



KAWARTHA LAKES SOCCER CLUB
CO-ED OVER 30 INDOOR SOCCER LEAGUE (2023-24)

RULES OF PLAY:

Games played under the jurisdiction of this league shall be governed by the following regulations:

1. Unless otherwise stated in these rules, FIFA laws apply.
2. Each team will be allowed a maximum of five (5) players on the playing surface at one time, including the goalkeeper. There must be two (2) players of each gender on the court at all times.
3. a) A team shall be allowed five (5) minutes grace if they are late and/or cannot field the required number of players, that being a minimum of four (4), one of which is a female. A forfeit will result if a team cannot field the required number of players at the conclusion of the five (5) minute grace period.

b) If a team **can** field a team, but do not have enough female players, they may play short for the game, or remainder of the game, but they must have at least one (1) female player on the court.
4. All games shall be fifty (50) minutes in duration, two halves of twenty five (25) minutes. There will be a three (3) minute rest between halves.
5. There are no offsides in indoor soccer.
6. A goal cannot be scored by a goalkeeper by throwing the ball into the opposing goal. If this happens, the restart will be an indirect free kick for the defending team in front of the goal in which the ball entered.
7. The ball may be played off any wall and play shall be continuous unless:
 - a) the referee stops play because of an infraction, injury, or the ball travels out of play;
 - b) a goal is scored

8. The ball will be considered out of play when it is kicked or deflected and:

- a) hits the ceiling (or dividing screen);
- b) goes into the players bench and stops or is touched by a player on that bench

Play restarts with an indirect free kick to the opposing team

9. If the ball gets kicked into the stage area, REGARDLESS of what team played it last, the keeper that is defending the stage area will start with the ball and can play it out of their hands or with their feet. This is the only time where the keeper cannot leave the three point arc until another player has played the ball.

10. Indoor soccer nets will be used.

11. Goalkeepers shall be allowed to touch the ball with their hands only if the **ball** is inside the penalty area. If the ball is outside the penalty area, goalkeepers are not permitted to use their hands, even if their feet remain inside the penalty area. The penalty area is defined as anywhere inside the basketball three point line. Infringement of this rule shall be punishable by an indirect free kick from where the infraction occurred.

12. The opposition must give the team kicking off, or the player taking a free kick, a distance of three (3) metres from the ball.

13. A penalty kick shall be awarded when a player commits one of the ten (10) penal offenses inside the penalty area. (As outlined by FIFA laws).

14. If a penal offense occurs outside the penalty area, an indirect free kick shall be awarded.

15. All other infractions are penalized with an indirect free kick. After an indirect free kick is taken, the ball must touch another **player**, other than the player taking the free kick, before the ball is deemed to be back in play.

16. All penalty kicks shall be taken from the basketball three point line at a point in front of the middle of the goal.

17. On a penalty kick, all players must be behind the ball, except the goalkeeper who is defending the goal. The goalkeeper must be on the goal line and cannot move forward until the ball is touched. A player who was on the playing surface at the time of the call must take the kick. If after the ball is kicked it does not enter the net, it must be

touched by another player (other than the kicker) before the kicker can touch it a second time.

18. Kick-offs at the center of the gym may be played backwards and are indirect.
19. Teams which delay the game shall be penalized by an indirect free kick. Play is to be restarted outside of the penalty areas.
20. Players may be substituted at any time (on the fly), except the goalkeeper. A substitute may only enter the playing surface, after the player he/she is substituting is within two (2) metres of the bench. The goalkeeper may be substituted if:
 - a) there is a stoppage in play;
 - b) **and** the referee is notified.
21. Teams are to be ready ten (10) minutes before their scheduled kick-off time. Clean and dry running or soft-soled shoes are to be worn. Team shirts must be the same colour and numbered on the back. Shirts are to be tucked inside the shorts. No caps, bandanas, watches, jewelry etc. are to be worn. Goalkeepers will wear a shirt which distinguishes him/her from the other players. Shin guards **must** be worn and should be entirely covered by socks. Knee braces may be worn but must be covered. No jewelry of any kind is to be worn – taping jewelry is also NOT permitted.
22. Discipline:

A team shall **not** play short-handed following an ejection. The player dismissed **must** leave the premises immediately. He/she must attend the next disciplinary hearing (if applicable) and adhere to the suspension granted. They **must** pay a \$50.00 reinstatement fine before returning to competition.

- a) 3 yellow cards in the same season to the same player will result in a 1 game suspension and a \$50.00 reinstatement fine
- b) 2 red cards in the same season to the same player will result in a full season suspension (remainder of current season) with no refund and will be subject to the \$50.00 reinstatement fine. Note: The player must also serve the suspension handed out as a result of the initial infraction. Most times this will tie in with the remainder of the season, but if the second red card is received very late in the season and the initial suspension will not be covered by the remaining games, the suspension will carry over to the next indoor season.

23. On any occasion when a player deliberately kicks the ball to his own goalkeeper, the goalkeeper is permitted to touch the ball with his/her hands. The ball must then leave the penalty area **and** touch another player before the goalkeeper may pick up the ball again.
24. Slide **tackles** and sliding of any kind is **not** permitted. Players are to stay on their feet at all times when making a tackle or challenging the ball. No exceptions. Goalkeepers may slide along the ground to make a save, but they **must** slide hands first. An indirect free kick will be given to the non-offending team (unless the offense occurs inside the penalty area, in which case a penalty kick will be awarded) and may result in a yellow or red card based on the referee's judgment of the foul.
25. Goalkeepers may hold the ball in their hands in the penalty area for a maximum of six (6) seconds.
26. Players may not put their hands on the wall in an attempt to gain an advantage. They may put their hands on the wall to protect themselves from injury.
27. If a situation arises during the course of the game which is not covered by these rules, nor FIFA laws, then the referee shall have the right to make a decision "on the spot" and such a decision shall be binding.