



# West Ottawa Soccer

## Indoor Soccer Laws of the Game

### Rule 1 - THE FIELD OF PLAY

The field of play shall be rectangular, its length being not more than 64 meters or less than 45 meters and its width not more than 30 meters or less than 23 meters. The field shall be clearly marked with lines, not more than 12 cm and not less than 5 cm in width. All lines shall be of the same width; the longer boundary lines being called the touch lines and the shorter the goal lines. A halfway line shall be marked out across the field of play. The centre of the field of play shall be indicated by a suitable mark and a centre circle with a 3 meter radius shall be marked around it. The space within the inside areas of the field of play includes the width of the lines marking these areas.

At each end of the field of play, two lines shall be drawn at right angles to the goal line, 6 meters from the inside edge of each goal opening. These lines shall extend into the field of play for a distance of 8.5 meters and shall be joined by a line drawn parallel with the goal line. Each of the spaces enclosed by these lines and the goal line shall be called a penalty area. A suitable mark shall be made within each penalty area, 6 meters from the mid-point of the goal line, measured along an imaginary line at right angles thereto. These shall be the penalty marks. From each penalty mark, an arc of a circle, having a radius of 5 meters, shall be drawn outside the penalty area.

At each end of the field of play, two lines shall be drawn at right angles to the goal line, 2 meters from the inside edge of each goal opening. These lines shall extend into the field of play for a distance of 3 meters and shall be joined by a line drawn parallel with the goal line. Each of the spaces enclosed by these lines and the goal line shall be called a goal area.

From each corner, a quarter circle, having a radius of 25 cm, shall be drawn inside the field of play. A short line shall be drawn on the goal line 5 meters from the quarter circle and another short line shall be drawn on the touch line 5 meters from the quarter circle.

The goals shall be placed on the centre of each goal line. The white goals (2.05 x 5.50 m) are to be used for matches. The goalposts and the crossbar shall have the same width, which shall not exceed 12 cm. Nets shall be attached to the outer edges of the goal or the goalposts, crossbar and the ground behind the goals. The nets should be appropriately supported and have a minimum depth of 80 cm at the top and 1 meter at the ground level.

All team benches must be on the same side of the field.

### Rule 2 - THE BALL

The ball shall be spherical, made of leather or other suitable materials. No material shall be used in its construction which might prove dangerous to the players. For competitions

up to and including under-12, the ball shall be a size 4. For all other competition the ball shall be a size 5.

The ball shall be judged fit for play by the referee and shall not be changed during the game unless authorized by the referee.

### **Rule 3 – THE NUMBER OF PLAYERS**

- 1) All full-field games played in the Soccer Dome shall be played by two teams, each with not more than 7 (seven) players and not less than 5 (five) players. One of the players shall be the goalkeeper. All persons dressed to play shall be subject to the authority and jurisdiction of the referee.
- 2) Any team who is only able to field a team of 5 may call-up or call-across a maximum of 3 players from another team in order to field a team of up to 8 players. Players may not play down from a higher division.
- 3) Adult teams will register a minimum of 10 players.
- 4) No player may register with more than one (1) team in one (1) category. (Women playing in a Women's Over 30 division team can also play in the Men's OT division or Men's Open Division and men playing in a Men's OT division team can also play in the Men's Open Division).
- 5) Substitutes may be used in any match in accordance with the rules of the competition. The game shall not be delayed to allow substitutions, except for the substitution of the goalkeeper.
- 6) Unlimited substitutions shall be allowed.
- 7) Any of the other players may change places with the goalkeeper, provided that the referee is informed before the change is made, and provided also that the change is made during a stoppage of the game.
- 8) When any player other than the goalkeeper is to be replaced, the substitute shall not enter the field of play until the player being replaced is within 1 meter of the centre field on the side of the player's team bench. Either the player entering or the player leaving may interfere with the play while both are on the field. The substitution is completed when the substitute enters the field of play, from which moment the substitute becomes a player and the player being substituted ceases to be a player.

#### **Infringements/Sanctions**

**For any infringement of this playing rule, the offending team's coach shall designate a player from the field of play to serve a 2-minute penalty** and, if the referee stopped the game because of the infringement, the game shall be restarted with a free kick from the place where the ball was situated when the game was stopped.

## **Rule 4 – THE PLAYERS' EQUIPMENT**

Players shall not wear anything which is dangerous to themselves or another player.

- 1) The basic compulsory equipment of a player shall consist of a numbered shirt, shorts, stockings, shin guards and footwear. The footwear shall be appropriate to the indoor game and the playing surface. The number which shall be on the back of the shirt shall measure not less than 20 cm in height. Players of the same team shall not have the same uniform number.
- 2) Shin guards, which must be covered entirely by the stockings, shall be made of a suitable material (rubber, plastic, polyurethane or similar substance) and shall afford a reasonable degree of protection.
- 3) Team colours shall not conflict with each other or with the referee. Goalkeepers shall wear colours which distinguish them from each other, the other players and from the referee.

### **Infringements/Sanctions**

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

## **Rule 5 - THE REFEREE**

Each match is controlled by a referee who has full authority to enforce the playing rules of indoor soccer. The authority and exercise of the powers granted to the referee by these playing rules commence as soon as the referee enter the field of play. The referee's powers of penalizing shall extend to offences committed when the ball is in play, the ball is out of play, or play has been temporarily suspended. The referee's decision on points of fact connected with the play shall be final, so far as the result of the game is concerned.

The referee shall:

- a) enforce these playing rules;
- b) refrain from penalizing in cases where, by doing so, an advantage would be given to the offending team;
- c) keep a record of the game;
- d) have the discretionary power to stop the game for any infringement of the playing rules and to suspend or terminate the game whenever, by reason of the elements,

interference by spectators, or other cause, such stoppage is deemed necessary. In such a case the referee shall submit a detailed report, within the stipulated time, and in accordance with the laws of the game.

- e) allow no person other than the players to enter the field of play without giving permission;
- f) Stop the game when of the opinion that a player has been seriously injured, have the player removed as soon as possible from the field of play and immediately resume the game. If a player is slightly injured, the game must not be stopped until the ball has ceased to be in play. A player who is able to leave the field of play for attention of any kind, shall not be treated on the field of play;
- g) Caution and show a yellow card to any player guilty of misconduct or unsporting behavior. In such cases, the referee shall send the name of the offender to the competent authority, within the stipulated time;
- h) send off the field of play and show a red card to any player who is guilty of violent conduct, serious foul play, or the use of offensive, insulting, abusive language and/or gestures, or is guilty of a second cautionable offence; and
- i) Decide that the ball provided for a match meets the requirements of rule 2.

The decisions of the referee regarding facts connected with play are final.

#### **Rule 6 – THE TIMEKEEPER**

- 1) A timekeeper may be appointed to assist the referee. The timekeeper shall not enter the playing area and shall be under the jurisdiction of the referee.
- 2) The timekeeper shall:
  - a) start and stop the time-clock when signaled to do so by the referee;
  - b) keep the score and record the name and the number of those who score;
  - c) record the name and number of any player who is cautioned or sent-off from the playing area or its vicinity; and
  - d) control time penalties.

#### **Rule 7 – THE DURATION OF THE GAME**

The duration of the game shall be **two equal periods of 25 minutes**, unless otherwise stated in the rules of the competition.

Time shall be extended to permit a penalty kick being taken at or after the expiration of the normal period in either half. At half time the interval shall not exceed 3 minutes except by consent of the referee.

The competition rules shall state whether overtime and/or kicks from the penalty mark

are required to reach a decision.

## **Rule 8 - THE START AND RESTART OF PLAY**

- 1) Preliminaries: A coin is tossed and the team which wins the toss decides which goal it will attack in the first half of the game and kicks off in the second half of the game. The other team takes the kick-off to start the game. In the games second half, the teams change ends and attack the opposite goals;
- 2) Kick-off: A kick-off is the way of starting or restarting play:
  - a) at the start of the game;
  - b) after a goal has been scored;
  - c) at the start of the second half of the game; and
  - d) at the start of each period of extra time, when applicable.
- 3) Kick-off procedure: The referee having given a signal, the game shall be started by a player taking a place kick (i.e., a kick at the ball while it is stationary on the ground in the centre of the field of play) in any direction (i.e., forwards, sideways, or backwards) on the field of play. All players shall be in their own half of the field and every player of the team opposing that of the kicker shall remain not less than 3 meters from the ball until it is kicked-off. The ball is in play when it is kicked and moves. The kicker shall not play the ball a second time until it has been touched or played by another player.

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

### **Infringements/Sanctions**

For any infringement of this playing rule, the kick-off shall be retaken, except in the case of the kicker playing the ball again before it has been touched or played by another player; for this offence, a free kick shall be taken by a player of the opposing team from the place **where the infringement occurred, subject to the over-riding conditions imposed in playing rule 13.**

- 4) Dropped ball: After any other temporary suspension; when restarting the game after a temporary suspension of play from any cause not mentioned elsewhere in these playing rules, provided that immediately prior to the suspension the ball had not passed over the touch or goal lines, the referee shall drop the ball at the place where it was when play was suspended, unless it was within the penalty area at that time, in which case it shall be dropped on the penalty area line, at least 1 meter from the goal line, nearest to where the ball was when the offence was committed.

## **Rule 9 – THE BALL IN AND OUT OF PLAY**

The ball is out of play when:

- a) it has wholly crossed the touch line or the goal line, whether on the ground or in the air;
- b) it hits the ceiling above the playing area;

- c) play has been stopped by the referee.

The ball is in play at all other times, including when:

- a) it rebounds off a goalpost, crossbar, corner flag post onto the field of play;
- b) it rebounds off the referee while he is on the field of play.

### **Rule 10 – THE METHOD OF SCORING**

A goal is scored when the whole of the ball passes over the goal line, between the goal posts and under the crossbar, provided that no infringement of the rules has been committed previously by the team scoring the goal.

The team scoring the greater number of goals during the game shall be the winner. If both teams score an equal number of goals, or if no goals are scored, the game is drawn.

For games ending in a draw, the competition rules may state provisions involving extra time and/or the "Taking of Kicks from the Penalty Mark" or other procedures approved by the OSA to determine the winner of a game.

### **Rule 11 – OFFSIDE**

**There shall be no offside offence in indoor soccer.**

### **Rule 12 - FOULS AND MISCONDUCT**

A player who commits any of the following seven offences in a manner considered by the referee to, be **careless reckless** or using **excessive force**:

- a) kicks or attempts to kick an opponent;
- b) trips or attempts to trip an opponent;
- c) jumps on an opponent;
- d) charges an opponent;
- e) strikes or attempts to strike an opponent;
- f) pushes an opponent;
- g) tackles an opponent;

or who commits any of the following four offences:

- h) spits at an opponent;
- i) holds an opponent;
- j) handles the ball deliberately (except for the goalkeeper within his own penalty area);
- k) slide tackles (sliding without attempt to contact the opposing player shall not be considered a slide tackle);

shall be penalized by a free kick to be taken by the opposing team from the place where the offence occurred, subject to the over-riding conditions of playing rule 13.

Should a player of the defending team commit one of the above eleven offences within the penalty area, irrespective of the position of the ball, if in play, the player shall be penalized by a penalty kick.

A player committing any of the five following offences:

- 1) plays in a dangerous manner;
- 2) impedes the progress of an opponent;
- 3) prevents the goalkeeper from releasing the ball from his hands;
- 4) charging the goalkeeper except when the goalkeeper:
  - a) is holding the ball,
  - b) is obstructing an opponent,
  - c) has passed outside the goal area;
- 5) when playing as a goalkeeper and within the penalty area commits any of the following offences:
  - a) takes more than six seconds while controlling the ball with her/his hands, before releasing it from her/his possession,
  - b) touches the ball again with her/his hands after it has been released from her/his possession and has not touched any other player,
  - c) touches the ball with her/his hands after it has been deliberately kicked to her/him by a team-mate,
  - d) touches the ball with her/his hands after she/he has received it directly from a kick-in taken by a team-mate;

shall be penalized by a free kick to be taken by the opposing side from where the infringement occurred, subject to the over-riding conditions of playing rule 13.

A player is cautioned and shown the yellow card if he commits any of the following offences:

- a) is guilty of unsporting behavior;
- b) shows dissent by word or action;
- c) persistently infringes the playing rules of indoor soccer;
- d) delays the restart of play;
- e) fails to respect the required distance when play is restarted with a free kick, corner kick or kick-in;
- f) enters or re-enters the field of play without the referee's permission;
- g) deliberately leaves the field of play without the referee's permission;
- h) slide tackles (sliding without attempt to contact the opposing player shall not be considered a slide tackle).

A substitute or substituted player is cautioned and shown the yellow card if he commits any of the following offences:

- a) unsporting behavior;
- b) dissent by word or action;

- c) delaying the restart of play.

A player, substitute or substituted player is sent off and shown the red card if he commits any of the following offences:

- a) is guilty of serious foul play;
- b) is guilty of violent conduct;
- c) spits at an opponent or any other person;
- d) denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area);
- e) denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick;
- f) uses offensive, insulting or abusive language and/or gestures;
- g) receives a second caution in the same match.

A player, substitute or substituted player who has been sent off and shown the red card must leave the vicinity of the field of play.

Time Penalties:

- 1) A player committing any offence may be given a 2-minute time penalty, at the discretion of the referee.
- 2) A player who is cautioned shall serve a 2-minute time penalty.
- 3) A team, one of whose players has been sent off, shall serve a 5-minute time penalty.

Administration of time penalties:

- 1) Time penalties shall commence when the game is restarted.
- 2) Time penalties to goalkeepers may be served by another player who was on the field at the time of the offence.
- 3) The 2-minute time penalty shall be served until the time penalty expires.
- 4) The 5-minute time penalties shall be served until the time penalty expires.
- 5) When a player has been sent off another player on the same team shall serve the 5-minute time penalty.
- 6) If a team has two players serving time penalties and another player on the same team receives a time penalty, that player must go into the penalty box. The team must substitute players not serving time penalties to maintain the minimum number. The time penalty of the third player shall not commence until the time penalty of the first player has expired.

### **Rule 13 - FREE KICKS**

All free kicks shall be classified as "indirect" (a goal may not be scored unless the ball has been played or touched by a player other than the kicker before it enters the goal). The referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched

another player or goes out of play.

When a player is taking a free kick inside the player's own penalty area, all of the opposing players shall be at least 5 meters from the ball and shall remain outside the penalty area until the ball has been kicked out of the penalty area. The ball is in play immediately when it is kicked directly beyond the penalty area. The goalkeeper shall not handle the ball in order to kick it into play. If the ball is not kicked directly into play, beyond the penalty area, the kick shall be retaken.

When a player is taking a free kick outside the player's own penalty area, all of the opposing players shall be at least 5 meters from the ball, until it is in play, unless they are standing on their own goal line, between the goal posts. The ball is in play when it is kicked and moves.

If a player of the opposing team encroaches into the penalty area, or within 5 meters of the ball, before a free kick is taken, the referee shall delay the taking of the kick, until the playing rule is complied with.

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

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

- 1) Any free kick awarded to the defending team, within its own goal area, may be taken from any point within the goal area;
- 2) Any free kick awarded to the attacking team within its opponent's penalty area shall be taken from the penalty area line, at least 1 meter from the goal line, at the point nearest to where the offence was committed.

#### Infringements/Sanctions

If, after the ball is in play, the kicker touches the ball a second time before it has been touched by another player, a free kick shall be taken by a player of the opposing team from the place where the infringement occurred. If the offence is committed by a player in the opponents' goal area, the free kick shall be taken from any point within the goal area.

#### **Rule 14 – THE PENALTY KICK**

A penalty kick shall be taken from the penalty mark in youth games (when using the silver goals) or from the edge of the penalty area in adult games (when using the white goals). When the penalty kick is being taken, all players with the exception of the player taking the kick, properly identified, and the opposing goalkeeper, shall be within the field of play but outside the penalty area, and at least 5 meters from the penalty mark and must stand behind the penalty mark. The opposing goalkeeper remains on her/his goal line, facing the kicker, between the goalposts, until the ball is kicked. The player taking the penalty kick must kick the ball forward; it shall not be played a second time until it has

been touched or played by another player. The ball shall be deemed in play directly after it is kicked and moves. When a penalty kick is taken during the normal course of play, or time has been extended at half-time or full-time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing between the goalposts and under the crossbar, the ball touches either or both of the goalposts and/or the crossbar and/or the goalkeeper. The referee decides when a penalty kick has been completed.

**A goal may be scored directly from a penalty kick.**

#### Infringements/Sanctions

If the referee gives the signal for a penalty kick to be taken and, before the ball is in play, one of the following occurs:

- a) the player taking the penalty kick infringes the Laws of the Game:
  - the referee allows the kick to be taken;
  - if the ball enters the goal, the kick is retaken;
  - if the ball does not enter the goal, the referee stops play and the match is restarted with a free kick to the defending team from the place where the infringement occurred.
  
- b) the goalkeeper infringes the Laws of the Game:
  - the referee allows the kick to be taken;
  - if the ball enters the goal, a goal is awarded;
  - if the ball does not enter the goal, the kick is retaken.
  
- c) a team-mate of the player taking the kick infringes the Laws of the Game:
  - the referee allows the kick to be taken;
  - if the ball enters the goal, the kick is retaken;
  - if the ball does not enter the goal, the referee stops play and the match is restarted with a free kick to the defending team from the place where the infringement occurred.
  
- d) a team-mate of the goalkeeper infringes the Laws of the Game:
  - the referee allows the kick to be taken;
  - if the ball enters the goal, a goal is awarded;
  - if the ball does not enter the goal, the kick is retaken.
  
- e) a player of both the defending team and the attacking team infringe the Laws of the Game:
  - the kick is retaken.

If, after the penalty kick has been taken:

- a) the kicker touches the ball again (except with his hands) before it has touched another player:
  - a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.

- b) the kicker deliberately handles the ball before it has touched another player:
  - a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.
- c) the ball is touched by an outside agent as it moves forward:
  - the kick is retaken.
- d) the ball rebounds into the field of play 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 place where it touched the outside agent, unless it touched the outside agent inside the goal area, in which case the referee drops the ball on the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped.

### **Rule 15 – THE KICK-IN**

When the whole of the ball passes over the touch line, either on the ground or in the air, or touches the netting above the touch line, a free kick shall be awarded the team opposing that of the player who last touched or played the ball. The free kick shall be taken from the place where the ball crossed the touch line. Players of the team opposing that of the player taking the kick-in shall not approach within 5 meters of the ball until it is in play (it has been kicked and moves), nor shall the kicker play the ball a second time until it has been touched or played by another player.

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

### **Rule 16 – THE GOAL KICK**

When the whole of the ball passes over the goal line, excluding that portion between the goalposts, either in the air or on the ground, or touches the netting above the goal line, having last been played by one of the attacking team, it shall be kicked from any point within the goal area, by a player of the defending team. A goalkeeper shall not handle the ball from a goal kick in order to kick it into play. If the ball is not kicked beyond the penalty area, directly into play, the goal kick shall be retaken. The kicker shall not play the ball a second time until it has been touched or played by another player. Players of the team opposing that of the player taking the goal kick shall be at least 5 meters from the ball and shall remain outside the penalty area until the ball has been kicked beyond the penalty area.

**A goal may not be scored directly from a goal kick.**

### **Infringements/Sanctions**

If the player taking a goal kick plays the ball a second time after it has passed beyond the penalty area, but before it has touched or played by another player, a free kick shall be awarded to the opposing team, to be taken from the place where the infringement occurred, subject to the over-riding conditions imposed in playing rule 13. For any other

infringement the goal kick shall be retaken.

### **Rule 17 – THE CORNER KICK**

When the whole of the ball passes over the goal line, excluding that portion between the goalposts, either in the air or on the ground, or touches the netting above the goal line, having last been played by one of the defending team, a member of the attacking team shall take a corner kick. The ball shall be placed within the corner arc and it shall be kicked from that position. Players of the team opposing that of the player taking the corner kick shall not approach within 5 meters of the ball until it is in play, i.e. it has been kicked and moves, nor shall the kicker play the ball a second time until it has been touched or played by another player.

**A goal may not be scored directly from a corner kick.**

#### **Infringements/Sanctions**

If the player who takes the kick plays the ball a second time before it has been touched or played by another player, the referee shall award a free kick to the opposing team, to be taken from the place where the infringement occurred, subject to the over-riding conditions imposed in playing rule 13. For any other infringement the corner kick shall be retaken.

**Appendix A - INSTRUCTIONS REGARDING THE TAKING OF KICKS FROM THE PENALTY MARK (in knock-out competitions to decide a winner)**

- 1) All dressed players (excluding any players who were dismissed) shall be eligible to take part in the "Taking of Kicks from the Penalty Mark".
- 2) When a team finishes the match with a greater number of players than its opposing team, that team shall reduce its numbers to equate with that of its opposing team.
- 3) Before the start of kicks from the penalty mark, the referee shall ensure that only an equal number of players from each team remain within the centre circle and they shall take the kicks.
- 4) The referee shall choose the goal at which all of the kicks shall be taken.
- 5) The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or second kick.
- 6) The referee shall keep a record of the kicks being taken .
- 7) Subject to the conditions below, both teams shall take 5 (five) kicks which will be alternately taken by the teams.
- 8) If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks shall be taken.
- 9) If, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, kicks continue to be taken in the same order until one team has scored one goal more than the other from the same number of kicks.
- 10) Each kick is taken by a different player and all eligible players must take a kick before a player can take a second kick.
- 11) An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken.
- 12) Only the eligible players and match officials are permitted to remain on the field of play when kicks from the penalty mark are being taken.
- 13) All eligible players except the two goalkeepers and the player taking the kick must remain within the centre circle.