



1. **Equal Playing Time:**

All players MUST be played equally during the regular season. Lengthy benching of player(s) will not be tolerated.

2. **Playing Format & Game Duration (playing format subject to change):**

**U4 and U5/6 Mixed** – 3v3 playing format using pug nets. No keepers, no referees, no scores, no standings. (each session will consist of a 20 minute practice followed by a scrimmage which will consist of 2 x 10 minute halves played on a quarter of a single field.

**U7 to U11** – 6v6 playing format (including keeper). 2 x 25 minute halves. No scores/no standings will be posted. Playing on Single Field.

**U12/13**–5v5 playing format (including keeper). 2 x 25 minute halves. There will be standings and scores. Playing on Single Field.

**U15 -U18 Division** –6v6 playing format (including keeper). 2 x 25 min halves. There will be scores and standings. Playing on Double Field.

3. **NO Off Sides:**

There are no off sides during indoor soccer. This applies to all age groups.

4. **Substitutions:**

Substitutions can occur at any time during the game by either team for all age groups (at the discretion of the referee).

5. **Kick-Ins:**

A kick-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crossed the touch line. A goal may **not** be scored directly from a kick-in. A defender must be at least 3 metres from the ball.

6. **Kick-off:**

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

7. **Free Kicks (Excluding penalty kicks):**

A goal may **not** be scored directly from a free kick. An opponent must be at least 3 metres from the ball.

8. **Goal Kicks:**

Goal kicks are taken from any point inside the penalty area by the team. A goal may **not** be scored directly from a goal kick. The goalkeeper is not allowed to kick or throw the ball directly from their hands over the centre line unless the ball touches the keeper's side of centre first. Otherwise, the opposing team shall take a kick-in from the touchline at the centre point of the field.

9. **Penalty Kicks:**

On a single field, the penalty kick shall be taken from the top of the penalty area (box). On a double field, the penalty kick shall be taken 8 metres from the goal line. All players except the kicker shall be at least 3 metres from the ball. Except for the keeper, all other opponents must be outside the penalty area and behind the ball. The opposing goalkeeper must stand on the goal line. A goal may be scored directly from a penalty kick.

10. **Corner Kicks:**

When the whole of the ball passes over the goal line, having last been played by one of the defending team, a member of the attacking team shall take a corner kick. Defenders must be at least 3 metres from the ball. A goal may **not** be scored directly from a corner kick.



11. **Slide Tackles:**

**There will be absolutely no sliding allowed.** Such infractions will be penalized at the discretion of the referee. At a minimum, an indirect free kick shall be awarded.

12. **Number of Players:**

The minimum players required to play a game 3v3 format will be 3 (for the U4, U5/6X division, if a team does not have enough players, they may borrow players from the opposing team to allow the game to continue).

The minimum players required to play a game for 5v5 format will be 4 (one of which must be the keeper).

The minimum players required to play a game for 6v6 format will be 5 (one of which must be the keeper).

If a team cannot field the minimum number of players, the opposing team will be awarded a win of 2 - 0.

During the regular season, there shall be a 10 minute grace time **(the game will be shortened to ensure that it is finished within the allotted time frame.**

13. **Yellow/Red Cards:**

2 yellows equal a red which is an automatic 1 game suspension.

When a red card is shown to a player, that player is sent off for the remainder of the game. The offending player will receive an automatic 1 game suspension. If offense is of a serious nature a Discipline Hearing will be held.

For a yellow card, the offending team will play short for a minimum of two (2) minutes. For a red card, the offending team will play short for a minimum of five (5) minutes.

At the appropriate time, the referee will inform the offending team that they can add a player. **Adding a player is not at the coaches' discretion.** If a player comes on too soon, that player will be shown a yellow card and asked to leave the field.

14. **Referees:**

All referee decisions are final. Zero tolerance in effect with regards to any and all referee decisions.

15. **Player's Equipment:**

**Indoor soccer shoes (no running shoes and outdoor cleats)** and all participants must wear shin guards.

Shin guards must be worn under the socks. Absolutely no jewelry can be worn during any session, no exception.

16. **Mercy Rule:**

If a team in the U7 to U18 divisions is winning by 3 goals, the mercy rule applies. The losing team will be permitted to add one additional player to the field of play until the goal differential is less than 3.

**MERCY RULE DOES NOT APPLY DURING TOURNAMENT**