

WOODSTOCK SOCCER CLUB INDOOR SOCCER RULES



Revised October 2021



WOODSTOCK SOCCER CLUB (Woodstock FC) INDOOR SOCCER RULES

REVISED August 2021

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Law 1 – Field of Play: All games are to be played at the Cowan Park Sportsplex
(895 Ridgewood Drive, Woodstock Ontario)

Law 2 – The Ball: As approved by the WSC and the league.

Law 3 – Number of Players:

- 5 Players per team on the pitch
- One (1) player per team on pitch which will be the goalkeeper
- Minimum Four (4) players per team required to start and/or continue the game otherwise the game is a forfeit.
- In Adult leagues one of the 5 players on the pitch must be female. If a female is unavailable, the team plays one player short.

NOTE: The WSC Executive may modify players per team on the pitch due to registration numbers

Substitutions:

- substitutions are unlimited
- substitutions must remain on either the bench or within several yards of the bench at all times
- All substitutions with the exception of the goalkeeper may be done on the fly, or any time a goal is scored
- Goalkeeper substitution with referees permission at any stoppage of play
- Injured player substitution with Referee permission

Registration:

- a) All players must be registered and have paid the registration fee & appear on the team official roster that appears in the WSC office. The WSC and WSC Executive set the Seasonal Fee.
- b) No player shall practice or play with a team without being properly registered with WSC. All players must properly complete WSC Registration Forms.
- c) WSC reserves the right to "screen" players and refuse playing rights to players considered inappropriate for the league.
 - The number of competitive players per team may be limited per league or division of play.

ALL PLAYERS ARE ENTITLED TO EQUAL PLAYING TIME – the only exception to the rules is the goalkeeper, who will be permitted to play the whole game, as long as they stay in net. If they come out to play the pitch / field then they MUST be substituted with the rest of the team.

Law 4 – The Player’s Equipment:

- Must wear a numbered shirt, shorts and socks
- Must wear shin guards that are covered by socks
- Must wear proper shoes - No boots, or formal shoes
- Goalkeeper should wear a different color jersey or may just wear his team’s jersey backwards if no other appropriated jersey is available

SAFETY – A player must not use equipment or wear anything that is dangerous to himself / herself or another player. Only soft casts are allowed, i.e., no plaster casts. No jewelry or jeans are permitted on the pitch!

Law 5 – Referee:

A referee shall be appointed to officiate in each game. The authority and the exercise of the powers granted to the referee by the Laws of the Game commence as soon as the referee enters the pitch / field of play

The referee’s powers of penalizing shall extend to offences committed when the ball is in play, when the play has been temporary suspended, or when the ball is out of play

The referee’s decision on points of act connected with play shall be final, so far as the results of the game is concerned.

A referee shall:

- Enforce the rules of the game
- Refrain from penalizing in cases where by doing so, an advantage would be given to the offensive team
- keep a record of the game
- Have the discretionary power to stop the game for any infringement of the Laws, and to suspend or terminate the game whenever, by reason of the elements, interference by spectator, or other cause, such stoppage is deemed necessary. In such case the referee shall report the details of the incident to the competent authority
- From the time they enter the pitch / field of play, caution and show blue, yellow or red card to any player guilty of misconduct. In such case the referee shall report the name of the offender to the competent authority
- Allow no person other than the players to enter the pitch / field of play without giving permission
- Stop the game when in his / her opinion that a player has been seriously injured, have the player removed as soon as possible from the pitch / field of play, and immediately resume the game. If a player is slightly injured, the game must not be stopped until the ball is out of play. A player who is able to leave the pitch / field of play for attention of any kind, shall not be treated on the pitch / field of play
- Send off the pitch / field of play and show a red card to any player who is guilty of violent conduct, serious foul play, or the use of foul or abusive language or who has received a second caution in the same game.

- WSC Decide the ball provided for the match meets with requirements of Law 2

Law 6 – Assistant Referee:

- does not usually apply to indoor, but in special circumstances, two refs may be assigned to one game

Law 7 – Duration of Play:

Youth

- each game will be 40 minutes straight time with a 10 min warm up and no halftime break
- Changing ends does not occur in our indoor programs.

Adult

- 2 equal periods of 25 minutes
- half time – a period of 2 minutes between halves
- Changing ends does not occur in our indoor programs.

Law 8 – Start & Restart of Play:

- One team will kick off to start match as determined by the match official.
- All players must be on own half when game starts or after a goal is scored
- Kick-off can be played in any direction
- Ball must move before the defending team can challenge for possession
- Defending team must remain outside the center circle until the ball is put in play (minimum 5 yards from ball)
- The player taking the kick off cannot touch the ball again until another player has touched the ball
- Defending players must allow appropriate distance (5 yards) on all indirect kicks, corner kicks, and goal kicks
- In case of injury the game will be started with a drop ball unless the injury involved a foul
- All fouls are indirect except the case of a penalty shot
- A goal cannot be scored directly from kick-off

Law 9 – Ball In & Out of Play:

The ball is out of play if the whole ball passes completely over one of the two touch lines or two goal lines on the ground or in the air. If the ball strikes the ceiling and comes back into the field of play, the referee shall say “play on” and does not stop the play.

The pitch / field of play have two touch lines. Balls out of play on the touch lines will result in a **kick-in**. Balls out of play on the goal lines will result in a goal kick or corner kick if not resulting in a goal.

For all Senior and Adult games, when taking a kick-in in the offensive half of the field, the ball must be passed backward. No kick-ins directed at the defending goalie, for player safety reasons.

A drop ball restarts the game for any reason not mentioned elsewhere.

Law 10 – Method of Scoring:

A goal is scored when the whole ball passes over the goal line, between the goal posts and under the crossbar, provided that none of the rules of the game have been broken.

Law 11 – Offside:

There are NO off sides in indoor soccer

Law 12 – Fouls & Misconduct:

A player, who intentionally commits any of the following 18 offenses, will be punished with an indirect free kick for the opposing team from where the offence occurred.

Major Misconducts: Penal offences.

1. - kicks or attempts to kick
2. - trips or attempts to trip
3. - jumps at an opponent
4. - charges an opponent
5. - strikes or attempts to strike an opponent
6. - Pushes/Pulls an opponent
7. - holds an opponent
8. - spits at an opponent
9. - handles a ball deliberately (except goalkeeper in their own goal area)
10. - punches an opponent

Minor Misconducts:

11. - playing in a dangerous manner
12. - slide-tackles an opponent without contact to the opponent
13. - Goalkeeper Handles Ball 2nd Time (Puts ball down and picks it up)
14. - Goalkeeper takes more than 6 seconds to put ball back in play
15. - Any Player plays in a Dangerous Manner
16. - Impedes progress of an opponent (obstruction)
17. - Opposing player prevents the keeper from releasing the ball
18. - Commits any other offence not previously mentioned, for which play is stopped to caution/dismiss a player(s)

Players committing a reckless foul or moderate misconduct may be penalized for two minutes on the first offence (blue card), and a yellow card and two minutes penalty for the second offence by the same player. A player receiving a second yellow (red card) for a third offense will leave the field (goes out in hallway) and his team receives a five-minute penalty. This includes the goalkeeper.

A player on the field may serve the two-minute penalty for the goalkeeper, but if the goalie is ejected with a red card, goalie must leave the field/pitch, (goes out in hallway) and his/her team will play short one player for 5 minutes. The Ejected goalie may be replaced by one of the players on the field or the bench. The game will restart with the offending team having 1 less player for 5 minutes. If more than one player is removed from the same team for a 2 minute or 5 minute penalty, the second player

serves the penalty after the first player has finished his/her time. There must be a minimum of 4 players on the field for each team at all times.

A player may be given a two minute penalty (Blue Card) for any Cautionable offence i.e.

- (a) the player persists to infringe the rules of the game
- (b) the player by word or action, shows dissent towards the referee or another player
- (c) the player is guilty of unsporting conduct
- (d) delays the restart of the game
- (e) fails to respect the required distance for indirect kicks, corner kicks and goal kicks and kick-ins.

Any Player who receives a Caution (Yellow card not Blue), the caution will be marked on the appropriate game sheet. If a player receives a red card, the referee will mark it on the appropriate game sheet and fill out an ejection form assisted by the referee convener.

NOTE:

The 2-minute or 5-minute penalty must be served in their entirety regardless of the number of goals scored during the penalty. If off setting penalties given, the teams may play 5 vs 5 with the offending players sitting out the 2 minutes before being substituted back into play.

A player committing a foul of excessive force or major misconduct will be shown a red card and their team will be penalized for five minutes, regardless of how many goals are scored against the team. Players who receive the red card may take no further part in the match, and must leave the field/pitch of play, i.e., go to the change area. The ejected player may be replaced after the five-minute penalty expires.

A player may be given a five minute penalty for any Dismissible offence i.e.

- (a) Serious Foul Play
- (b) Violent Conduct
- (c) Spitting on the pitch/field in general, at an opponent, or any other person
- (d) Denying a goal or an obvious goal scoring opportunity by handling the ball or by fouling an opponent by the goalkeeper.
- (e) Denying an obvious goal scoring opportunity to an opponent moving toward the goal for a foul punishable by an indirect free kick if the foul occurred outside the penalty area or a penalty kick if the foul occurred inside the penalty area (Major Misconduct 1-10).
- (f) Using offensive, abusive or insulting language or gesture.
- (g) Having received a second caution (2 yellow card)s in the same game by the same player.

NOTE: Players are not allowed to leave their feet to challenge for the ball (slide tackle), or slide to keep the ball in play with an opponent near the ball (1-2 yards from the ball). They are penalized in the same manner as a penal offence (either an indirect free kick, or penalty kick, if contact was made with a player in the penalty area). Goalkeepers are permitted to slide when challenging for the ball in the penalty area only, but may not slide feet-first, and may not cause a foul by doing so.

Law 13 – Free Kicks:

ALL FREE KICKS ARE INDIRECT

- Direct kicks will not be awarded in indoor soccer with the exception of a penalty kick

- Defending team MUST allow the other team a minimum of 5 yards to put ball in play, on all indirect free kicks, kick-ins, corner kicks, and goal kicks.
- A player cannot score directly from a free kick or kick-off except from a penalty kick
- If the ball is kicked directly into the opponents' goal, from a free kick, a goal kick is awarded. If the ball is kicked directly into the players own goal, from a free kick, a corner kick is awarded to the opponents

Law 14 – Penalty Kick:

- Penalty Kick may be awarded when Law 12 is broken in the Penalty area or a certain goal opportunity has been taken away by one of the Major misconducts, Penal offences 1-10.
- A penalty kick shall be taken from the spot marked inside the penalty area for ages U4 to U11
- The goalie has to stay on his goal line and can only move sideways, until the penalty has been taken. If the ball comes back after hitting the goal posts or cross bar, anyone can play it EXCEPT the player who took the penalty. If the ball comes off the goalie anyone can play INCLUDING penalty taker.
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- For U12 and up including adult games, The penalty spot is in the middle and top of the semi-circle of the Penalty area. The goalie has to stay on his goal line and can only move sideways, until the penalty has been taken. If the ball comes back after hitting the goal posts or cross bar, anyone can play it EXCEPT the player who took the penalty. If the ball comes off the goalie anyone can play INCLUDING penalty taker.
- All players except the goalkeeper and the player taking the shot must remain outside the penalty area and behind the ball until the shot has been taken
- If an indirect kick is awarded inside the penalty area for a Minor Misconduct 11-18, less than 5 yards from the goal line, it must be taken 5 yards from the goal line, in line with the place the infraction occurred. All defenders including the goalkeeper must be at least 5 yards from the ball.

Law 15 – Throw-in: ****Indoor 2021-2022 Due to COVID 19 the ball must be kicked in**

- If the whole ball goes over a sideline, the game is restarted by a kick-in from the spot the ball crossed the line. The required distance for the defender is 5 yards, if requested by the kicker or his team.
- For all House League Senior and Adult games, when taking a kick-in in the offensive half of the field, the ball must be passed backward. No kick-ins in the offensive zone may be directed at the defending goalie for player safety reasons.

NOTE: A GOAL MAY NOT BE SCORED DIRECTLY FROM A THROW-IN.

Law 16 – Goal Kicks:

- A goal kick is awarded when an attacking player kicks the ball over the defenders goal line not resulting in a goal
- The goal kick is taken from the designated area (anywhere on the ground in the small goal crease)

NOTE:

- The goalkeeper during possession, CAN kick or throw the ball
- The goalkeepers can kick the ball from their hands, throw ball or kick from the turf, during open play, but once the goalkeeper places the ball on the turf in games that do not include use of the retreat line, the ball becomes live and in play
- The goalkeeper cannot be challenged inside the penalty area if the ball is in his possession.
- The penalty area encompasses everything inside the penalty area including the goal crease

Retreat Line

For ages U4-11, the retreat line is enforced. The retreat line is the half way line.

1. The Retreat Line will be positioned at halfway of the pitch
2. The Retreat Line will come into effect at two points during the game:
 - At a goal-kick
 - When the goalkeeper has the ball in his hands.
3. At these times, the “attacking” team is required to drop back to at, or behind, the Retreat Line.
4. The goalkeeper can then pass the ball to one of his team-mates without the pressure of an opposing player nearby.
5. The opposing players are only permitted to move inside the "Retreat Line" area, once the goalkeepers team-mate has touched the ball, or if the Referee deems that the player has the ball "under control" for a period of 5 seconds, no touch will be required.
6. The 5 second rule avoids a situation where a coach advises his player to not touch in order to waste time!
7. After all, the Retreat Line has been introduced to aid the technical development of our players not to be a time wasting tactic!
8. Referees and coaches are therefore reminded of this and that fact that the goalkeeper releasing the ball is NOT the activation point.

Ball across the Retreat Line

1. In some instances, instead of the goalkeeper choosing to "play out from the back", they may decide to kick the ball directly over the Retreat Line.
2. Referees and coaches are advised that this is not against the rules (although clearly against the "spirit" of the Retreat Line), and so the game should not be stopped.
Also, be advised that when the ball crosses the Retreat Line, it can be touched by any player on the field and can be deemed "live and in play".

Goalkeeper Release

1. Should the goalkeeper elect to release the ball from their hands, and hence, obviously plans to play out to a team-mate, the opposing team are still required to wait until the first touch of the team-mate (or use the 5 second rule explained above) before moving inside the Retreat Line.
2. Referee should be watchful of the time taken by the goalkeeper to pass the ball to a team-mate, and should enforce the 5 second rule here also if they feel time-wasting is occurring.

Law 17 – Corner Kicks:

A corner kick is awarded if a defending player kicks the ball over their own goal line not resulting in a goal.

NOTE: A GOAL MAY NOT BE SCORED DIRECTLY FROM A CORNER KICK. All free kicks including the corner kick are indirect except the penalty kick.

Law 18 – Common Sense:

- The referee / players /coaches /spectators and all other in attendance are reminded to use common sense and good judgment during the game!

The WSC Board of Directors, from time to time, may make temporary rules or regulations governing specific cases, occasions or any other matter not herein provided for, or due to safety concerns.

Implementation:

That Woodstock Soccer Club approves the proposed Indoor Soccer Rules, and authorizes to implement the policy effective immediately.

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Director of House League
Woodstock Soccer Club

Kevin Clarke

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