

THE OFFICIAL RULES OF INDOOR SOCCER

Ontario Parks and Recreation

Rule 1 - The Field Of Play

See Official Field Diagram (page 3) and the unabridged edition for standard dimensions for the field, goals and markings.

Rule 2 - The Ball

The ball is a size 5 indoor felt ball. Please do not bring outdoor balls onto the field because outdoor balls cause more wear on the turf.

Rule 3 - The Players

The league allows no fewer than 4 or more than 5 players, including a goalkeeper, on the playing surface at one time. There must be one female on the field at all times.

Rosters must be completed before the end of the second game night. A player may only be on one team's roster for the duration of the session. Any team not complying with this will forfeit any and all games that do not comply with these rules.

Substitutions: Each team may substitute players freely, provided that, during play, players substitute off the field of play or within three (3) feet of the team bench door. If the ball goes out of the team bench door during substitution, the ball goes to the opposite team at the point where it left the field. Goalie substitutions may only be done at a dead ball.

Rule 4 - The Players' Equipment

Players wear their team's uniform, consisting of the same colors (not provided by the center). Cleats are not allowed – sneakers or turf shoes only. Jewelry and other accessories are prohibited. The Goalkeeper wears jersey colors distinguished from all other field players and from the Referees. If needed, the official will provide the goalie with a pinnie.

Rule 5 - The Referee

The decisions of the Referee regarding facts connected with play and interpretations of the Rules are final.

Rule 6 - The Duration of the Game

A regulation game consists of two halves, with duration of 20 minutes per half.

- (a) Overtime Period and Tiebreaker: If the game is tied at the end of regulation, a 5 minute "sudden- death" Overtime Period follows. If the score remains tied at the end of overtime, the game will be recorded as a tie.
- (b) Running Clock: Except in the case of an unusual delay, determined by the Referee, the Game Clock counts down continuously through each Half or Overtime Period.

Rule 7 - The Start and Restart of Play

A Kickoff from the Center Mark starts play at the beginning of each Half and after every goal. A player who starts play may not again play the ball until it touches another player.

The Home Team takes the Kickoff for the First Half Kickoff and any Overtime Period, and the Visiting Team takes the Kickoff for the Second Half. The home team will defend the north side during the first half and the south side during the second half. Restarts take place by a Kickoff, Free Kick, Goalkeeper Distribution, or Dropped Ball.

Rule 8 – Three Line Violation

A Three-Line Violation occurs when a player propels the ball in the air across the two yellow Lines and the Halfway Line toward the opponent's Goal without touching the Perimeter Wall, another player or a Referee on the field of play. Opposing team receives a free kick when violation occurs.

Rule 9 – Out of Bounds

The ball may be played off the boards. If the ball hits the lights, ceiling, or the net, it is considered out of bounds. The ball will be spotted at the point where the last hit occurred.

Rule 10 - The Method of Scoring

A team scores a goal when the whole of the ball legally passes over the Goal Line. A goal may not be scored directly from a Kickoff or Restart.

Rule 11 - Fouls and Other Violations

A Foul occurs and a Free Kick results if a player:

- (a) Holds an opponent;
- (b) Handles the ball (except by the Goalkeeper within his Penalty Arch);
- (c) Plays in a dangerous manner (e.g., commits boarding or a slide tackle);
- (d) Impedes the progress of an opponent ("Obstruction"), or
- (e) Prevents the Goalkeeper from releasing the ball from his hands; and when a player commits the following in a manner that the Referee considers careless, serious, reckless, or involving excessive force:
 - (f) Kicks an opponent;
 - (g) Trips an opponent;
 - (h) Jumps at an opponent;
 - (i) Charges an opponent;
 - (j) Strikes or elbows an opponent; or
 - (k) Pushes an opponent.
- (l) A player may not put both hands against the wall anywhere on the field. This is enforced to prevent a player from "boxing out" an opponent from the ball or the play.
- (m) A Crease Free Penalty Kick is awarded for any foul in the Crease.**

Unsporting Behavior: An Inside the Crease Free Kick results for the following offenses:

- (a) Leverage: Using the body of a teammate or any part of the field to gain an Advantage
- (b) Encroachment: Entering the protected area of an opposing player while that player is in the process of taking a free kick. After an initial warning, a Free Kick will result.
- (c) Other: Behavior which, in the Referee's discretion, does not warrant another category of penalty (e.g., taunting, foul language.)

Team Violations: The Referee issues a Team Penalty for the following violations by team or unidentified person:

- (a) Leaving Team Bench: Players leave a Team Bench to join a fracas or confrontation with the opposition or a Game Official;
- (b) Bench Dissent: After an initial "Warning," one or more unidentifiable players verbally abuse the Referee.

- (c) Other: Unsporting Behavior, which, in the Referee's discretion, does not warrant another category of penalty (e.g., too many players on the field.)
- (d) A Crease Free Penalty Kick is awarded, 2 team violations during a game will result in a forfeit.**

Rule 12 - Time Penalties

The following penalties apply to offenses for which a Card is issued

- (a) Blue Card: 2-minute Time Penalty in the Penalty Area;
- (b) Yellow Card (for a player's second Blue Card): 2-minute Time Penalty for the Blue Card and a warning of the subsequent possibility of an ejection;
- (c) Red Card (for a player's third Blue Card): 2-minute Time Penalty and **ejection for that game and the next 2 games.**
- (d) End of Game: All Time Penalties carry over between periods and expire at the end of the game.

All Players receiving a 2-Minute Penalty will serve the full 2 minutes whether a goal is scored or not

Standings Computation

- Win = 2 points
- Loss = 1 point
- Tie = 1 point to each team
- Forfeit = 0 points

