



MILTON YOUTH SOCCER CLUB

ADULT INDOOR HOUSE LEAGUE RULES

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Rule 1 – Code of Conduct

It is the expectation of the MYSC that all affiliated with the Club will conduct themselves in a manner which allows all players the opportunity to reach their full potential and most important enjoy the game. This Code of Conduct provides the principles by which everyone associated with the Club must comply. Failure to comply may result in disciplinary action that could result in the termination of membership of a player and/or coach or termination of employment of referees.

General:

- a) Act at all times according to the MYSC Fair Code for players, coaches and referees;
- b) Abusive behavior and communication styles are not acceptable;
- c) The use of profanity is prohibited;
- d) Alcohol or other controlled substances are prohibited from all Town of Milton recreational grounds; including parking facilities;
- e) Smoking in the playing and spectator area is prohibited;
- f) Keeping fields and parks clean of garbage, respecting municipal By-laws and the neighbours for parking is expected and encouraged.

Players:

- a) Will play co-operatively with team-mates;
- b) Will treat opponents, game officials, coaches, and spectators with respect;
- c) Should arrive in their uniform ready to play;
- d) Will keep their shirts tucked into their shorts during play;
- e) Must wear shin-guards for all games – no exceptions

Referees:

- a) Will officiate the game in a fair, non-partisan and unbiased manner;
- b) Will follow the rules set by their governing body;
- c) Be respectful when addressing players, coaches, spectators, or parents.

Spectators:

- a) Will treat players, referees, opponents, and other spectators with respect;
- b) Must stand on the opposite side of the field from the players and coaches and will not step onto the field during the game;
- c) To avoid injury to themselves and players, will maintain a distance of not less than three metres from the field during the game;
- d) Must ensure young spectators in their care do not interrupt the game and remain well away from the field;
- e) Will not play with a ball any closer than five metres from the field;

Rule 2 – Field/Facility Etiquette and Rules

Food and Drink:

- a) Water is the **only** drink allowed on the field;
- b) Coffee/tea or sugar based drinks are not permitted;
- c) Food is not permitted on the field;
- d) Gum is not permitted on the field;
- e) Spitting is not permitted on the field;
- f) Alcohol is not permitted in the facility, parking lot, or outdoor fields;
- g) Smoking is not permitted.

Players:

- a) Game times are 40-50 minutes in duration and begin on the hour (unless otherwise indicated by management);
- b) Players are not to enter the field area until 5 minutes prior to the start of their game;
- c) Players leaving the field area must exit quickly and orderly using the proper exit;
- d) Players/team meeting will be conducted outside the playing area. "Playing Area" is defined as field space inside the doorway entrance to the fields.

Spectators:

- a) Stay behind the yellow lines at all times and within the designated spectator seating areas;
- b) Spectator access to field viewing areas is via the outside perimeter of the field;
- c) Spectators are not permitted to walk across the fields (via field dividers/curtains) at any time;
- d) Siblings are required to sit with their parents/guardians throughout the game

Rule 3 – The Ball

The ball must be a size 5. The home team shall be responsible for providing the game ball. The ball shall be judged fit for play by the referee and or facilitator and shall not be changed during the game unless authorized by the referee/facilitator.

The facility or club is not responsible for any stolen balls.

Rule 4 – Registration of Team/Players

Players must be registered with MYSC before he/she plays in a League game. Players are required to register and pay in full, 48 hours before the start of their first league game. If they haven't filled out the paperwork and handed it in on time, then he/she will be forced to sit out the first week. A team using players not on their team list (unregistered players) will be subject to disciplinary action.

No new registrations will be accepted after the team has played 6 games. Teams must have a minimum of 7 players registered before they are eligible to play in a league game.

Any fines or fees incurred throughout the season by the team must be paid in full prior to the team's next game. Any fault on the team to do so will result in a 3-0 forfeit loss.

Rule 5 – Number of Players

Unless specified otherwise by the Rules of the competition, a match shall be played by two teams, each with not more than 6 players (including goalkeeper) and not less than four players (including goalkeeper) on the field of play.

The rules of the competition shall state the number of players on each team who may be dressed to play. All persons dressed to play shall be subject to the authority and jurisdiction of the referee.

Substitutes may be used in any match in accordance with the rules of competition. The game shall not be delayed to allow substitution, except for the substitution of the goalkeeper. Any of the other players may change places with the goalkeeper, provided that the referee is informed before the change is made, and provided also, that the change is made during a stoppage of the game. Substitution is done on the fly at any time.

When any player other than the goalkeeper is to be replaced, the substitute shall not enter the field of play until the player being replaced is within 1 metre of the bench area. Neither the player entering nor the player leaving may interfere with the play while both are on the field. The substitution is completed when the substitute enters the field of play, from which moment the substitute becomes a player and the player being substituted ceases to be a player.

Rule 6 – Player’s Equipment

If there is controversy or debate over the safety of a player’s equipment, the referee will have the final say of its eligibility.

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

The basic equipment of a player shall consist of:

- a) a numbered shirt, shorts, socks, shin guards, and footwear. The footwear shall be appropriate to the indoor game and the playing surface. Outdoor shoes are permitted at the Dome at Jean Vanier;
- b) Shin guards, which must be covered entirely by the socks;
- c) Team colours shall not conflict with each other. Goalkeepers shall wear colours which distinguish them from each other, the other players and from the referee;
- d) It is mandatory for all players on the team to have the same shirts with different numbers.

In the event that both teams have same coloured jerseys/uniforms, the home team must wear alternate jerseys and/or pinnies.

Rule 7 – The Game

Games must start and finish on time and teams must be ready to play 5 minutes prior to the scheduled kick-off time.

A minimum of 4 players are required to start a game. If teams cannot field a team at their scheduled times, they have 10 minutes before the result of the game is a forfeit (3-0).

The game will consist of two 25 minute halves; games starting later may have their game time reduced. At half time the interval shall not exceed 2 minutes, except by the consent of the referee.

All games will consist of 5 outfield players and a goalkeeper (6v6). Goalkeepers may not slide feet first. Spitting on the fields will result in a two minute penalty; repeated abuse will result in a sending off and disciplinary action (5 minute penalty). No slide tackling; sliding without attempting to contact the opposing player may not be considered a slide tackle, therefore no foul.

Time shall be extended to permit a penalty kick taken at or after the expiration of the normal period in either half. Teams and players must not enter the field of play until 5 minutes prior to the start of their time slot and must leave the field of play immediately after the conclusion of their match.

There is no offside offence in indoor soccer.

The Start of Play

Kick-Off: A kick-off is the way of starting or restarting play:

- a) At the start of the game;
- b) After a goal has been scored;
- c) At the start of the second half of the game

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

Ball In and Out of Play

The ball is out of play when it fully crosses the out of bounds line and/or when it touches the ceiling.

Method of Scoring

A goal is scored when the whole of the ball passes over the goal line.

Rule 8 – Fouls and Misconduct

Anyone who commits a foul shall be penalized by the award of a free kick to be taken by the opposing team from the place where the offense occurred.

A player shall be cautioned and shown the yellow card if, in the opinion of the referee, the player:

- a) Is guilty of unsporting behavior;
- b) Shows dissent by word or action;
- c) Persistently infringes the Playing Rules of Indoor Soccer;
- d) Delays the restart of play;
- e) Fails to respect the required distance when play is restarted with a corner kick or a free kick;
- f) Enters the field of play without the referee's permission other than in the act of substitution;
- g) Deliberately leaves the field of play without the referee's permission other than in the act of substitution or directly returning to the team bench after serving a time penalty;
- h) Or slide tackles or attempts to slide tackle.

A player shall be sent off the field of play and shown the red card if, in the opinion of the referee, the player:

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

Time Penalties

- a) A player committing any offense may be given, at the discretion of the referee, a 2-minute time penalty;
- b) A player who is cautioned shall serve a 2-minute time penalty;
- c) A team, one of whose players has been sent off, shall serve a 5-minute time penalty and be asked to leave the field of play.

Red Card Fines

A player receiving a red card will incur a \$50 fine that must be paid in full to the MYSC office prior to the next scheduled game. If payment is not received by the start of the game, the player and their team will forfeit the game and a default score of 3-0 will be awarded.

Banning Players

Misconduct and violation of the rules may result in suspensions, point deductions, or expulsions from the league without a refund to the player or team.

Violent behavior towards the officials or other players will not be tolerated and may result in expulsion from the league and/or fine.

If a player receives 3 red cards throughout the course of a year playing Indoor or Outdoor, MYSC will review the player's discipline record and will have the authority to ban the player from the Dome at Jean Vanier.

Rule 9 – Kicking Procedures

Free Kick

All free kicks shall be classified as “indirect” (ie: a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal).

**Penalty kicks are the only kick that is direct.

Penalty Kick

A penalty kick shall be taken from the penalty spot by a player on the field at the time of the infraction.

Kick-In

When the ball crosses the out of bounds line, the opposing team is awarded with a kick-in. The team defending a kick-in must keep a distance of 3 metres. A goal may not be scored directly from a kick-in.

Goal Kick

When the opposing team kicks the ball over the touch-line, the defending team is rewarded with a goal kick. The opposing team must be clear of the penalty area and 3 metres from the ball. A goal may not be scored directly from a goal kick.

Corner Kick

When the ball crosses over the goal line, having last been played by the defending team, a member of the attacking team is awarded with a corner kick. A goal may not be scored directly from a corner kick.

Rule 10 – Game Protest

A team can protest the eligibility of an opposing player before the game has begun or prior to halftime. The protest must be made to the referee or league staff, at which point they will confirm the eligibility of the player. If a team is found using ineligible players, they lose by forfeit 3-0 and will face disciplinary action.

Rule 11 – No Show and Default

A team not fulfilling its commitment or failing to show up for a game without 48 hours' notice can be subject to league suspension. Any team who defaults 3 games may be expelled from the entire league.

Rule 12 – League Tie Breakers

- 1) Points
- 2) Head-to-Head
- 3) Goal Differential
- 4) Goals Against
- 5) Goals For
- 6) Coin Flip

Rule 13 – Determining the Winner of Play-Off Matches

In the event of a tie at the end of two 20-minute time periods, the winner shall be determined by:

- 1) 2 extra time periods of 5 minutes each whereby the “Golden Goal Rule” applies;
- 2) If still tied, then to penalty kicks from the penalty spot as per the standard procedure in FIFA’s “Laws of the Game”.