



OAKVILLE SOCCER CLUB INC

Indoor / Small Sided Recreational Soccer Rules

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Introduction

The Indoor rules for the Oakville Soccer Club have been designed to ensure that all participants have a positive playing experience during their participation. Indoor Soccer is designed to allow players to have fun, giving **all** players **equal** playing time regardless of ability. We look forward to a successful session and wish all Players and Coaches the best of luck with their endeavours.

THE FIELD OF PLAY

The field of play at Pine Glen has been divided into 4 quadrants for U8 – U18. U5, U6 and U7 games are played on 1/8 of a field. Please [click here](#) to view the 1/8 of field layout.

THE BALL

For competitions U5 – U8, the ball shall be size 3, U9 up to and including Under-12 the ball shall be a size 4. For all other competition the ball shall be a size 5.

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.

Rule 3 – NUMBER OF PLAYERS

- 1) Unless specified otherwise by the Rules of the competition, a match shall be played by two teams, each with not more than seven 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.
- 2) Substitutes may be used in any match in accordance with the rules of the competition.
Substitutions U5 – U16:
Unlimited substitutions are permitted at the following times with the approval of the other coach:
 - On a kick in for either team
 - After a goal is scored by either team.
 - At a goal kick by either team.
 - At the start of the 2nd Half.
 - To replace an injured player.**Substitutions U18 - Adult:**
Substitution is done on the fly at any time.
- 4) 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.
- 5) 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.

Number of Players on the Field:

U5	4v4 (NO Goalkeeper)
U6	5v5 (NO Goalkeeper)
U7	5v5 (NO Goalkeeper)
U8-U11	7v7 (Including Goalkeeper)
U12-U18	6v6 (Including Goalkeeper)

If one team does not have enough players for a game, the other team should lend a player(s). Games will not be rescheduled for lack of players.



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 – PLAYER'S EQUIPMENT

Players shall not wear anything which is dangerous to themselves or another player. No Jewellery is to be worn by Players during the game. Earrings and studs must be removed prior to entering the field of play. Players who wear eyeglasses are allowed to play, however they should be secured with tape for reasons of safety. The **only** exception is a medic alert bracelet. Religious headwear is allowed under OSA guidelines.

- 1) The basic equipment of a player shall consist of a numbered shirt, shorts, stockings, shinguards and footwear. The footwear shall be appropriate to the Indoor game and the playing surface. Outdoor shoes are permissible for the Pine Glen surface
- 2) Shin guards, which must be covered entirely by the stockings.
- 3) 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.
- 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 – REFEREES (U8+ Games)

Each match is controlled by a referee who has full authority to enforce the OSA's Playing Rules for Indoor Soccer amended by the Oakville Soccer Club to meet the objectives and needs of its programs. The authority and exercise of the powers granted to the referee by these playing rules commence as soon as the referee enter the field of play. The referee's powers of penalizing shall extend to offences 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(s) shall:

- a) enforce these playing rules;
- b) refrain from penalizing in cases where by doing so, an advantage would be given to the offending team;
- c) keep a record of the game;
- d) 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 the O.S.C.;
- e) caution and show a yellow card to any player guilty of misconduct or unsporting behaviour. In such cases the referee shall send the name of the offender to the



competent authority, within the stipulated time, and in accordance with the provisions set by the O.S.A.;

- f) allow no person other than the players to enter the field of play without giving permission;
- g) 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;
- h) send off the field of play and show a red card to any player who is guilty of violent conduct, serious foul play, or the use of offensive, insulting, abusive language and/or gestures, or is guilty of a second cautionable offence;
- i) signal for recommencement of the game after all stoppages; and
- j) decide that the ball provided for a match meets with the requirements of Playing Rule 2.

Rule 6 - DURATION OF THE GAME

See Below:

U5 - U7 - 2 x 20 Minute halves

U8 - U18 - 2 x 25 Minute halves

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 decides which goal it will attack in the first half of the game and kicks off in the second half of the game. The other team takes the kick-off to start the game. In the game's second half, the teams change ends and attack the opposite goals.
- 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 (i.e., 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 5 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 re Kick off procedures

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.

Rule 8 – BALL IN AND OUT OF PLAY

Ball out of Play: The ball is out of play:

- a) when it has wholly crossed the goal-line and/or the end boards whether on the ground or in the air, or touches the netting above the end-boards;
- b) when the game has been stopped by the referee; or
- c) when it has wholly crossed the touch-line and/or the side boards whether on the ground or in the air, or touches the netting above the sideboards, or makes contact with any part of the ceiling above the playing area.

For such contact, a free kick shall be awarded to the opposing team, below the point at which contact was made.

Ball in Play: The ball is in play at all other times from the start of the match to the finish including:

- a) if it rebounds from a goal-post, cross-bar, corner-flag post, board or wall, including fixtures attached to the walls, into the field of play; or
- b) if it rebounds from a goal-post, cross-bar, corner-flag post, board or wall, including fixtures attached to the walls, into the field of play.

Rule 9 – METHOD OF SCORING

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 has been committed previously by the team scoring the goal.

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

No standings are kept for OSC Indoor Recreational games U18 and under.

Rule 10 – OFFSIDE OFFENCE

There shall be no offside offence in indoor soccer.

Rule 11 – FOULS AND MISCONDUCT

A player who commits any of the following six offences in a manner considered by the referee to be careless, reckless or involving disproportionate 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, including forcing into the boards;
- e) strikes or attempts to strike an opponent; or



f) pushes an opponent;

or who commits any of the following five offenses:

- g) when tackling an opponent makes contact with the opponent before contact is made with the ball;
- h) spits at an opponent;
- i) holds an opponent;
- j) handles the ball deliberately, i.e., carries, strikes or propels the ball with hand or arm (this does not apply to the goalkeepers within their penalty areas); or
- k) slide tackles or attempts to slide tackle

shall be penalised by the award of an **Indirect free kick** to be taken by the opposing team from the place where the offense occurred.. Should a player of the defending team commit one of the above eleven offences within the penalty area, the player shall be penalised by a **penalty kick**.

A penalty kick can be awarded irrespective of the position of the ball, if in play, at the time an offence within the penalty area is committed.

A player when playing as a goalkeeper and within the penalty area commits any of the following five offences:

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

shall be penalised by the award of an indirect free kick to be taken by the opposing side from where the infringement 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 behaviour;
- 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; or
- h) slide tackles or attempts to slide tackle.

If the referee stopped play to administer the caution, a free kick shall be awarded to the opposing



team from the place where the offence occurred, unless a more serious infringement of the playing rules was committed.

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 offence punishable by a free kick or a penalty kick;
- f) abuses offensive, insulting or abusive language and/or gestures; or
- 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 offence 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 infringement occurred, subject to the over-riding conditions imposed in Playing Rule 13.

Time Penalties

- 1) A player committing any offence 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 has been sent off, shall serve a 5 minute time penalty.

Rule 12 – 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).

When a player is taking a free kick inside the player's own penalty area, all of the opposing players shall be at least five (5) metres from the ball and shall remain outside the penalty area until the ball has been kicked out of the area. The ball shall be in play immediately when it is kicked directly beyond the penalty area. The goalkeeper shall not handle the ball, in order to kick it into play. If the ball is not kicked directly into play, beyond the penalty area, the kick shall be retaken.

When a player is taking a free kick outside the player's own penalty area, all of the opposing players shall be at least three metres from the ball, until it is in play, unless they are standing on their own goal line, between the goal posts. The ball shall be in play when it is kicked and moves.

If a player of the opposing team encroaches into the penalty area, or within 5 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 a free kick is taken, and the kicker shall not play the ball a



second time until it has been touched or played by another player.

Notwithstanding any other reference 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 to the attacking team within its opponent's penalty area shall be taken from the penalty-area line, at least one metre from the boards/goal-line, at the point nearest to where the offence was committed.
- 3) Any free kick awarded for an infringement on the boards shall be taken at a point 1 metre into the field of play.

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 – 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 5 metres from the penalty-mark and must stand behind the penalty mark. The opposing goalkeeper remains on her/his 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 13.

Rule 14 – KICK-IN

When the whole of the ball passes over the touch-line, either on the ground or in the air, or touches the netting above the side-boards 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, or for facilities with boards, from a point within 1 metre of the point closest to where the ball went out of play. **A GOAL MAY NOT BE SCORED DIRECTLY FROM A KICK-IN.**



Rule 15 – GOAL KICK

When the whole of the ball passes over the goal-line and/or the end-boards excluding that portion between the goal-posts, either in the air or on the ground, or touches the netting above the end-boards having last been played by one of the attacking team, it shall be kicked from a point within the goal-area, by **ANY** player of the defending team. A goalkeeper shall not handle the ball from a goal-kick in order to kick it into play. If the ball is not kicked beyond the penalty area, i.e., directly into play, the kick shall be retaken. The kicker shall not play the ball a second time until it has touched or been played by another player. Players of the team opposing that of the player taking the goal-kick shall remain outside the penalty-area until the ball has been kicked out of the penalty-area.

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

Infringements/Sanctions

If the player taking a goal-kick plays the ball a second time after it has passed beyond the penalty-area, but before it has touched or been played by another player, an indirect free kick shall be awarded to the opposing team, to be taken from the place where the infringement occurred.

Rule 16 – CORNER KICK

When the whole of the ball passes over the goal-line and/or end-boards, excluding that portion between the goal-posts, either in the air or on the ground, or touches the netting above the end-boards, having last been played by one of the defending team, a member of the attacking team shall take a corner-kick. Depending upon the facility either the whole of the ball shall be placed on, or within, the corner arc (i.e., quarter circle at the nearest corner-flag post), which must not be moved, or the ball will be placed on the corner-mark. and it shall be kicked from that position. Players of the team opposing that of the player taking the corner-kick shall not approach within 5 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 shall not be scored directly from a corner-kick.

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.