



ADULT INDOOR SOCCER RULES

Revised July 2018

Oakville Soccer Club Adult League Indoor Soccer Rules

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CODE OF CONDUCT

The Oakville Soccer Club expects and mandates that all participants affiliated with any OSC programs will conduct themselves in a manner which allows all players the opportunity to reach their full potential and most importantly, enjoy the game of soccer. This Code of Conduct provides the principles by which everyone associated with OSC must comply. Failure to comply may result in disciplinary action that could result in the suspension/termination of the membership of a player and/or coach or suspension/termination of the employment of referees.

Spectators who fail to comply with the Code of Conduct will face disciplinary action in accordance with the Town of Oakville's "R-Zone" policy, which the OSC has adopted. This zero-tolerance policy ensures a safe and leisurely environment for all participants at all Oakville facilities, parks and programs.

*OSC reserves the right to amend this Code of Conduct without notice should the Town of Oakville and/or the Ontario Soccer Association make any amendments to their by-laws or policies.

The Oakville Soccer Club Fair Play Code mandates the following for all players, coaches, referees and spectators:

General Expectations

- Abusive behaviour and communication styles are not acceptable.
- The use of profanity is prohibited.
- Alcohol or other controlled substances are prohibited from all Town of Oakville recreational grounds; this includes parking facilities; Town of Oakville By-Law 1999-159.
- Smoking in the playing and spectator area is prohibited.
- Keep fields and parks clean of garbage.
- Respect all municipal by-laws and area residents by parking respectfully in designated areas.

Player Expectations

- Play co-operatively with team-mates.
- Treat opponents, game officials, coaches, and spectators with respect.
- Arrive a minimum of 15 minutes before game time in uniform ready to play.
- Keep uniform shirts tucked into shorts during play.
- Shin guards must be worn for all games and practices – no exceptions.
- Cannot wear metal cleats.
- No jewelry or piercings are allowed to be worn

Coach/Team Captain Expectations

- Demonstrate fair play, respect of others and good sportsmanship through example during the season.
- Speak respectfully to players, officials and spectators.
- Offer constructive criticism in an effort to improve the skills of their players.
- Have all teammate's player registrations completed in time to start the season and team payments are completed

Referee Expectations

- Officiate the game in a fair, non-partisan and unbiased manner.
- Adhere the rules set by the governing body; i.e. FIFA.
- Be respectful when addressing players, coaches, and spectators.

Spectator Expectations

- Treat players, referees, opponents and other spectators with respect.
- Spectators must stand on the opposite side of the field from the players and coaches and must not step onto the field during the game.
- To avoid injury to themselves and players, spectators must maintain a distance of not less than three metres from the field during the game.
- Ensure young spectators in their care do not interrupt the game and remain well away from the field.
- Must not play with a ball any closer than five metres from the field.
- Pets must be leashed at all times as required in Town of Oakville By-Law 1999-159 and are prohibited at a number of fields. If a referee deems a pet to be a nuisance the pet must be removed at once.

The League will follow the [FIFA Laws of the Game](#) unless otherwise stated in Oakville Soccer Club Rules.

FIELD/FACILITY ETTIQUETTE AND RULES

Food and Drink:

- Water is the only drink allowed on the field
- Coffee/Tea or sugar based (sports drinks, pop, juice, etc.) drinks are prohibited.
- Food is prohibited on the field.
- Gum is prohibited on the field
- Spitting is prohibited on the field
- Alcohol is prohibited in the facility, parking lot or outdoor fields.
- Smoking is prohibited. Pine Glen is a smoke free facility.

Players:

- Game/Session times are 55 minutes in duration and begin on the hour (unless otherwise indicated by management).
- Players are NOT to enter the field area until 5 minutes prior to the start of their game/session
- Players leaving the field area must exit quickly and orderly using the proper exit.
- Players/Team meeting will be conducted outside the playing area. "Playing area" is defined as field space inside the doorway entrance to the fields.
- Players are to remain seated when not substituting.

Spectators:

- Stay behind the white lines at all times and within the designated Spectator seating area
- Spectator access to field viewing areas is via the outside perimeter of the field.

- Spectators are not permitted to walk across the fields (via field dividers/curtains) at any time.
- Siblings are required to sit with their parents/guardians throughout the session/game in the designated seating area.
- Sidelines are not a play area for kids.
- West end half wall is not to be used for seating or entrance/ext points to fields.

Players and Spectators who are in violation of the OSA/PHSA & Oakville Soccer Club's League bylaws, policies, code of conduct, rules and regulations, Pine Glen Soccer Centre's Field/Etiquette and Rules and/or Town of Oakville's R-Zone policies will be removed from the facility. Depending on the nature of the offense violations could result in criminal charges.

Consumption of Alcohol or Substances

The Oakville Soccer Club takes the behaviour of its membership very seriously and have taken steps to ensure that everyone enjoys a 'positive soccer experience'. The consumption of alcohol by its members pre or post-game on Town of Oakville grounds is expressly prohibited. Upon notification of a team consuming alcohol or substances at an OSC Adult League game by OSC or Town of Oakville staff, that team shall be expelled from the league immediately. There are no exceptions to this rule and no appeal or refund shall be granted.

The League will base rules upon the Ontario Soccer playing rules for Indoor Soccer. The rules are available at: [The Ontario Soccer Association - Indoor](#)

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 Oakville Soccer Club is not responsible for balls stuck in the ceiling and/or stolen balls.

REGISTRATION OF TEAM/PLAYERS

Players must be registered with The Oakville Soccer Club before he/she plays in a League game. Players are required to register and pay in full, before the start of their first league game. A team using players not on their team list (unregistered players) will be subject to disciplinary action.

A player can register for multiple leagues or teams as long as the teams aren't in the same division.

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

The League reserves the right to approve or deny acceptance of a team and/or player application.

Team names and jerseys must adhere to club policies and are subject to approval.

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 six 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 the 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 meter 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.

***Coed Division – 2 women and 2 men must be on the field at all times, including the goalkeeper, otherwise the game can be forfeited.**

****Coed Division- If a team can only field 1 female at any point in the game they're not permitted to add another male player in replacement and must play a player down.**

PLAYER EQUIPMENT

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

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

- 1) The basic equipment of a player shall consist of 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 permissible for the Pine Glen surface.
- 2) Shin guards, which must be covered entirely by the socks.
- 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) 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.

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. If 35 minutes of the game has been played and the game gets abandoned the score will stand with no rescheduled game given.

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 is still considered a slide tackle, therefore a foul.

Time shall be extended to permit a penalty kick being 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.

Captains are responsible for collecting the team's game sheet from the front desk. All areas of the game sheet must be completed before handing it to the referee. Captains are responsible for all players on the team all times. Players will conduct themselves in a reasonable manor in accordance to the rules and regulations of the OSC Adult League. If a game is abandoned due to actions of one teams player, the game will be scored 3-0 in favor of the opposing team.

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:

- 1) At the start of the game;
- 2) After a goal has been scored;
- 3) 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/netting.

METHOD OF SCORING

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

FOULS AND MISCONDUCT

Players must adhere to the [OSC Fair Play Code](#) at all times.

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, shown the yellow card and given a two minute penalty if, in the opinion of the referee, the player:

- 1) Is guilty of unsporting behaviour;
- 2) Shows dissent by word or action;
- 3) Persistently infringes the Playing Rules of Indoor Soccer;
- 4) Delays the restart of play;
- 5) Fails to respect the required distance when play is restarted with a corner kick or a free kick;
- 6) Enters the field of play without the referee's permission other than in the act of substitution;
- 7) 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;
- 8) 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:

- 1) Is guilty of serious foul play;
- 2) Is guilty of violent conduct;
- 3) Spits at an opponent or any other person;
- 4) 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);
- 5) 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;
- 6) Uses offensive, insulting or abusive language and/or gestures;
- 7) Receives a second caution in the same match

** All red cards will result in an automatic 1-game suspension, pending further review by the OSC Discipline committee*

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 and be asked to leave the field of play.

Discipline & Banning Players/Teams

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

Any player or team official reported of violent conduct during a match, who is found guilty of such conduct, may be removed from the league.

If a player receives 3 red cards throughout the course of a year playing Indoor or Outdoor, the OSC will review the player's discipline record and will have the authority to ban the player from the Pine Glen Soccer Centre.

The Oakville Soccer Club reserves the right to take disciplinary action against any individual player

and/or team that has, in the opinion of the Adult League Coordinator in consultation with the Executive Director, acted in a manner deemed to be detrimental to the values of the Club. Such action includes but is not limited to game suspension, denial of access to facilities, removal of a team from the league.

KICKING PROCEDURES

FREE KICK

ALL FREE KICKS SHALL BE CLASSIFIED AS "INDIRECT" (i.e. 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, whether in the air or on the ground, the opposing team is awarded with a kick-in. The team defending a kick-in must keep a distance of 5 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 5 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.**

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.

Any league or referee complaints are only dealt in writing. Please email all complaints to Scott Birkbeck Adult Programs Coordinator.

NO SHOW AND DEFAULT

A team not fulfilling its commitment or failing to show up for a game without 24 hours' notice may be

subject to penalty.

Any team who defaults 3 games will be expelled from the entire league.

A team who forfeit's or no-show's may not have the originally scheduled game rescheduled.

LEAGUE SCORING & TIE BREAKERS

A team shall be awarded 3 points for a win, and 1 point for a draw. In the event of a tie in the league standings at the end of the season, the tie will be broken according to the following:

- 1) Points
- 2) Goal Difference
- 3) Goals For
- 4) Head to Head
- 5) Coin Flip