



MILTON YOUTH SOCCER CLUB

INDOOR YOUTH HOUSE LEAGUE RULES

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Rule 1 – The Field of Play

The field has been divided into 4 quarters for U9 – Adult age groups. The red field markings are used for soccer.

U5 and U6 programs are played on 15 x 25 (metre) grid.

U7 and U8 games are played on 30 x 22 (metre) fields.

Rule 2 – The Ball

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

Size 3 shall be used for U4-U8; Size 4 shall be used for U9 - U12; and Size 5 for U13 - Adult.

Rule 3 – The Number of Players

<i>Number of Players on the Field</i>		
<i>U5/U6</i>	<i>Active Start</i>	<i>(NO Goalkeeper)</i>
<i>U7/U8</i>	<i>Mixed – 5</i>	<i>(including Goalkeeper)</i>
<i>U9-U18</i>	<i>Boys – 7</i> <i>Girls – 7</i>	<i>(including Goalkeeper)</i> <i>(including Goalkeeper)</i>

5 v 5 Playing Field

- a) Minimum Number of Players: 2 plus Goalkeeper

6 v 6 Playing Field

- a) Minimum Number of Players: 3 plus Goalkeeper

7 v 7 Playing Field

- a) Minimum Number of Players: 4 plus Goalkeeper

For all games:

- 1) One of the players must be a goalkeeper, dressed differently than any of the other players on either team.
- 2) If one team cannot field a full team, the other team will play with an equal number of players on the playing area. Any team failing to provide the minimum number of players 5 minutes after the hour shall forfeit the match by a score of 1-0. Teams will then divide all the players equally and play a “friendly”.
- 3) 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.
- 4) 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.
- 5) All players dressed to play shall be subject to the authority of the referee.

Infringements/Sanctions

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

Rule 4 – The Player’s Equipment

- 1) Players shall not wear anything which is dangerous to themselves or any other player. Basic compulsory equipment of a player shall consist of a numbered shirt, shorts, stockings, shin guards and appropriate indoor footwear for the playing surface.
- 2) Shin guards, must be covered entirely by the stockings
- 3) Team colours shall not conflict with each other or with the referee. Goalkeepers shall wear colours which distinguish them from each other, the other players and from the referee.
- 4) The shirt must be tucked into the shorts.

Infringements/Sanctions

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

Rule 5 – The Referee – U7+

Each match is controlled by a referee who has full authority to enforce the OSA’s Playing Rules for Indoor Soccer amended by the Milton Youth Soccer Club to meet the objectives and needs of its programs. The authority and exercise of the powers granted to the referees by these playing rules commence as soon as the referee enters the field of play. The referee’s powers of penalizing shall extend to offenses committed when the ball is in play, the ball is out of play or play has been temporarily suspended. The referee’s decision on points of fact connected with the play shall be final, so far as the result of the game is concerned.

The referee shall:

- 1) Enforce these playing rules;
- 2) Refrain from penalizing in cases where by doing so, an advantage would be given to the offending team;
- 3) Keep a record of the game;
- 4) Have the discretionary power to stop the game for any infringement of the playing rules and to suspend or terminate the game whenever, by reason of the elements, interference by spectators, or other cause, such stoppage is deemed necessary. In such a case the referee shall submit a detailed report, within the stipulated time, and in accordance with the provisions set by MYSC;
- 5) U7-U12 – Verbally caution any player guilty of misconduct or unsporting behavior;
- 6) U13+ - Caution and Dismissal guidelines apply;
- 7) Allow no person other than the players to enter the field of play without giving permission;
- 8) Stop the game when of the opinion that a player has been seriously injured, have the player removed as soon as possible from the field of play, and immediately resume the game. If a player is slightly injured, the game must not be stopped until the ball has ceased to be in play. A player who is able to leave the field of play for attention of any kind, shall not be treated on the field of play;
- 9) Signal for recommencement of the game after all stoppages and decide that the ball provided for a match meets with the requirements of Playing Rule 2.

Rule 6 – Duration of the Game

For the U5/U6 Active Start Program, it consists of a 25-minute Technical Program followed by a 25-minute game.

For all other ages, the duration of the game shall consist of two equal periods of 25 minutes. In the event that the start of the match is delayed for any reason, the referee shall shorten each half so not to delay the start of the following match.

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

As time is booked by the hour, any delay in the start of the game or during play will be lost. In no circumstances may a game infringe on the following time slot. Teams and players must not enter the field of play until the start of their time slot and must leave the field of play prior to the start of the time slot that follows theirs.

Rule 7 – The Start of Play

- 1) **Preliminaries:** A coin is tossed and the team that wins the toss shall have first kick-off. The loser of the toss shall have the second half kick-off. Teams will change ends at the start of the second half.
- 2) **Kick-Off:** A kick-off is the way of starting or restarting play:
 - a) at the start of the game;
 - b) after a goal has been scored;
 - c) at the start of the second half of the game; and
 - d) at the start of each period of extra time, when applicable.
- 3) A goal may not be scored directly from a kick-off.
- 4) **Kick-Off Procedure:** The referee having given a signal, the game shall be started by a player taking a place kick (i.e. a kick at the ball while it is stationary on the ground in the centre of the field of play) in any direction (ie. forwards, sideways, or backwards) on the field of play. All players shall be in their own half of the field and every player of the team opposing that of the kicker shall remain not less than five metres from the ball until it is kicked-off. The ball is in play when it is kicked and moves. The kicker shall not play the ball a second time until it has been touched or played by another player.

Infringements/Sanctions

For any infringement of this playing rule, the kick-off shall be retaken, except in the case of the kicker playing the ball again before it has been touched or played by another player; for this offence, a free kick shall be taken by a player of the opposing team from the place where the infringement occurred, subject to the over-riding conditions imposed in Playing Rule 12.

- 5) **After any other temporary suspension;** when restarting the game after a temporary suspension of play from any cause not mentioned elsewhere in these playing rules, provided that immediately prior to the suspension the ball had not passed over the touch or goal lines, the referee shall drop the ball at the place where it was when play was suspended, unless it was within the penalty area at that time, in which case it shall be dropped on the penalty-area line at least one metre from the goal-line, nearest to where the ball was when play was suspended. It shall be deemed in play when it has touched the ground; if, however:
 - a) it goes over the touch-line or goal-line after it has been dropped by the referee, but before it has been touched by a player, or
 - b) a player touches the ball before it has touched the ground the referee shall again drop the ball.

Rule 8 – The Ball In and Out of Play

The ball is out of play:

- 1) when it has wholly crossed the goal-line whether on the ground or in the air;
- 2) when the match has been stopped by the referee;

- 3) when it has wholly crossed the touch-line whether on the ground or in the air;

For any of the above stoppages, an indirect free kick will be awarded to the opposing team subject to Rules 7 & 12.

The ball is in play any other time from the start of the match to the finish including rebounds from the goalposts or crossbar into the field of play.

Rule 9 –Method of Scoring

A goal is scored when the whole of the ball crosses the goal line on the ground, or in the air, between the goalposts and under the cross-bar, provided that no infringement of the rules has been committed by the scoring team.

A goal cannot be directly scored by the goalkeeper when he/she has released the ball from their hands.

The team scoring the greater number of goals during the match shall be the winner. If both teams score an equal number of goals, or no goals at all, then the match shall be drawn.

No standings are kept for MYSC House League programs as per LTPD guidelines.

Rule 10 – Offside

There shall be no offside offence in indoor soccer.

Rule 11 – Fouls and Misconduct

A player who commits any of the following 6 offences in a manner considered by the referee to be careless, reckless and using excessive force

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

Or commits any of the following 9 offences:

- g) when tackling an opponent making contact with the opponent before making contact with the ball;
- h) spits at an opponent;
- i) holds an opponent;
- j) handles the ball deliberately (except the goalkeeper within his own penalty area);
- k) slide tackles or attempts to slide tackle an opponent;
- l) plays in a dangerous manner;
- m) impedes the progress of an opponent;

- n) prevents the opposing goalkeeper from releasing the ball;
- o) plays or touches the ball a second time prior to the ball being touched by any other player after the ball is in play from a kick-off, free kick, corner kick, goal kick or penalty kick

shall be penalized by the award of an indirect free kick to the opposing team from the place where the offence has occurred, subject to the conditions of Rules 7 & 12. If the offence (a-k only) has been committed by a defender within the penalty area, a penalty kick shall be awarded to the opposing team.

If the goalkeeper playing within their own penalty area commits any of the following offences:

- a) takes more than six seconds to release the ball when controlling it with his/her hands
- b) touches the ball again with his/her hands after it has been released from his/her possession and has not been touched by any other player;
- c) touches the ball with his/her hands after it has been deliberately kicked to him/her by a team mate;
- d) touches the ball with his/her hands after she/he has received it directly from a kick-in taken by a team-mate;
- e) wastes time

shall be penalized by the award of an indirect free kick to the opposing team at a spot on the green penalty area arc closest to where the infringement had occurred subject to the conditions of Rules 7 & 12.

A player in the 13+ divisions 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) slide tackles or attempts to slide tackle. Sliding without attempt to contact the opposing player shall not be considered a slide tackle.

If the referee stops play to administer the caution, a free kick shall be awarded to the opposing team from the place where the offense has occurred, subject to the conditions of Rules 7 & 12.

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 her/his 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) abuses offensive, insulting, or abusive language and/or gestures;
- g) receives a second caution in the same match

If play is stopped by reason of a player being ordered from the field of play for an offense without a separate breach of the playing rule having been committed, the game shall be resumed by a free kick awarded to the opposing team from the place where the offense has occurred, subject to the conditions of Rules 7 & 12.

Time Penalties:

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

Administration of Time Penalties:

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

Rule 12 – Free Kicks

All free kicks (with the exception of a penalty kick) shall be “indirect” (a goal cannot be scored unless the ball has been played or touched by any other player other than the kicker prior to passing through the goal).

When a player is taking a free kick within the player’s own penalty area, all opposing players must be at least 3 metres from the ball and outside the penalty area until the ball has been kicked out of the area. The ball is in play once it has been kicked directly beyond the penalty area. The ball cannot be played to or handled by the goalkeeper prior to it directly leaving the penalty area. For any such infringement, the kick shall be re-taken.

When a player is taking a free kick outside the penalty area, all opposing players must be at least 3 metres from the ball until it is in play. The ball shall be in play once it has been kicked and it moves.

If a player of the opposing team encroaches into the penalty area, or within five metres of the ball, as the case may be, before a free kick is taken, the referee shall delay the taking of the kick, until the playing rule is complied with.

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

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

- 1) any free kick awarded to the defending team, within its own goal area, may be taken from any point within the goal area.
- 2) any free kick awarded due to the ball touching any ceiling fixtures shall be taken directly underneath the spot where the ball touched the fixture

Infringements/Sanctions

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

Rule 13 – The Penalty Kick

A penalty kick shall be taken from the penalty-mark and, when it is being taken, all players with the exception of the player taking the kick, properly identified, and the opposing goalkeeper, shall be within the field of play but outside the penalty area, and at least 3 metres from behind the penalty-mark.

The opposing goalkeeper remains on his/her goal line, facing the kicker, between the goal posts until the ball is kicked.

The player taking the kick must kick the ball forward; it shall not be played a second time until it has been touched or played by another player.

The ball shall be deemed in play directly after it is kicked and moves.
A goal may be scored directly from a penalty kick.

When a penalty kick is being taken during the normal course of play, or when time has been extended at half time or full time to allow a penalty kick to be taken or retaken, a goal shall not be nullified if, before passing between the posts and under the crossbar, the ball touches either or both of the goal posts or the crossbar, or the goalkeeper, or any combination of these agencies, providing that no other infringement has occurred.

Infringements/Sanctions

For any infringement of this playing rule:

- a) by the defending team, the kick shall be retaken if a goal has not resulted.
- b) by the attacking team other than by the player taking the kick, if a goal is scored it shall be disallowed and the kick retaken.
- c) by a member of both teams, the kick, if taken shall be retaken.
- d) by the player taking the penalty kick, committed after the ball is in play, a player of the opposing team shall take an indirect free kick from the spot where the infringement occurred, subject to the over-riding conditions imposed in Playing Rule 12.

Rule 14 – The Goal Kick U9+

A goal kick is awarded when the whole of the ball crosses over the goal line on the ground or in the air (and a goal has not been scored as per Rule 9) having last been touched by a player of the attacking team.

A goal cannot be scored against the opposing team directly from a goal kick.

Procedure:

- 1) The ball is placed at any point within the penalty area;
- 2) The ball must be stationary when it has been kicked;
- 3) The ball can be played by any player of the defending team;
- 4) The ball is in play once it has been kicked directly beyond the penalty area;
- 5) Opponents must remain outside the penalty area until the ball is in play

Infringements:

If the ball has not left the penalty area and has been touched by any player, the kick is retaken.

Rule 15 – Retreat Line U7-U10

To allow our younger players to learn and gain confidence in how to play the ball out from the back and build an attack, as opposed to the goalkeeper/last player kicking it aimlessly up the field, the concept of the retreat

line has been introduced in mini soccer. To see young players aimlessly boot the ball up the field in the “hope” that one of his or teammates gets the ball is not effective in producing skilled, confident players who love to play.

Procedure:

- 1) When the goalkeeper has the ball at a goal kick or after making a save, the opposing team members would “retreat” to the halfway line of the field for U7/U8, and 1/3 for the U9/U10 divisions;
- 2) Once all the opposing players have retreated to the line the goalkeeper can successfully throw or pass the ball to one of his/her teammates;
- 3) Once the teammate has received the ball the opposing players can then start to apply pressure to the player with the ball;
- 4) This gives the player on the ball the time and space required to have a look, receive the ball, and choose to dribble or pass to a teammate without being marked or under immediate pressure.

In the 5v5 game, the retreat line is the halfway line for the U7/U8 divisions and 1/3 for the U9/U10 division. If flags are not available, cones on each side of the field can indicate the retreat line.

Rule 16 – The Corner Kick U9+

When the ball crosses over the goal line either on the ground or in the air (and a goal has not been scored as per Rule 9), having last been touched by a player of the defending team, a member of the attacking team is awarded with a corner kick.

A goal cannot be scored against the opposing team directly from a corner kick.

Procedure:

- 1) The ball is placed on the corner arc of the goal line;
- 2) Opponents must remain at least 3 feet from the ball until it is in play;
- 3) The ball is kicked by a member of the attacking team;
- 4) The ball is in play when it has been kicked and moves;
- 5) The kicker cannot play or touch the ball a second time until it touches any other player.

Infringements/Sanctions

If the player who takes the kick plays the ball a second time before it has been touched or played by another player, the referee shall award an indirect free-kick to the opposing team, to be taken from the place where the infringement occurred, subject to the over-riding conditions imposed in playing Rule 12.

Rule 17 – The Kick-In

When the whole of the ball passes over the touch-line, either on the ground or in the air, a free kick shall be awarded the team opposing that of the player who last touched or played the ball.

The free kick shall be taken from the point that the ball crossed the line, from a point within 1 metre of the point closest to where the ball went out of play. Players of the team opposing that of the player taking the kick-in shall not approach within 3 metres of the ball until it is in play, i.e., it has been kicked and moves, nor shall the kicker play the ball a second time until it has been touched or played by another player.

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

Rule 18 – Special Request Forms

MYSC allows one (1) player request per child per season. If a player is already requested by another, they in turn cannot request a third player. Sorry, no player chains are permitted.

The Special Request Form needs to be completed and signed by BOTH families and submitted to the MYSC Office prior to the deadline date as found on the website.

Coach requests are not accepted by MYSC.