ALBERTA SOCCER

The Rules of Indoor Soccer

2025-26

Rules of Indoor Soccer

Preface

Changes to the Rules of Indoor Soccer for 2025-26 are underlined in the text

Modifications

Provided the principles of these Rules are maintained, the Rules may be modified in their application for matches for players of under 12 years of age, over 35 years of age, and for players with disabilities.

Any or all of the following modifications are permissible:

- Size of the field of play
- Size, weight and material of the ball
- Number of bench personnel
- Duration of the periods of play
- Provisions for stopped time

Further modifications are only allowed with the consent of the Alberta Soccer Association.

Male and Female

References to the male gender in the Rules of Indoor Soccer (here in "Rules") in respect of referees, assistant referees, players and officials are for simplification and apply to both males and females.

Omissions

Any wording or situations not directly covered in the Rules of Indoor Soccer, will default to the current IFAB Laws of the Game, wherever possible.

Table of Contents

RULE 1 – THE FIELD OF PLAY 4
RULE 2 – THE BALL 8
RULE 3 – THE NUMBER OF PLAYERS 9
RULE 4 – THE PLAYERS' EQUIPMENT 12
RULE 5 – THE REFEREE 14
RULE 6 – THE ASSISTANT REFEREE 17
RULE 7 – THE DURATION OF THE MATCH 18
RULE 8 – THE START AND RESTART OF PLAY 19
RULE 9 – THE BALL IN AND OUT OF PLAY 23
RULE 10 – THE METHOD OF SCORING 25
RULE 11 – THREE-LINE VIOLATION 26
RULE 12 – FOULS AND MISCONDUCT 27
RULE 13 – FREE KICKS 37
RULE 14 – THE PENALTY KICK 40
RULE 15 – BALL OUT OF PLAY: CEILING OR SIDE 43
RULE 16 – THE GOAL KICK 44
RULE 17 – THE CORNER KICK 46
PENALTIES (PENALTY SHOOT-OUT) 48
INDOOR SOCCER MODIFICATIONS FOR U9 & U11 50
SUMMARY OF TIME PENALTIES AND SANCTIONS 54
H.I.V. POLICY 56
CAST AND BRACE POLICY 57
Additional Instructions to Referees. 59
Questions and Answers for Indoor Soccer 63

RULE 1 – THE FIELD OF PLAY

Field Surface

Matches are played on artificial surfaces, according to the rules of the competition.

Field Markings

The field of play is defined by perimeter walls and their tops. The two longer walls are called touch walls. The two shorter walls are called goal walls. (Note: the terms “boards” or “boarding” is reserved for use with the penal offence – Rule 12)

The field of play is marked with lines. These lines belong to the areas of which they are boundaries.

The field of play is divided into two halves by a halfway line.

The center mark is indicated at the midpoint of the halfway line. A circle with a radius of 15 feet is marked around it.

There is a defensive zone line in each half, 30 feet from the center line. The defensive zone lines extend vertically to the top of each touch wall. The restart mark is indicated at the centre of the defensive zone line.

An optional mark may be placed 15 feet closer to the goal line than the restart mark at the centre of the defensive zone line.

Dimensions

The length of the touch wall must be greater than the length of the goal wall.

Length:	minimum	150 feet
	maximum	210 feet
Width:	minimum	75 feet
	maximum	100 feet

Bench Area

A bench area off the field of play must be provided for each team. Substitutes and officials for the team must remain in the bench area.

Penalty Box

An area off the field of play must be provided for players penalized by a time penalty. The assistant referee is stationed inside the penalty box.

Referee's Crease

A broken line with a radius of 10 feet is drawn around the penalty box. No team official or player may enter the crease to speak with the referee without the express permission of the referee.

Goal Area

Two lines are drawn at right angles to the goal line, 2 feet from the inside of each goalpost. These lines extend into the field of play for a distance of 5 feet and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

Penalty Area

Two lines are drawn at right angles to the goal line, 9 feet from the inside of each goalpost. These lines extend into the field of play for a distance of 25 feet and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area.

Within each penalty area a penalty mark is made 24 feet from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of 15 feet from each penalty mark is drawn outside the penalty area.

Restart Line

A broken line is drawn 3 feet inside the touch walls, going from corner mark to corner mark.

Corner Mark

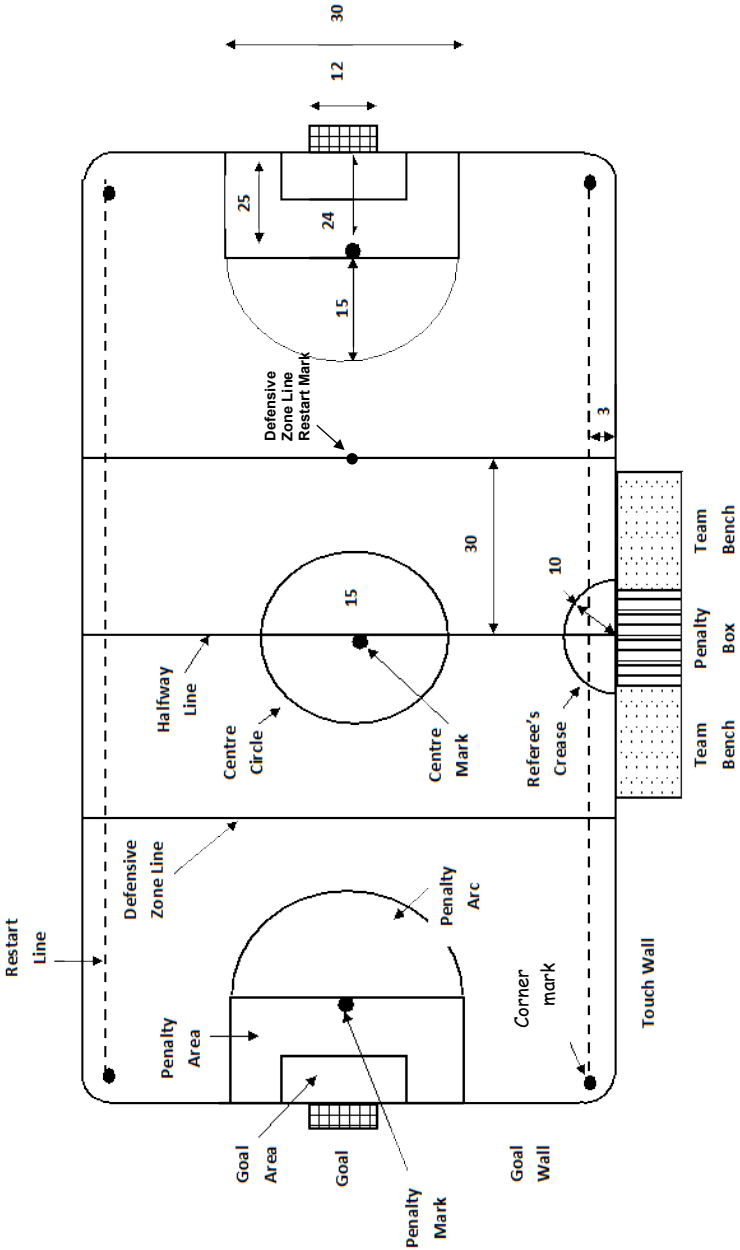
The corner mark is drawn at the intersection of the restart line and the undrawn extension of the goal area line running parallel to the goal line.

A line will be drawn, extending vertically to the top of the wall, at a point that is an equal distance from the beginning of the corner curve at both the goal and touch walls.

Goals

Goals must be placed on the center of each goal line. The goal is recessed into the goal wall. Its goalposts and crossbar are flush with the goal wall.

The distance between the posts is 12 feet, and the distance from the lower edge of the crossbar to the field of play is 2 metres (6.5 feet). A line will be drawn between the goalposts. Nets may be attached to the goals and the floor behind the goal, provided that they are properly supported and do not interfere with the goalkeeper.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Defensive
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Zone Line
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Arc
Penalty
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Corner
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Touch Wall
Goal
Area
Goal
Penalty
Mark
Goal
Wall

RULE 2 – THE BALL

Qualities and Measurements

The ball is:

- spherical
- made of leather or other suitable material
- of a circumference of not more than 70 cm (28 ins) and not less than 6 8 cm (27 ins)
- not more than 450 g (16 oz) in weight and not less than 410 g (14 oz)
- at the start of the match of a pressure equal to 0.6 – 1.1 atmosphere (600 – 1100 g/cm2) at sea level (8.5 lbs./sq. in 15.6 lbs./sq. in)

Replacement of a Defective Ball

If the ball bursts or becomes defective during the course of a match:

- the match is stopped
- the match is restarted by dropping the replacement ball at the place where the original ball became defective, unless play was stopped inside the goal area, in which case the referee drops the replacement ball on the penalty spot

If the ball bursts or becomes defective during a penalty kick or during kicks from the penalty mark as it moves forward and before it touches any player or the crossbar or goalposts:

- the penalty kick is retaken

If the ball bursts or becomes defective whilst not in play at a kick-off, goal kick, corner kick, free kick, or penalty kick:

- the match is restarted accordingly

The ball may not be changed during the match without the authority of the referee.

RULE 3 – THE NUMBER OF PLAYERS

Number of Players

A match is played by two teams, each consisting of not more than six players, one of whom must be a goalkeeper.

A match may not start or continue if either team consists of fewer than four players.

Number of Substitutions

Teams may also dress up to 14 substitutes; a maximum of 20 named players on the game sheet.

Substitution Procedure

In all matches the game sheet listing the names of all of the players must be given to the referee prior to the start of the match. Any player or substitute whose name is not given to the referee at this time may not take part in the match.

To replace a player by a substitute, the following conditions must be observed:

- the player must first leave the field. A player is considered to have left the field if he is inside the restart line between the ends of his team's bench area, and as long he is not intentionally interfering with play. The player must then leave the field through either gate of the team's bench.
- a player is also considered to have left the field if he has been given permission to do so by the referee, through an outside gate, for any reason.
- once the player has left the field, the substitute may enter the field from either gate of the team's bench.
- a substitution is completed when the substitute enters the field of play.
- All substitutes are subject to the authority and jurisdiction of the referee, whether called upon to play or not.

Guaranteed Substitution Opportunity

Play will be held up for reasonable time to allow teams to substitute:

- after a time penalty has been awarded
- on a serious injury to a player
- after a goal has been scored

In these circumstances a team cannot be penalized for too many players.

Changing the Goalkeeper

Any of the other players, including the alternate goalkeeper may change places with the goalkeeper provided that:

- the referee is notified before the change is made
- the change is made during a guaranteed substitution opportunity (Penalty Injury or Goal), or during the halftime interval

Infringements and Sanctions

If a substitute enters the field of play without a player having first left the field, or the player being replaced intentionally interferes with play after the substitute has entered the field:

- play is stopped, unless the advantage clause is applied and a delayed penalty is called (see page 31)
- the team is penalized by a 2-minute technical offence penalty for 'too many players' * see page 46 for U9/11 exception.
- play is restarted with a free kick to the opposing team at the place the ball was located when play was stopped

If a player changes places with the goalkeeper without the referee's permission before the change is made:

- the referee allows play to continue
- the referee cautions the players concerned when the ball is next out of play, but not if the change occurred at halftime, (including extra time, or the period between the end of the match and the start of extra time and/or kicks from the penalty mark).

Players sent off before the Start of the Match

The team of a player who has been sent off before the start of a match is not penalized with one fewer player to start the match.
No additions may be made to the game sheet to replace a player who is sent off prior to the start of the match.

RULE 4 – THE PLAYERS' EQUIPMENT

Safety

A player must not use equipment or wear anything that is dangerous. All items of jewelry (necklaces, rings, bracelets, earings, leather bands, rubber bands etc.) are forbidden and must be removed. Using tape to cover jewelry is not permitted.

A player wearing a rigid cast is not permitted to play. A player may be permitted to wear a brace at the referee's discretion.

Basic Equipment

The basic compulsory equipment of a player is:

- a jersey or shirt with sleeves, if undergarments are worn, the colour of the sleeve must be the same main colour as the sleeve of the jersey or shirt
- shorts – if undershorts or tights are worn, they must be of the same main colour as the shorts
- stockings
- shin guards
- footwear, suitable for artificial surfaces

Shin guards

Shin guards:

- are covered entirely by the stockings
- players are responsible for the size and suitability of their shin guards

Colours

- The two teams must wear colours that distinguish them from each other and also the referee and the assistant referee
- Each goalkeeper must wear colours that distinguish them from the other players, the referee and the assistant referee

Infringements and Sanctions

For any infringement of this Rule:

- play need not be stopped
- the player at fault is instructed by the referee to correct their equipment
- the player leaves the field of play when the ball next ceases to be in play, unless they have already corrected their equipment
- any player required to leave the field of play to correct their equipment does not re-enter without the referee's permission
- the referee checks that the player's equipment is correct before allowing them to re-enter the field of play; this may be delegated to the assistant referee

The player who has been required to leave the field of play because of an infringement of this Rule and who re-enters the field of play without the referee's permission is cautioned and shown the yellow card.

Restart of Play

If play is stopped by the referee to administer a caution:

- the match is restarted by a free kick taken by a player of the opposing side, from the place where the ball was located when the referee stopped the match (See Rule 13 – Position of Free Kick)

RULE 5 – THE REFEREE

The Authority of the Referee

Each match is controlled by a referee who has full authority to enforce the Rules of Indoor Soccer in connection with the match to which he has been appointed.

Powers and Duties

The Referee:

- enforces the Rules of Indoor Soccer
- controls the match in co-operation with the assistant referee
- ensures that the ball meets the requirements of Rule 2
- ensures that the players' equipment meets the requirements of Rule 4
- stops, suspends or abandons the match, at his discretion, for any infringements of the Rules
- stops, suspends or abandons the match because of outside interference of any kind
- stops the match if, in his opinion, a player is seriously injured and ensures that he is removed from the field of play
- allows play to continue until the ball is out of play if a player is, in his opinion, only slightly injured
- ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the assistant referee, who must be satisfied that the bleeding has stopped
- allows play to continue when the team against which an offence has been committed will benefit from such an advantage and penalizes the original offence if the anticipated advantage does not materialize at that time
- punishes the more serious offence when a player commits more than one offence at the same time
- takes disciplinary action against players guilty of technical offences, cautionable and sending-off offences. He is not obliged to take this action immediately but must do so when the ball next goes out of play
- acts on the advice of the assistant referee regarding incidents which he has not seen
- ensures that no unauthorized persons enter the field of play

- indicates the restart of the match after it has been stopped
- provides the appropriate authorities with a match report, which includes information on any disciplinary action taken against players and/or team officials and any other incidents which occurred before, during or after the match
- where there is a time limitation of 5 seconds as required in the Rules, must indicate both visually and verbally a count of 5 seconds
- takes action against team officials who fail to conduct themselves in a responsible manner, and may, at his discretion, expel them from the field of play and its immediate surrounds

Decisions of the Referee

The decisions of the referee regarding facts connected with play, including whether or not a goal is scored, and the result of the match, are final.
The referee may not change a decision on realizing that it is incorrect or on the advice of another match official if play has restarted, or the referee has signalled the end of the first or second half (inlcuding extra time) and left the field of play or terminated the match.

Decisions of the ASA

A referee or assistant referee is not held liable for:
- any kind of injury suffered by a player, official or spectator
- any damage to property of any kind
- any other loss suffered by any individual, club, company, association or other body, which is due or which may be due to any decision which he may take under the terms of the Rules of Indoor Soccer or in respect of the normal procedures required to hold, play and control a match.

Such decisions may include:

- a decision that the condition of the field of play or its surrounds are such as to allow or not to allow a match to take place
- a decision to abandon a match for whatever reason
- a decision as to the condition of the field equipment and ball used during a match
- a decision to stop or not to stop a match due to spectator interference or any problem in the spectator area
- a decision to stop or not to stop play to allow an injured player to be removed from the field of play for treatment
- a decision to require an injured player be removed from the field of play for treatment
- a decision to allow or not to allow a player to wear certain apparel or equipment
- a decision (where he has the authority) to allow or not to allow any persons (including team or centre officials, security officers, photographers or other media representatives) to be present in the vicinity of the field of play
- any other decision which he may take in accordance with the Rules of Indoor Soccer or in conformity with his duties under the terms of league rules or regulations under which the match is played

RULE 6 – THE ASSISTANT REFEREE

Duties

An assistant referee is appointed whose duties, subject to the decision of the referee, are:

- to act as timekeeper
- to keep a record of the match

The assistant referee will also indicate:

- when the whole of the ball leaves the field of play
- which team is entitled to any restart
- when a player should be penalized for a 3-line violation
- when a team has made an illegal substitution
- when misconduct or any other incident has occurs out of the view of the referee
- when offences have been committed whenever the assistant referee has a better view than the referee (this includes, in certain circumstances, offences committed in the penalty area)

Assistance

The assistant referee also assists the referee to control the match in accordance with the Rules of Indoor Soccer.

The assistant referee will signal using a whistle to stop play, but the referee is the final judge of any action to be taken.
In the event of undue interference or improper conduct, the referee will relieve an assistant referee of his duties and make a report to the appropriate authorities.

RULE 7 – THE DURATION OF THE MATCH

Periods of Play

The match lasts two equal periods of 25 minutes, unless otherwise mutually agreed between the referee and the two teams. Any agreement to alter the duration of the periods of play (for example to reduce each half because of insufficient time left in the booking period) must be made before the start of play and must comply with competition rules.

Half-Time Interval

Players are entitled to an interval at half-time.
The half-time interval must not exceed 3 minutes.
Competition rules must state the duration of the half-time interval.
The duration of the half-time interval may be altered only with the consent of the referee.

Provision for Stopped Time

The clock will not be stopped during the game for any reason except during the last minute of each half, when the clock must be stopped whenever the ball is out of play.

Local competition rules may allow for some amount of stopped time, other than in the last minute of each half, for time-outs or injuries etc.

Penalty Kick

If a penalty kick has to be taken or retaken, the duration of either half is extended until the penalty kick is completed.

Abandoned Match

An abandoned match is replayed unless the competition rules provide otherwise.

RULE 8 – THE START AND RESTART OF PLAY

Time Restrictions on Restarts

On any start or restart, the team entitled to the kick has five (5) seconds to play the ball.

In the event of taking more than five (5) seconds, the kicker is penalized by a 2-minute technical offence penalty for delaying the restart. However, that team remains entitled to the restart.

Definition of Kick-off

A kick-off is a way of starting or restarting play:

- at the start of the match
- after a goal has been scored
- at the start of the second half of the match
- at the start of each period of extra time, where applicable

A goal may be scored directly from the kick-off

Procedure

Before a kick-off at the start of the match or extra time

The home team decides which goal it will attack in the first half of the match.
The visiting team takes the kick-off to start the match.
The home team takes the kick-off to start the second half of the match.
In the second half of the match, the teams change ends and attack the opposite goals.

Kick-off

- After a team scores a goal, the kick-off is taken by the other team.
- all players, except the player taking the kick off, must be in their own half of the field

- the opponents of the team taking the kick-off are at least 15 feet from the ball until it is in play
- The team taking the kick must have all 'eligible' players on the field prior to taking the kick
- the ball is stationary on the center mark
- the referee gives a signal
- the ball is in play when it is kicked and clearly moves, in any direction
- the kicker does not touch the ball again until it has touched another player

Infringements and Sanctions

If the kicker touches the ball again before it has touched another player:

- a free kick is awarded to the opposing team to be taken from the place where the infringement occurred (See Rule 13 – Position of Free Kick)

In the event of any other infringement of the kick-off procedure:

- the kick-off is retaken

Definition of dropped ball (Non-contested)

A dropped ball is a method of restarting play when, while the ball is still in play, the referee is required to stop play temporarily for any reason not mentioned elsewhere in the Rules of Indoor Soccer.

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 referee 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 Rule 9, a match official

All other players (of both teams) must remain at least 15 feet from the ball until it is in play

The ball is in play when it touches the ground.

Infringements and Sanctions

The ball is dropped again:

- if it is touched by a player before it makes contact with the ground
- if the ball leaves the field of play after it makes contact with the ground, without a player touching it

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
- a corner kick if it enters the team's own goal

Special Circumstances

A free kick awarded to the attacking team for a technical offence (any offence other than one of the eleven free kick offences) committed inside the opponent's penalty area will be taken from the top of the penalty arc.

A free kick awarded to the defending team for an offence committed inside the team's own penalty area may be taken from any point within the penalty area.

A free kick or dropped ball to restart play after any incident or stoppage of play closer to the touch wall than the restart line, will take place on the restart line, or between the restart line and the boards, at the point nearest where incident occurred, or where the ball was for a dropped ball.

A free kick or dropped ball to restart play after any incident or stoppage of play closer to the goal wall than the undrawn line between the corner marks, will take place on that undrawn line at the point nearest where incident occurred, or where the ball was for a dropped ball.

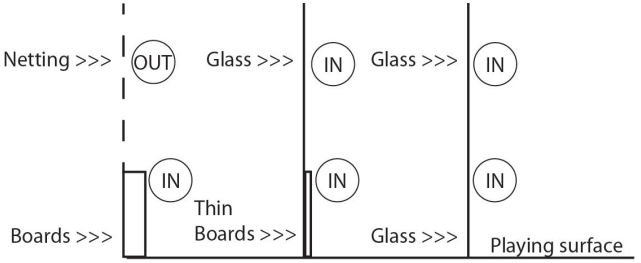
A free kick awarded if play is stopped because of an offence committed by personnel on the team bench will be taken at the place where the ball was when play was stopped, subject to the preceding paragraphs in this section.

RULE 9 – THE BALL IN AND OUT OF PLAY

Ball Out of Play

The ball is out of play when:

- play has been stopped by the referee
- it touches a match official, remains on the field of play and:
    - a team starts a promising attack or
    - the ball goes directly into the goal or
    - the team in possession of the ball changes
- it has wholly crossed a perimeter wall, has touched the side netting, or has passed through an open bench gate.
- it strikes the netting or any structure above or overhanging the field of play. This includes any netting at the top of a full-length glass perimeter wall
- The glass above 'thin' boards is now in play, as it is difficult to judge a ball in or out at the joint of boards and glass



Ball in Play

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

- it rebounds off a goalpost, crossbar or perimeter wall and remains in the field of play
- it rebounds off the referee (unless as stated previously in Rule 9)
- it touches a player who has technically left the field by being within the restart line and between the gates to the bench, and who is being replaced by a substitute, but who is not intentionally interfering with play

- it touches any part of the glass on a full-length glass perimeter wall, or glass above ‘thin’ boards.

RULE 10 – THE METHOD OF SCORING

Goal Scored

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

Winning Team

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

Competition Rules

For matches ending in a draw, competition rules may state provisions involving extra time, or other procedures approved by the governing body to determine the winner of a match.

RULE 11 – THREE-LINE VIOLATION

Three-line violation

A three-line violation occurs:

- when the ball touches or is played by a player in his own defensive zone, and
- the ball completely crosses all three lines in the air without touching another player, the referee, the field of play, the touch walls or goal wall in the defensive zone from which it was played

No Offence

When a team has 2 fewer players eligible to be on the field than the opposing team, any player on that team may propel the ball over three lines without being in violation of this Rule.

Infringements and Sanctions

For a three-line violation, the referee awards a free kick to the opposing team to be taken from the restart mark at the center of the violating team's defensive line.

RULE 12 – FOULS AND MISCONDUCT

Fouls and misconduct are penalized as follows:

Free Kick

A free kick is awarded to the opposing team if a player commits any of the following seven offences in a manner considered by the referee to be careless, reckless or using excessive force:

- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- jumps at an opponent
- charges an opponent
- strikes or attempts to strike an opponent
- pushes an opponent
- tackles an opponent

A free kick is also awarded to the opposing team if a player commits any of the following four offences:

- holds an opponent
- boards an opponent
- spits at an opponent
- handles the ball deliberately (except for the goalkeeper within his own penalty area)

A free kick is taken from the place where the offence occurred, (see Rule 13 – Position of Free Kick)

Penalty Kick

A penalty kick is awarded if any of the above eleven offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

Technical Free Kick Offences

A free kick is also awarded to the opposing team if a goalkeeper, inside his own penalty area, commits one of the following four offences:

- controls the ball with his hands for more than 5 seconds before releasing it from his possession

- touches the ball again with his hands after it has been released from his possession and before it has touched another player
- touches the ball with his hands after it has been deliberately kicked to him by a teammate
- touches the ball with his hands at any time after having had the ball under control and unchallenged for more than 5 seconds, anywhere on the field. If the goalkeeper picks the ball up within the 5 seconds, a new count will start for releasing the ball.

A free kick is also awarded to the opposing team if, in the opinion of the referee, a player:

- plays in a dangerous manner
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from his hands
- commits any other offence not previously mentioned in Rule 12, for which play is stopped to caution or send off a player.

The free kick is taken from the place where the offence occurred, unless the offence occurred as per the Special Circumstances in Rule 8 (see also Rule 13 – Position of Free Kick).

Disciplinary Sanctions

The blue card is used to communicate that a player or substitute has received a 2-minute technical offence time penalty.

The yellow card is used to communicate that a player or substitute has received a 2-minute cautionable time penalty. The penalty may be served by a teammate of a player receiving a second caution in the same match.

The red card is used communicate that a player or substitute has been sent off. The penalty:

- is assessed as a 5-minute major time penalty to his team except for receiving a second caution in the same match

Technical Offence Penalties (Minor Time Penalty)

A player is shown the blue card if he commits any of following offences:

- delaying the restart of play, with a time count violation
- failure to respect the required distance when play is restarted with a kick

For the above offences, play continues with the original restart prior to the time penalty being assessed.

Cautionable Offences (Minor Time Penalty)

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

- unsporting behaviour
- dissent by word or action
- persistent offences of the Rules of Indoor Soccer
- entering or re-entering the field of play without the referee's permission
- deliberating leaving the field of play without the referee's permission
- spits on the field of play
- delaying the restart of play, except for a time count violation

Sending-off Offences (Major Time Penalty)

A player is sent off if he commits any of the following eight offences:

- serious foul play
- violent conduct
- boarding
- 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 (this does not apply to a goalkeeper within his own penalty area)

- denying 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
- using offensive, insulting or abusive language and/or gestures
- receiving a second caution in the same match (note – this is a '2 minute major time penalty')

Boarding

- Boarding is contact by a player that forces an opponent to hit the boards in a manner that endangers the safety of that opponent.

Mandatory Instructions for Boarding Offences:

- *Any contact, legal or otherwise, by a player that forces an opponent to hit the boards in a manner that endangers the safety of that opponent will result in the offending player being sent off for boarding.*
- *Any player who attempts to deceive the referee by falling or making contact with the boards in an effort to gain an advantage by having an opponent sent off, will result in the offending player being penalized by a caution for unsporting behaviour.*

Team Officials

- The number of officials permitted to occupy the bench area is defined by the competition rules.
- All officials must be listed on the game sheet given to the referee prior to the start of the match.
- The coach may convey tactical instructions to the players during the match.
- The coach and other occupants of the bench area must behave in a responsible manner and are subject to the authority of the referee
- When an offence is committed and the offender cannot be identified, the senior team coach present on the bench will receive the sanction
- There are no time penalties served for sanctions against team officials

Warning

- The following offences should usually result in a warning; repeated or blatant offences should result in a caution or sending-off:
  - entering the referee crease in a respectful/non-confrontational manner
  - failing to cooperate with a match official e.g. ignoring an instruction/request from the referee or assistant referee
  - minor/low-level disagreement (by word or action) with a decision

Caution

Caution offences include (but are not limited to):

- delaying the restart of play by their team
- dissent by word or action including:
  - throwing/kicking drinks bottles or other objects
  - gestures which show a clear lack of respect for the match official(s) e.g. sarcastic clapping
- excessively/persistently gesturing for a red or yellow card
- entering the field of play without the referee's permission
- gesturing or acting in a provocative or inflammatory manner
- persistent unacceptable behaviour (including repeated warning offences)
- showing a lack of respect for the game

Sending Off

- Sending-off offences include (but are not limited to):
  - Delaying the restart of play by the opposing team ex. Kicking the ball away, holding the ball, obstructing the movement of a player
  - deliberately throwing/kicking an object onto the field of play
  - entering the field of play or referee's crease to:
    - show dissent towards, or remonstrate with a match official
    - act in a provocative or inflammatory manner
    - confront a match official (including half-time or full-time)

- interfere with play, an opposing player, or a match official
- receiving a second caution in the same match
- using offensive, insulting or abusive language
- using unauthorised electronic or communication equipment and/or behaving in an inappropriate manner as the result of using electronic or communication equipment
- violent conduct

Serving Time Penalties

A player must serve the time penalty he is assessed unless:

- a player is assessed a major time penalty (including a second caution in the match). That player is sent off and a 2 or 5-minute major time penalty is assessed against the team, who play with one less player on the field of play, subject to the provisions of Rule 12. A team-mate of the player does not have to serve the major time penalty.
- he is a goalkeeper then an eligible teammate serves the time penalty except if a goalkeeper is sent off then the goalkeeper is replaced and the team assessed the time penalty subject to the provisions of Rule 12.
- he leaves the match – then an eligible teammate serves the time penalty subject to the provisions of Rule 12.
- he is injured and goes to his team bench for treatment – then an eligible teammate serves the time penalty subject to the provisions of Rule 12. The player originally penalized may not return to the field of play until after all penalty time assessed to him has expired.

Time penalties are not assessed during Kicks From the Penalty Mark, but cautions and dismissals may be issued. See pages 44-45.

Timing of Time Penalties

All time penalties are timed independent of game time and are stopped when the ball is out of play.

Relief of Minor Time Penalty

If a team has fewer players on the field of play than its opponents, because one or more players are serving a minor time penalty, and that team is scored upon, then:

- if the earliest unexpired minor time penalty is the last or only time penalty being served by a player, that player returns to the field
- if the earliest unexpired minor time penalty is the first of consecutive time penalties, the balance of the earliest unexpired minor time penalty is relieved, and next time penalty begins

Only one unexpired minor time penalty is relieved for each goal scored against a team.

No Relief of Major Time Penalty

There is no relief of a major time penalty (2 or 5 minute) if a team is scored upon. The team continues to play shorthanded.

Minor Time Penalty and Penalty Kick

If a player concedes a penalty kick, and is also assessed one or two minor time penalties, and a goal is scored directly from the penalty kick then:

- if the earliest minor time penalty is the last or only time penalty being served by that player, that time penalty is considered expired
- if the earliest minor time penalty is the first of consecutive time penalties being served by that player, that time penalty is considered expired, and next time penalty begins

Only one minor time penalty is relieved on the goal scored from the penalty kick.

Equal Playing Strength

Where both teams have the same number of players on the field and a goal is scored, no penalty time is relieved.

Coincidental Minor Time Penalties

Where an equal number of minor time penalties arise from the same incident or at the same stoppage in the match, the teams play with the same number of players on the field of play as there were when the co-incidental time penalties were called.

The offending players are released from the penalty box after the penalty time expires, the ball is out of play and the referee gives permission.

Coincidental minor penalties are not relieved by a goal being scored, even if the team is playing shorthanded and the coincidental penalty is the only minor time penalty being served.

Co-incidental Major Time Penalties

In situations involving coincidental and/or simultaneous major penalties with players from each team being sent off, when it is:

- an equal number of penalties – they cancel each other out
- an unequal number of penalties (i.e. one team incurs more major penalties than the other team) each remaining Major Time Penalty must be assessed and served by that team

Limit on Time Penalties

When a player is assessed a series of time penalties during a single incident or at the same stoppage in play and they are:

- Technical Offence or Cautionable minor time penalties, the time served will not exceed one minor time penalty

- Technical Offence or Cautionable minor and major time penalties and no time penalty is assessed to an opponent, the time served by the team must not exceed one major time penalty
- Technical Offence or Cautionable minor and major time penalties and an opponent is also assessed one or more minor time penalties, the player sent off will be assessed both minor and major penalties, and the team will serve a maximum of one major penalty more than the opponent.

Time Penalties Assessed to a Player Already Serving a Time Penalty

When a player is serving one or more minor time penalties, and after the play has restarted commits another offence warranting additional penalty time, that penalty time is in addition to the penalty time already assessed and will commence after all penalty time to the player has expired.

Multiple Time Penalties Being Served by One Team

A team can only serve two time penalties at any one time.

Additional players waiting to serve time penalties, except players that are sent off, must remain in the penalty box – their time penalty (ies) will commence once other applicable time penalties currently being served have expired.

If only one player can begin serving a time penalty because one other player from the penalized team is currently serving a time penalty, the major penalty will be served first.

When a team is waiting to serve time penalties the player whose time penalty has expired may not be released from the penalty box until the ball is out of play and he has received the permission of the referee.

Delayed Calling of Time Penalties

Where an offence warrants a time penalty and the referee applies advantage, the referee will acknowledge the offence by holding the yellow card in the air, until:

- the offending team gains possession of the ball. The referee will stop play, penalize the offending player, and restart by a free kick where the original offence took place (see Rule 13 – Position of Free Kick).
- the non-offending team scores a goal. The offence is recorded, but no penalty time is served as long as the offending team does not have two players currently serving major time penalties. Play is restarted with a kick off.
- either team commits any other offence. The referee will stop play, penalize the original offender and any other player, if appropriate, and restart by a free kick according to the nature of the offence. (see Rule 13 – Position of Free Kick).
- the ball goes out of play. The referee will penalize the original offender and any other player, if appropriate, and restart play accordingly for the stoppage. (see Rule 13 – Position of Free Kick).

If during the delayed penalty the original offender is guilty of a further offence that warrants a time penalty, that time penalty will be assessed in addition to the time penalty for the original offence.

All cautionable offences must be recorded on the game sheet, including when the referee has applied the advantage clause.

RULE 13 – FREE KICKS

Types of Free Kick

All free kicks are direct.

The Free Kick

Ball Enters the Goal

- if a free kick is kicked directly into the opponents' goal, a goal is awarded
- if a free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team

Procedure

For all free kicks, the ball must be stationary when the kick is taken and the kicker must not touch the ball again until it has touched another player.

The kicker has 5 seconds to put the ball into play, and the referee indicates visually and verbally the 5 second count.

Position of Free Kick

Free Kick Inside the Penalty Area

Free kick to the defending team:

- all opponents must be at least 15 feet from the ball
- all opponents remain outside the penalty area until the ball is in play
- the ball is in play when it is kicked directly out of the penalty area
- a free kick awarded in the penalty area may be taken from any point inside that area

Free kick to the attacking team for technical offences by the defending team:

- ball is placed at the top of the penalty arc farthest from the penalty area
- all opponents must be at least 15 feet from the ball
- the ball is in play when it is kicked and clearly moves

Free kick outside the Penalty Area

- all opponents are at least 15 feet from the ball until it is in play, unless they are on their own goal line between the goalposts
- the ball is in play when it is kicked and clearly moves
- the free kick is taken from the place where the infringement occurred or from the position of the ball when the infringement occurred (according to the infringement)

Infringements and Sanctions

If, when a free kick is taken, an opponent is closer to the ball than the required distance:

- the kick is retaken

If, when a free kick is taken by the defending team from inside its own penalty area, the ball is not kicked directly out of the penalty area:

- the kick is retaken

Free kick taken by a player other than the goalkeeper

If, after the ball is in play, 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 (see Rule 13 – Position of Free Kick)

If, after the ball is in play, 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 (see Rule 13 – Position of Free Kick)
- A penalty kick is awarded if the infringement occurred inside the kicker's penalty area

Free kick taken by the goalkeeper

If, after the ball is in play, the goalkeeper 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 (see Rule 13 – Position of Free Kick)

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:

- a free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred (see Rule 13 –Position of Free Kick)
- a free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the top of the penalty arc (see Rule 13 – Position of Free Kick)

RULE 14 – THE PENALTY KICK

A penalty kick is awarded against a team that commits one of the eleven free kick offences (non-technical), inside its own penalty area and while the ball is in play.

A goal may be scored directly from a penalty kick.

Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of periods of extra time.

Position of the Ball and the Players

The ball:
- must be stationary on the penalty mark

The player taking the penalty kick:
- must be clearly identified

The defending goalkeeper:
- must remain on his goal line, facing the kicker, between the goalposts until the ball has been kicked

The players other than the kicker must be located:
- inside the field of play
- outside the penalty area
- behind the penalty mark
- at least 15 feet from the penalty mark

Procedure

- After the players have taken positions in accordance with this Rule, the referee signals for the penalty kick to be taken
- The player taking the penalty kick must kick the ball forward
- He must not play the ball again until it has touched another player
- The ball is in play when it is kicked and moves forward

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 penalty kick is completed when the ball stops moving, goes out of play or the referee stops play for any offence.

Infringements and 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:

The player taking the penalty kick or a team mate offends:

- 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

The goalkeeper or a team mate offends:

- if the ball enters the goal, a goal is awarded
- if the ball does not enter the goal, the kick is retaken; the goalkeeper must be cautioned if responsible for the offence

A player of both the defending team and the attacking team infringe the Rules of Indoor Soccer:

- the kick is retaken

If, after the penalty kick has been taken:

The kicker touches the ball (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 (see Rule 13 – Position of Free Kick)

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 (see Rule 13 – Position of Free Kick)

The ball is touched by an outside agent as it moves forward:

- the kick is retaken

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 penalty mark.

RULE 15 – BALL OUT OF PLAY: CEILING OR SIDE

A free kick is awarded:

- to the opponents of the player who last touched the ball when the whole of the ball crosses the touch wall or touches the side netting. The free kick is taken on the restart line, or between the restart line and the touch wall, closest to the point where the ball crossed the touch wall.
- to the opponents of the player who last touched the ball when the ball strikes the netting or structure above the field of play. The free kick is taken at the restart mark at the centre of the defensive line closest to where the ball was last touched or played.

Procedure

- the ball is in play when it is kicked and clearly moves
- all opponents must be at least 15 feet from the ball

Infringements and Sanctions

If, after the ball is in play, the kicker touches the ball a again before it touches another player, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (see Rule 13 – Position of Free Kick).

In the event of any other infringement of this rule:

- the kick is retaken

RULE 16 – THE GOAL KICK

A goal kick is a method of restarting play.

A goal kick is awarded when the whole of the ball passes over the goal wall or touches the goal wall netting having last touched a player of the attacking team, and a goal is not scored in accordance with Rule 10.

A goal may be scored directly from a goal kick, but only against the opposing team.

Procedure

- The ball is kicked from any point within the goal area by a player of the defending team
- Opponents remain outside the penalty area and at least 15 feet from the ball, until the ball is in play
- The kicker must not play the ball again until it has touched another player
- The defending team has 5 seconds in which to put the ball into play, following a signal from the referee
- The ball is in play when it is kicked directly out of the penalty area

Infringements and Sanctions

If the ball is not kicked directly out of the penalty area from a goal kick:

- the kick is retaken

Goal kick taken by a player other than the goalkeeper

If, after the ball is in play, 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 (see Rule 13 – Position of Free Kick)

If, after the ball is in play, 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 (see Rule 13 – Position of Free Kick)
- a penalty kick is awarded if the infringement occurred inside the kicker's penalty area

Goal kick taken by the goalkeeper

If, after the ball is in play, the goalkeeper 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 (see Rule 13 – Position of Free Kick)

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:

- a free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred (see Rule 13 – Position of Free Kick)
- a free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred (see Rule 13 – Position of Free Kick)

In the event of any other infringement of this rule:

- the kick is retaken

RULE 17 – THE CORNER KICK

A corner kick is a method of restarting play.

A corner kick is awarded when the whole of the ball passes over the goal wall or touches the goal wall netting, having last touched a player of the defending team, and a goal is not scored in accordance with Rule 10.

A goal may be scored directly from a corner kick, but only against the opposing team.

Procedure

- the ball must be placed at the corner mark nearest to the point where the ball crossed the goal wall
- opponents must remain at least 15 feet from the corner mark until the ball is in play
- the ball must be kicked by a player of the attacking team
- The attacking team has 5 seconds in which to put the ball into play, following a signal from the referee
- the ball is in play when it is kicked and clearly moves
- the kicker must not play the ball again until it has touched another player

Infringements and Sanctions

Corner kick taken by a player other than the goalkeeper

If, after the ball is in play, the kicker touches the ball a second time (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 (see Rule 13 – Position of Free Kick)

If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (see Rule 13 – Position of Free Kick)
- a penalty kick is awarded if the infringement occurred inside the kicker's penalty area

Corner kick taken by the goalkeeper

If, after the ball is in play, the goalkeeper 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 (see Rule 13 – Position of Free Kick)

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:

- a free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred (see Rule 13 – Position of Free Kick)
- a free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred (see Rule 13 – Position of Free Kick)

In the event of any other infringement of this rule:

- the kick is retaken

Penalties (Penalty Shoot-out)

A penalty shoot-out is a method for determining the winning team where competition rules require there to be a winning team after a match has been drawn

Players eligible to take kicks from the penalty mark

All players, including players serving time penalties for others, whether on the field or on the team bench at the end of the match (including extra time where applicable) are eligible to participate in the penalty shoot-out except:

- a player previously dismissed, or still serving a time penalty at the end of the match
- a player ruled ineligible by the team in the process of equalizing the number of players in accordance with the Procedure set out below
- a penalized goalkeeper where time still remains on the time penalty at the end of the match – he may, however, participate in the procedure as a goalkeeper. In this case the teams must be reduced to the same number of eligible kickers.

Procedure

- Before beginning a penalty shoot-out, the referee must ensure there is only an equal number of players from each team eligible to take the kicks
- The referee chooses the goal at which the kicks will be taken
- The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or the second kick
- The referee and assistant referee keep a record of the kicks being taken
- Subject to the conditions explained below, both teams take five kicks
- The kicks are taken alternately by the teams
- 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 are taken
- 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 a goal more than the other from the same number of kicks

- Each kick is taken by a different player, and all eligible players must take a kick before any player can take a second kick
- An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken
- 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
- All players, except the player taking the kick and the two goalkeepers, must be positioned as follows:
    - Eligible kickers must remain inside the restart line and between the gates outside the team bench area
    - Non-playing personnel and non-eligible kickers must remain on the team's bench
    - Players serving time penalties must remain in the penalty box
- The goalkeeper who is the teammate of the kicker must remain on the field of play, beside the goal wall at the corner mark designated by the referee
- A kick is completed when the ball stops moving, goes out of play or the referee stops play for any infringement of the rules
- Unless otherwise stated, the relevant Rules of Indoor Soccer, Laws of the Game and International F.A. Board Decisions apply when penalties are being taken

INDOOR SOCCER MODIFICATIONS FOR U9 & U11

Rule 1 – The Field of Play

- As per the Rules of Indoor Soccer, except that the Defensive Zone Line will also be used as the retreat line.

Rule 2 – The Ball

- Each competition will determine a ball size appropriate for the age group.

Rule 3 – The Number of Players

- Competition Rules *may* include an additional player on the field per team for U9 matches.

Rule 4 – The Players' Equipment

- As per the Rules of Indoor Soccer.

Rule 5 – The Referee

- As per the Rules of Indoor Soccer, but refer to Rule 12 regarding Disciplinary Sanctions.

Rule 6 – The Assistant Referee

- As per the Rules of Indoor Soccer.

Rule 7 – The Duration of the match

- As per the Rules of Indoor Soccer, although Competition Rules *may* reduce the length of periods of play for U9 and U11.

Rule 8 The Start and Restart of Play

- As per the Rules of Indoor Soccer, with the following exceptions:
    - All starts and restarts in U9 are 'Indirect'.
    - In U9 and U11, the 'Retreat Line' will come into effect in two situations during the game.
        - A Goal Kick
        - A Free Kick to the defending team within its own goal area
        - The Retreat Line in U9 and U11 Indoor Soccer will be the nearest Defensive Zone Line.
        - If a member of the opposing team comes inside the Retreat Line before the ball has left the goal area and interferes with play, the Referee will stop play and the restart will be retaken.
        - Whe the ball has left the Goal Area, play will resume as normal and the opposing team can move inside the Retreat Line.
        - Players can play the ball long if they wish in U9 and U11.

Rule 9 – The Ball In And Out of Play

- As per the Rules of Indoor Soccer, with the exception that the restart for U9 is 'indirect'.

Rule 10 – The Method of Scoring

- As per the Rules of Indoor Soccer.

Rule 11 – Three-Line Violation

- As per the Rules of Indoor Soccer.

Rule 12 - Fouls and Misconduct

- For U11 – as per the Rules of Indoor Soccer, with the exception that the team will not play short if a player is serving a time penalty.
- For U9 – blue, yellow and red cards will not be used.
- In U9, if a player is playing roughly, the referee should request that the coach substitute the player, and the coach should advise the player to play in a fair manner.
- **Any player who 'boards', spits at or strikes an opponent should take no further part in the game.**

Rule 13 – Free Kicks

- As per the Rules of Indoor Soccer, with the exception that all free kicks at U9 are 'indirect'.
- The "Retreat Line' is in effect in U9 and U11 for free kicks taken by the defending team from within its own penalty area (see Rule 8).

Rule 14 – The Penalty Kick

- U11 – As per the Rules of Indoor Soccer
- U9 – There are no penalty kicks in U9. If the defending team commits an offence inside their own penalty area, an indirect free kick is taken at the top of the penalty arc.

Rule 15 – Ball Out of Play: Ceiling or Side

- As per the Rules of Indoor Soccer. Except that the kick is 'indirect' for U9 only.

Rule 16 – The Goal Kick

- As per the Rules of Indoor Soccer, with the following exceptions for U9:
    - The kick is 'indirect' in U9.
    - For U9, the goal kick may be taken from any point in the Penalty Area
- The 'Retreat Line is in effect in U9 and U11 (see Rule 8).

Rule 17 – The Corner Kick

- As per the Rules of Indoor Soccer. Except that the kick is 'indirect' in U9.

Rule 3 Cards and Sanctions			
Offence	**Sanction**	**Time Penalty**	**Relief?**
Too many Players (Team penalty)	Blue	2:00	Yes
Completes substitution on or off the field going 'over the boards'	Blue	2:00	Yes
Changes places with goalkeeper without referee's permission	Caution	2:00	Yes
Rule 4 Cards and Sanctions			
Offence	**Sanction**	**Time Penalty**	**Relief**
Returning to field after equipment issue without referee's permission	Caution	2:00	Yes
Rule 8 Cards and Sanctions			
Offence	**Sanction**	**Time Penalty**	**Relief?**
Taking more than 5 seconds to put the ball in play from a restart	Blue	2:00	Yes

Rule 12 Cards and Sanctions			
Offence	**Sanction**	**Time penalty**	**Relief?**
Delaying the restart of play by a time count violation	Blue	2:00	Yes
Failure to respect the required distance when play is restarted with any kick	Blue	2:00	Yes
Spitting on the field of play	Caution	2:00	Yes
Commits in a reckless manner a free kick offence	Caution	2:00	Yes
Commits an offence that interferes with or stops a promising attack	Caution	2:00	Yes
Handles the ball deliberately in an attempt to score a goal	Caution	2:00	Yes
All existing 'cautionable' offences	Caution	2:00	Yes
All existing 'sending-off' offences, with the exception of 'receives a second caution in the same match'	Send Off	5:00	No
Receives a second caution in the same match'	Send Off	2:00	No

H.I.V. POLICY

Dealing with a bloody wound:

- If bleeding occurs where other participants may be exposed to blood, the individual's participation must be interrupted until the bleeding has been stopped. The wound must be cleansed with antiseptic and securely covered.
- All clothing soiled with blood should be replaced prior to the athlete resuming training or competition. Clothing soiled with blood and other body fluids must be washed in hot, soapy water.
- If an athlete leaves the field, has his/her injury treated and covered and wishes to re-enter the game in another, differently numbered jersey that replaces a blood-stained jersey, he/she may re-enter only after the referee has been advised of the change of number.
- All equipment and surfaces contaminated with blood and other body fluids should be cleaned with a solution of one part household bleach to nine parts water. This solution should be prepared fresh daily. This is particularly important on the artificial turf of indoor arenas.
- While cleaning blood or other body fluid spills, the following must be done:
- Wear waterproof gloves.
- Wipe up fluids with paper towels or disposable cloths.
- Disinfect the area as described in the above.
- Place all soiled waste in a plastic bag for disposal.
- Remove gloves and wash hands with soap and water.
- Other wounds must be reviewed by medical personnel, including abrasions and all skin lesions and rashes on athletes, coaches and officials. All wounds, skin lesions and rashes must be confirmed as non-infectious and be securely covered prior to the athlete starting or continuing participation.

CAST AND BRACE POLICY

To: Members
Date:
9 April 1997

From: Executive Director

Re: **A.S.A. Policy on Rigid Casts**

This memo will advise that the A.S.A. Board of Directors at their April 5th, 1997 meeting passed the following policy, which is in effect immediately:

Rigid casts may not be worn in any game under the jurisdiction of the Alberta Soccer Association.

Please pass this information on to your teams and referees.

P.S. Please note that a player wearing a knee brace is still at the referee's discretion as to whether or not it is potentially injurious to another player.

Additional Instructions to Referees.

Also consult the latest IFAB LOTG "Practical Guidelines for Match Officials".

RULE 1 – The Field of Play

The purpose of the referee's crease:

- *The referee's crease is designed to allow the referee to carry out his duties without interference by the players or team officials. For any breach of the rules regarding this area, an offending player shall be cautioned for unsporting behavior. Breach of the rule by a team official shall result in an initial verbal warning, and if continued, shall result in the team official being removed from the field.*

RULE 3 – The Number of Players

Players to continue

- *If a team is reduced to less than 4 players on the field of play for a timed penalty or an injury where the player is not expected back on the field of play in a reasonable amount of time then the game is abandoned*

Eligible player

- *For this rule, an eligible player is a player, named on the game sheet and present at the field of play, who is not serving a time penalty. Any eligible player who arrives prior to the second half commencing will be allowed to play as long they wait for the permission of the referee to enter the field.*

Substitution Procedure

- *The substitute entering the field of play cannot enter "over the boards". Likewise, a player leaving the field of play cannot leave "over the boards."Should either of these occur the offending player must be assessed a 2-minute technical offence penalty.*

- *The substitute entering the field does not have to enter the field at the same gate that the departing player uses.*

Stoppages other than a Guaranteed Substitution Opportunity

- *At all times other than a guaranteed substitution opportunity, play does not have to be held up and a team must ensure they do not have more than 6 players on the field of play.*

Changing the Goalkeeper

- *Goalkeepers may not be changed "on the fly". If a goalkeeper leaves the field of play without the referee's permission and is replaced by a substitute who may or may not be dressed as a goalkeeper:*
    - *play is stopped*
    - *the goalkeeper leaving the field of play cautioned and shown the yellow card*
    - *play is restarted with a free kick to the opposing team at the place the ball was located when play was stopped (subject to the special circumstances in rule 8)*

Bench Personnel - Behaviour

- *A "tactical instruction" does not include verbal abuse aimed at any player, spectator or non playing personnel, referee or assistant referee, and does not include dissent of a referee's or assistant referee's decision.*
- *If, in the referee's opinion, a coach or team official is behaving in an irresponsible manner, the official shall be verbally warned and, at the referee's discretion, the coach or team official may be removed from the field.*
- *Any coach or non-playing personnel found spitting on the playing surface shall be removed from the field of play and its surrounds.*

RULE 4 – The Players' Equipment

Non-Basic Equipment

- *A player must not use equipment or wear anything that is dangerous to himself/herself or another player*
- *Modern protective equipment such as headgear, facemasks, knee and arm protectors made of soft, lightweight, padded material are not considered to be dangerous and are therefore permitted*
- *New technology has made sports spectacles much safer, both for the players themselves and for other players*

Jewelry

- *All items of jewelry are potentially dangerous. The term "dangerous" can sometimes be ambiguous and controversial, therefore in order to be uniform and consistent any kind of jewelry has to be forbidden.*
- *Players are not allowed to use tape to cover jewelry. Taping jewelry is not adequate protection.*
- *Rings, earrings, leather or rubber bands are not necessary to play and the only thing they can bring about is injury.*
- *In order to avoid "last minute" problems, teams should inform their players in advance.*

RULE 5 – The Referee

Advantage

- *The referee is encouraged to use the advantage power where appropriate, particularly as he is able to stop play to punish the original offence if the advantage does not occur in the phase of play immediately following the infringement.*

Taking "Delayed" Disciplinary Action

- *This power is complementary to the power to apply the advantage in situations on the field. Referees should refer to Rule 12, and the "delayed penalty" for the mechanics related to a disciplinary action taken after the ball has gone out of play.*

RULE 11 – Three line violation

Eligible players

- *For this rule, eligible players are the number of players entitled to be on the field, subject to the time penalty provisions of Rule 12.*

RULE 12 – Fouls and Misconduct

Penalty Kick awarded against a goalkeeper

- *A penalty kick is awarded if, while the ball is in play, the goalkeeper, inside his own penalty area, strikes or attempts to strike an opponent by throwing the ball at him.*

Possession by the Goalkeeper

- *The goalkeeper is considered to be in possession of the ball by touching it with any part of his hand or arms. Possession of the ball includes the goalkeeper deliberately parrying the ball, but does not include the circumstances where, in the opinion of the referee, the ball rebounds accidentally from the goalkeeper, for example after he has made a save.*

Disciplinary Sanctions

- *A player who commits a cautionable or sending-off offence, either on or off the field of play, whether directed towards an opponent, a team-mate, the referee, an assistant referee or any other person, is disciplined according to the nature of the offence committed.*

Spitting on the playing surface

- *Any player found spitting on the playing surface must be sanctioned with a 2-minute cautionable time penalty.*

Attempt to deceive

- *Any simulating action anywhere on the field, which is intended to deceive the referee, must be sanctioned as unsporting behaviour*

Sending-Off Offences – Goalkeepers

- *If a goalkeeper is dismissed, he can be replaced by any other player from that team who is not currently serving a time penalty. The goalkeeper must be replaced before play can be restarted. The referee may award a further time penalty against the bench, if the team delays replacing a dismissed goalkeeper.*

Careless, Reckless, using Excessive Force

Careless *means that the player has shown a lack of attention or consideration when making a challenge or that he acted without precaution.*

Reckless *means that the player has acted with complete disregard to the danger to, or consequences for, his opponent*

Using excessive force *means that the player has far exceeded the necessary use of force and is in danger of injuring his opponent.*

Q & A for Indoor Soccer

These questions do not form part of the Rules of Indoor Soccer. They are designed to clarify some of the more common questions that have been asked from time to time.

Rule 1 – The Field of Play

Q. Are 'extra' or non-soccer markings permitted on the field of play?

A. Yes. Many of the soccer facilities are 'multi-use', so other markings can be expected. Wherever possible, these markings should be a different color, or of such location and design that they are easily distinguishable from Indoor Soccer markings.

Q. If there are other problems with the field markings (missing or incorrect), should the game be played?

A. In most cases, yes, but the concerns should be brought to the attention of the facility staff as soon as possible.

Q. If there is blood on the field, what should be done?

A. Play should be stopped, and not restarted until the field has been cleaned according to the published H.I.V/Blood policy.

Q. If there are any dangerous conditions (such as boards, gates, etc in poor repair), does the referee have the right to not allow play to proceed?

A. Yes, the referee has the right to do this, if the field is not safe for participants. Facility staff should be informed of the concern.

Q. If a team spills water in the bench area, what should be done?

A. The facility staff should be called to mop up and dry the area, at the next interval (half time, full time). If the volume of water is such that it is not safe to continue

play, the condition should be rectified before allowing play to continue.

Q. If a building alarm sounds, what should the referee do?

A. The referee or assistant referee should contact the control room and enquire if the building is to be evacuated. If it is obvious that the alarm is NOT false (smoke, fire etc.), the referee should instruct all participants to proceed to the NEAREST emergency exit without delay, and in an orderly fashion. Teams should NOT collect belongings from the changing rooms under these circumstances.

Rule 2 – The Ball

Q. During the match, a ball enters the field from a team warming up for the next game. Should the referee stop play immediately?

A. The referee should stop play if the additional ball interferes with play. Play is restarted with a dropped ball at the location of where the match ball was when play was stopped*. Otherwise, the additional ball should be removed at the earliest possibility.

Rule 3 – The Number of Players

Q. If a team has the minimum 4 players, should the game start?

A. Yes, the start should not be held up for players to arrive. Any late players can join their bench at the next stoppage in play.

Q. Should play be stopped immediately if a team has too many players on the field?

A. The Assistant Referee and/or the Referee should consider the advantage clause if possible, if the non-offending team has possession of the ball, and call a 'delayed' penalty. Play should be stopped when the offending team gains possession of the ball.

Q. If a player is released too early from the penalty box by the assistant referee, can the team be penalised for having 'too many players' on the field?

A. The team should not be punished for a mistake by the officials. Play should be stopped, the numbers should be rectified, and play restarted with a dropped ball, from where it was when play was stopped.*

Rule 4 – Players' Equipment

Q. The referee requests a player to remove jewellery. After a few minutes of play, the referee realises that the player is still wearing the jewellery. What actions does the referee take?

A. The player must be cautioned for unsporting behaviour. The player is instructed by the referee to leave the field to remove the jewellery.

Q. Are players allowed to wear tape to cover jewellery that is considered to be dangerous?

A. No.

Rule 5 – The Referee

Q. May the referee insist that spectators move away from the area that is adjacent to the field of play?

A. Yes, in fact, most facilities have their own signage stipulating this.

Q. May the referee directly tell spectators who are being abusive or interfering with the match, to leave the stands?

A. Referees are advised to contact the facility staff and have them handle this situation.

Q. When verbally counting a 5 second time limitation, how should this be done?

A. The referee should count upwards from 1 to 5. If '5' is spoken, a time count violation has occured

Rule 6 – Assistant Referee

Q. What type of calls is the Assistant Referee permitted to take during the match?

A. The Assistant Referee can make any calls, at the discretion of the referee, based on their pre-match discussion. The Referee will remain the final judge of any action to be taken.

Rule 7 – The Duration of the Match

Q. Are there any circumstances in which the clock may be allowed to run in the last minute of either half?

A. No, even if both teams agree, the clock should still be stopped whenever the ball is out of play.

Q. Under what circumstances may the halves be shortened?

A. (i) If games are running late, the facility may request that the halves be shortened, in order to get back on schedule. Competition rules for minimum legal game times should be considered when shortening halves.

(ii) If the start of the game is delayed to apply the 'grace period' for a team to have sufficient players to start, or for a game sheet or player cards to arrive, the referee may shorten the halves to allow the game to be completed before the end of the time slot. Again, competition rules should be kept in mind.

Q. If an error is made with the clock in the last minute of either half (not started or stopped correctly), what should be done?

A. The error should be corrected as accurately as possible, before play restarts if the clock was not stopped, or at the next stoppage of play, if the clock was not started.

Q. The game is stopped with 45 seconds left on the clock. The referee begins the count for the restart, when does the assistant referee start the clock?

A. The clock should be restarted when the ball is in play, according to the particular restart in question.
(i) When the ball is kicked and clearly moves, on a – free kick, corner kick, kick in or kick off

(ii) When the ball is kicked and moves *forward,* on a penalty kick

(iii) When the ball leaves the penalty area on a goal kick or free kick for the defending team within their own penalty area

(iv) When the ball touches the ground on a dropped ball

Rule 8 – The Start and Restart of Play

Q. At a kick off, may a team have less than their number of eligible players on the field?

A. No, a team must have as many players as they are eligible to have on the field, at a kick off

Rule 9 – The Ball in and out of Play

Q. A substitute is leaning on the boards at the bench, and is hit by the ball, while it is still in play. What action should the referee take?

A. Play should be stopped. If it was obvious that ball would have left the field if not touched, play should be restarted with a kick in to the opposing team of that which played the ball last. If it was not obvious that the ball would have left the field, play should be restarted

with a dropped ball at the point which it was touched by the substitute

Q. A substitute deliberately touches the ball from the bench, while it is still in play. What action should the referee take?

A. Play should be stopped. A 2-minute 'technical offence penalty' should be assessed to the offending team. If, in the opinion of the referee, the action constitutes 'unsporting behaviour', the substitute should be cautioned, and a 2-minute cautionable time penalty will be assessed and served by that player.

Rule 10 – The Method of Scoring

Q. If the ball enters the goal as the buzzer sounds to end the half or match, should the goal be counted?

A. The referee will judge whether the ball had completely crossed the goal line before the buzzer sounded. If it did, the goal will stand.

Rule 11 – Three Line Violation

Q. When the ball is being kicked on a restart from exactly on the near defensive line, and subsequently crosses the halfway line and far defensive line without touching another player, the referee, the field or the boards - is this a three line violation?

A. No, the ball is considered partially across the defensive line while still touching the ground, so has not crossed all three lines in the air

Rule 12 – Fouls and Misconduct

Q. Are players allowed to place one or both hands on the boards while playing or attempting to play the ball?

A. Placing hands on the boards is not an offence in itself.

However, if, in the opinion of the referee, the player uses hands on the boards to impede the progress of an opponent, or hold an opponent, he/she should be sanctioned accordingly.

Q. If a player pushes an opponent towards the boards, and the opponent exaggerates the contact with the boards, what action should the referee take?

A. The player who committed the 'pushing' offence may be sanctioned with a caution, if, in the opinion of the referee, his actions constituted 'unsporting behaviour', or a send off, if his actions constituted a boarding offence. The player who exaggerated the contact may be sanctioned with a caution, if, in the opinion of the referee his actions were an attempt to deceive the referee.

Q. Are players always released from the penalty box when their penalty time expires, or their team is scored upon while they are serving a penalty?

A. No – players' release from the penalty box is determined by manpower on the field at the expiry of the penalty, and also whether their team has additional penalty minutes to be served.

Q. If a player is assessed a Major penalty, his team plays short for 5 minutes stopped time, but nobody serves the penalty in accordance with the rules. How will the team know when they are allowed to increase their playing numbers by one?

A. The assistant referee should inform the team when the 5-minute penalty has expired.

Rule 13 – Free Kicks

Q. A free kick is awarded to the attacking team at the side of their opponents' penalty area next to the wall. Can a defender stand into the field of play but next to the goalpost for the restart?

A. No, the defender must stand on the goal line, between

the goalposts, if this is less than 15 feet from the ball.

Q. A free kick is awarded and the player decides to take it quickly. An opponent who is less than 15 feet from the kick intercepts it. What action does the referee take?

A. He allows play to continue.

Q. A free kick is awarded and the player decides to take it quickly. An opponent who is near the ball deliberately prevents him from taking it. What action does the referee take?

A. The opponent is assessed a 2-minute technical offence penalty for failing to retire the required distance from a free kick taken by the opponents.

Rule 14 – The Penalty Kick

Q. At the taking of a penalty kick, may the goalkeeper stand behind the line, inside the goal?

A. No, the goalkeeper must stand on the line, until the ball is kicked.

Q. May a team make a substitution when they are awarded a penalty kick, so that the sub may take the kick?

A. Provided that the substitution procedure is followed, and the restart is not delayed, the substitution should be permitted.

Rule 15 – Ball Out of Play, Ceiling or Side

Q. On a 'kick in' from the side, may the goalkeeper touch the ball with his/her hands, if it has been deliberately kicked by a team mate?

A. No, the goalkeeper is not allowed to touch the ball with his hands if it has been deliberatley kick to him by a team mate

Rule 16 – The Goal Kick

Q. Does the opposing team have to be 15 feet away from the ball at the taking of a goal kick?

A. Yes, opponents must remain outside the penalty area and at least 15 feet from the ball, until the ball is in play.

Rule 17 – The Corner Kick

Q. Does the team taking a corner kick have the right to choose which corner spot the kick will be taken from?

A. No, the referee should indicate that the corner kick is to be taken from the corner mark closest to where the ball crossed the goal wall.