
- 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;
- delaying the restart of play;
- failing to give all players the opportunity to play equal time.

A coach or team official will be sent off and reported to the League by the Game Official if he/she commits any of the following offences:

- violent conduct;
- spitting at an opponent or any other person;
- interfering with an opposing player by entering the field of play or obstructing them from the team bench area;
- 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 game official;
- persisting in misconduct after receiving a verbal caution.



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 coach or team official may not sit with his players on the player's bench or sit in the stands with the spectators. If there is not a second coach or team official at the team bench to assume coaching responsibilities, the Game Official 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 Game Official 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 Discipline Committee will review all incidences of coach or spectator misconduct.

6. 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.

Coaches are responsible for the conduct of their players. **The league will not tolerate coaches, spectators or other persons committing acts of misconduct, harassment, verbal abuse, foul language or abuse of the Game Officials or any other game participant.** Game Officials 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 Game Official will direct the game to be suspended. All instances of this nature must be reported to the league for further discipline. Coaches are required to cooperate in dealing with unruly spectators.

7. GOAL AREA RULES

- a) An indirect free kick will be awarded to the opposing team (with the ball being placed on the forward edge of the penalty area) if a goalkeeper commits any of the following offences:
- A keeper may make contact with the ball with their hands only while in the goal area. A keeper cannot start with the ball in their hands in their goal area, take it out of their goal area and then bring it back into the protection of their goal area with the ball still in their hands.
 - A keeper may not handle the ball for more than six (6) seconds within his or her goal area. The goalkeeper only has 6 seconds to distribute the ball outside of the goal area. Dropping the ball to their feet inside the goal area does not stop the count.
 - A keeper may not touch the ball with their hands when a teammate's foot deliberately passes it back to them.
 - 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 in possession of the ball in their goal area with their feet only has six seconds before playing the ball out of the goal area.
- b) No player is allowed in the goal area 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 (see Law 14).

If the attacking team has possession of the ball and a defensive player deliberately steps inside the goal area, or passes any part of the foot in the air above the goal area, passes through the goal area or makes contact with the ball when the ball is wholly in the goal area, the Game Official 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 Game Official the defensive player deliberately enters the goal area with the intent to interfere with play, or try to provoke a stoppage in play, the Game Official will stop play and award the attacking team 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 the Game Official should stop play and send the player off for this flagrant violation of the rules.

If in the opinion of the Game Official 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 Game Official may instruct play to continue and verbally warn the player to correct their behaviour.

- c) If a defending player enters the goal area and a goal is scored, the goal is to be allowed in accordance with the Advantage Rule (Law 5 (2) (g)).
- d) Goalkeepers should avoid throwing or kicking the ball from their goal area directly to the other goalkeeper positioned in their goal area. ("Directly" means a ball kicked or thrown without striking a wall, the floor or another player). As indicated in Law 9 Article 4 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 Game Official should give a verbal warning to the offending goalkeeper. If in the opinion of the Game Official, the ball could have been played by a player of either team on its path from one keeper to the other, the Game Official will not call this a keeper-to-keeper infraction.

LAW 12. FREE KICK

1. All free kicks in the **3 & 4U** age group will be **indirect**. A goal cannot be scored from an indirect kick unless the ball has been touched by another player (including the goal keeper) before crossing the goal line.
2. If an indirect free kick is kicked directly into the opponent's goal, a goal kick is awarded to the opposing team. If an indirect free kick is kicked directly into the team's own goal, an indirect kick is awarded to the opposing team to be taken from the edge of the penalty area closest to where the offence took place.



3. For any infringement of the Laws of the Game when the ball is in play, the Game Official may award a free kick to the team opposing that of the offending player. The free kick will be taken from the place where the offence occurred, with the following exceptions.
 - a) Any free kick awarded for an offence committed close to the wall will be taken 3 metres from the wall, at the point nearest to where the offence occurred.
 - b) Any indirect free kick awarded to the attacking team within its opponent's penalty area will be taken from the part of the penalty area line which runs parallel to the goal line, at the point nearest to where the offence was committed.
4. When a defending team is taking a free kick from inside its own penalty area, all opponents will remain outside the centre line. The ball will be deemed in play immediately after it has passed the centre line. If the ball is not kicked directly passed of the centre line, the kick is retaken. Free kicks to the defending team in their goal area may be taken from anywhere in that area.
5. At the taking of a free kick, the ball will be stationary and all opponents must be at least 3 metres from the ball until it is in play. The ball is in play when it has been kicked and moves in any direction.
6. A player taking a free kick will not touch the ball for a second time until it has been touched by another player. For any infringement of this Law, an indirect free kick will be awarded to the opposing team.
7. Players must retire the required distance to allow free kicks to be made. A player is not allowed to dance about or gesture in a manner calculated to distract an opponent or delay the taking of the free kick.

LAW 13. PENALTY KICK

There are **no** penalty kicks to be used in **3 & 4U** age group. Fouls and misconducts in the penalty area will result in an indirect kick to the opposing team taken from the edge of the penalty area closest to the infringement.

LAW 14. GOAL KICK

1. Goal kicks will be used to restart play in cases of goal area violations as described in Law 11 Article 7 (b). If the ball goes behind the net play will restart with a goal kick. During a goal kick the goalkeeper will place the ball on the floor and kick it towards the opponents' end of the playing area. Goal kicks will be taken from any point within the penalty area by a player of the defending team. The ball is ruled live (in play) when it has passed the centre line. If the ball is not kicked directly past the centre line from a goal kick then the kick is retaken. Opposition players must remain outside the centre line area until the ball is in play.
2. Any player on the defending team may take the goal kick in place of the keeper.
3. A goal may be scored directly from a goal kick but only against the opposing team.



4. The kicker must not play the ball again until it has been touched by another player. If the kicker touches the ball a second time before it has been touched by another player, an indirect free kick is awarded to the opposing team with the kick taken from the edge of the penalty area closest to where the offence took place.
5. A player who does not retire the required distance, or who dances about or gestures in a manner calculated to distract a goalkeeper or other player taking a goal kick may be warned by the coach. A goalkeeper who delays the taking of a goal kick may be warned by the Game Official.



THE CODE OF CONDUCT

All players, coaches, league officials, Game Officials, 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 FOR ALL PARTICIPANTS**

- 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 Game Official'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. 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, Game Officials 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.

