

Central Okanagan Youth Soccer Association

Indoor Soccer Rules



2022

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RULE 1 – The Field of Play

Dimensions

The field of play is as shown in the diagram, including the team benches and the penalty box. The boundary lines and the goal lines are defined by a perimeter wall, which is part of the playing area.

Field Markings

All lines belong to the areas of which they are boundaries. The top of the boards is a part of the playing area.

Team Benches

An area off the playing surface must be provided for each team. Substitutes for the team must remain in the team bench area.

The Penalty Area

A penalty area is defined at each end of the field as illustrated:

The Penalty Spot

A penalty spot is marked 24 feet from the goal line and equidistant from each goal post.

The Corner Mark

The corner mark is a 9" circle drawn near the end wall.

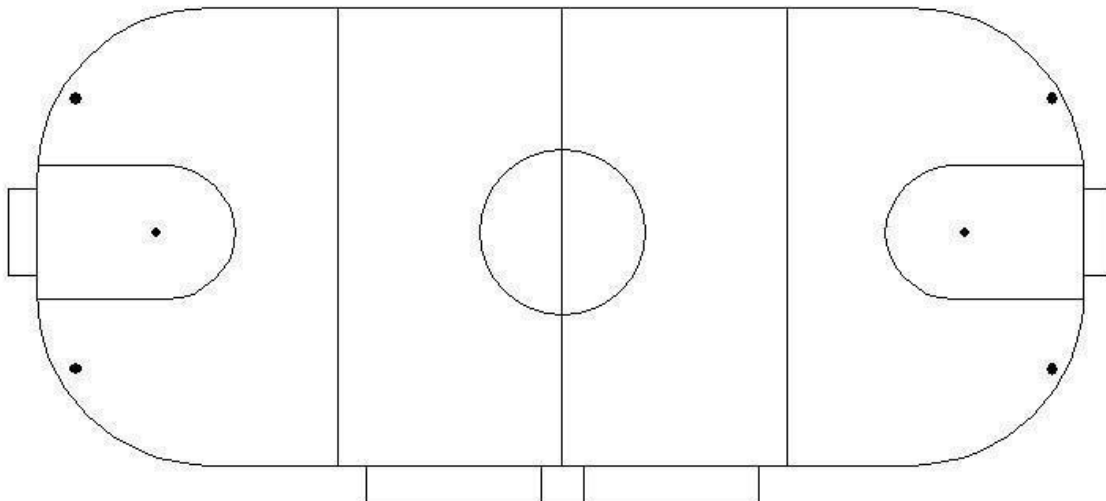


Figure 1: Indoor Field of Play

RULE 2 - The Ball

U12 and under will use a size 4 ball U14 and up will use a size 5 ball

Qualities and measurements

The ball is:

- Spherical.
- Made of leather or other suitable material.
- Of a circumference of not more than 70 cm (28 ins) and not less than 68 cm (27 ins).
- Not more than 450 g (16 oz) in weight and not less than 410 g (14 oz).

- At the start of the match of a pressure equal to 0.6 – 1.1 atmosphere (600 – 1100 g/cm²) at sea level (8.5 lbs./sq. in 15.6 lbs./sq. in).

If the ball bursts or becomes defective during the course of a match:

- The match is stopped.
- The match is restarted by dropping the replacement ball at the place where the first ball became defective.

If the ball bursts or becomes defective whilst not in play at a kick-off, goal kick, corner kick, free kick or penalty kick:

- The match is restarted accordingly.

The ball may not be changed during the match without the authority of the referee.

The game ball is provided by the league.

RULE 3 – The Number of Players - Coaches

At U8 a team list is not required.

At U8 a coach may be on the field with the players providing they do not interfere with play.

Players

A match is played by two teams, each consisting of not more than six players, one of whom must be a goalkeeper. A match may not start if either team consists of fewer than **four** players. A match may not continue if a team is reduced to fewer than four players eligible to be on the field.

*Note – U8 is played 4 v 4 including the goalkeeper

Players may only play for the team that they are assigned to by the league.

Players can only play for the team the league assigns them to in that team's scheduled time slot unless the opposition in the same time slot does not have enough players and then players may play for either team as determined by the coaches and referee.

No coaches or spectators can play in the event of one or both teams not having enough players.

In all matches the team sheet listing the names of all the players must be given to the referee prior to the start of the match. Failure to do so will result in a two-minute bench minor misconduct.

EQUALIZATION RULE

In the event one team is ahead of their opponents by 5 or more goals, the team behind in score may add an additional player on the field until the score is within 3. If the score is narrowed to a difference of 3 then the team with the additional player must remove a player and play with a maximum of 6 players on the field (1 keeper plus 5 field players).

Substitution Procedure

To replace a player by a substitute, the following conditions must be observed:

- The player must first leave the field. A player is considered to have left the field if he is within one yard of the perimeter wall between the ends of his team's bench area, and if he is not interfering with play.
- Once the player has left the field, the substitute may enter the field from either gate to the team bench. Players may not jump over the boards to enter the field of play. If a player does jump over the boards to enter the field of play they will be cautioned (assessed a yellow card) and serve a 3 minute penalty.

- A substitution is completed when the substitute enters the field of play.
- All substitutes are subject to the authority and jurisdiction of the referee, whether called upon to play or not.

Guaranteed substitution opportunity

Play will be held up for a reasonable length of time to allow teams to substitute:

- After a goal has been scored.
- After a time penalty has been awarded.
- On a serious injury to a player.

In these circumstances, a team cannot be penalized for too many players.

Changing the Goalkeeper

The alternate goalkeeper, or any other player, may change place with the goalkeeper at any guaranteed substitution, provided the referee is notified before the change is made.

Infringements/Sanctions

If a substitute enters the field of play without a player having first left the field, or the player being replaced intentionally interferes with play after the substitute has entered the field:

- Play is stopped.
- The team is penalized by a 3-minute minor-misconduct ('too many players').
- Play is restarted with a free kick to the opposing team at the place the ball was located when play was stopped (subject to the special circumstances in Rule 8).

If a colleague changes places with the goalkeeper without the referee's permission:

- Play continues.
- Both players are cautioned and shown the yellow card when the ball is next out of play.

Named Players Sent Off Before the Start of the Game

If a player named on the game sheet is sent off before the start of the game, the team will nevertheless start the game with six players. No additions may be made to the team sheet to replace a named player who is sent off, whether before or after the start of the game.

Bench Personnel:

A maximum of two non-playing personnel may be on the bench. All non-playing personnel must be listed on the team sheet given to the referee prior to the start of the match.

The coach may convey tactical instructions to the players during the match. They and the other team officials must remain within the confines of the bench area; they must behave in a responsible manner.

RULE 4 – The Players' Equipment

Safety

A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry). Jewelry may not be taped to cover it. Any player participating in play that is wearing any jewelry will be issued a caution (yellow card) and serve a 3-minute penalty. Exceptions are religious jewelry (must be taped tight to skin) and Medical alert bracelets or necklaces (both must be safely secured to avoid possible injury). String or hair ties may not be worn on the wrist nor rubber bands or any item that does not have a specific, accepted use

for the game. A player may be permitted to wear a brace at the referee's discretion provided it is covered by a neoprene sleeve.

Basic Equipment

Basic compulsory equipment of a player is:

- Jersey. The League provides the jersey to the registered players. Players may not play unless their jersey bears the COYSA logo, has the year of the season by the logo, and is consistent with the rest of their team.
- Shorts. Shorts must end above the knee. A player may wear leggings beneath their shorts but the leggings must be the same color as the shorts.
- Socks.
- Shin guards.
- Appropriate footwear. No steel studded shoes may be worn. It is recommended players wear indoor or turf shoes or cleats with round studs. "Blade" style cleats are legal but have been the cause of some joint and ligament injuries in the past.

Shin guards

- Are covered entirely by the socks.
- Are made of a suitable material (rubber, plastic, or similar substances).
- Provide a reasonable degree of protection.

Goalkeepers

- Each goalkeeper wears colours which distinguish him from the other players, the referee and the assistant referee.
- Goalkeepers may wear track pants and/or kneepads.

Infringements/Sanctions

For any infringement of this Rule:

- Play need not be stopped.
- The player at fault is instructed by the referee to correct his equipment.
- The player leaves the field of play when the ball next ceases to be in play, unless he has already corrected his equipment.
- Any player required to leave the field of play to correct his equipment does not re-enter without the referee's permission.
- The referee checks that the player's equipment is correct before allowing him to re-enter the field of play; this may be delegated to the assistant referee.
- If the referee has to check the player's equipment, the player may only re-enter the field of play when the ball is out of play.
- A player who has been required to leave the field of play because of an infringement of this Rule and who re-enters the field of play without the referee's permission is cautioned and shown the yellow card.

Players may wear a cast providing it is a "sports cast". These are fibreglass and generally pink, purple or black in colour. The cast must be covered by dense foam or bubble wrap a minimum of 1 inch in thickness. The Referee is the sole judge of the safety of the cast and covering.

Restart of Play

If play is stopped by the referee to administer a caution:

- The match is restarted by a free kick taken by a player of the opposing side, from the place where the ball was located when the referee stopped the match (subject to the special circumstances in Rule 8).

RULE 5 – The Referee

The Authority of the Referee

Each match is controlled by a referee who has full authority to enforce the Rules of the Game in connection with the match to which he has been appointed.

There will be 1 referee assigned to games at all ages. There will not be a second referee at games unless one is present for mentoring purposes. In this case both referees have equal powers and duties.

Powers and Duties of the Referee:

- Enforces the Rules of the Game.
- Controls the match in co-operation with the second referee.
- Ensures that the ball meets the requirements of Rule 2.
- Ensures that the players' equipment meets the requirements of Rule 4.
- Where there is a time limitation of 5 seconds for some action to be taken, as required elsewhere in these rules, the referee shall indicate both visually and verbally by counting these 5 seconds.
- Stops, suspends or terminates the match, at his discretion, for any infringements of the Rules.
- Stops, suspends or terminates the match because of outside interference of any kind.
- Stops the match if, in his opinion, a player is seriously injured and ensures that he is removed from the field of play.
- Allows play to continue until the ball is out of play if a player is, in his opinion, only slightly injured.
- Ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped.
- Allows play to continue when the team against which an offence has been committed will benefit from such an advantage: but does not reverse that decision if the presumed advantage does not materialize. • Punishes the more serious offence when a player commits more than one offence at the same time.
- Takes disciplinary action against players guilty of minor misconduct, cautionable and sending-off offenses. He is not obliged to take this action immediately but must do so when the ball next goes out of play.
- Takes action against team officials who fail to conduct themselves in a responsible manner by penalizing the team with by a 3 minute minor misconduct 'to the bench', and additionally, at his discretion, by expelling them from the field of play and its immediate surrounds.
- Ensures that no unauthorized persons enter the field of play.
- Restarts the match after it has been stopped.
- Provides the appropriate authorities with a match report that includes information on any disciplinary action taken against players, and/or team officials and any other incidents that occurred before, during or after the match.

Decisions of the Referee

The decisions of the referee regarding facts connected with play are final.

The referee may only change a decision on realizing that it is incorrect or, at his discretion, on the advice of the 2nd referee, provided he has not restarted play.

Applicable decisions of the International F.A. Board

Decision 1: A referee or assistant referee is not held liable for:

- Any kind of injury suffered by a player, official or spectator.
- Any damage to property of any kind.
- Any other loss suffered by any individual, club, company, association or other body, which is due or which may be due to any decision which he may take under the terms of the Rules of the Game or in respect of the normal procedures required to hold, play and control a match. This may include:
- A decision that the condition of the field of play or its surrounds is such as to allow or not to allow a match to take place.
- A decision to abandon a match for whatever reason.
- A decision as to the condition of the fixtures or equipment used during a match including the goalposts, crossbar, and the ball.
- A decision to stop or not to stop a match due to spectator interference or any problem in the spectator area.
- A decision to stop or not to stop play to allow an injured player to be removed from the field of play for treatment.
- A decision to request or insist that an injured player be removed from the field of play for treatment.
- A decision to allow or not to allow a player to wear certain apparel or equipment.
- A decision (in so far as this may be his responsibility) to allow or not to allow any persons (including team or stadium officials, security officers, photographers or other media representatives) to be present in the vicinity of the field of play.
- Any other decision which he may take in accordance with these rules or in conformity with his duties under the terms of the league rules or regulations under which the match is played.

RULE 6 – The Duration of the Match

Periods of Play

U8 matches are run under the direction of the Mentor at 50 minutes on the field.

U10-U18 matches are two equal periods of 25 minutes, unless otherwise mutually agreed between the referee and the two participating teams. Periods of play may be shortened because of insufficient time left in the booking period.

This decision by the referee must be made prior to the start of the match and shall be communicated to both teams.

Half-Time Interval

Players are entitled to an interval between periods:

U10-U18 the interval shall not exceed 3 minutes.

U8 intervals will not exceed 1 minute.

No Provision for stopped time

The clock will not be stopped during the game for any reason.

Penalty Kick

If a penalty kick has to be taken or retaken, the duration of either half is extended until the penalty kick is completed.

RULE 7 – The Start and Restart of Play

At all re-starts, the team has 5 seconds after the referee gives a signal, to put the ball into play. Sanctions for infringing this time limit are:

- U8: The 5 second time limit will not apply
- U10 & U12: the other team takes the restart.
- U14 & U16 & U18: the other team takes the restart. If, in the opinion of the referee, a team takes more than 5 seconds to put the ball in play in an attempt to waste time, a 3-minute time penalty is issued and the other team takes the restart.

Preliminaries

The team listed as the visitors takes the kick-off to start the match; the home team takes the kick-off to start the second half of the match.

Procedure

- All players are in their own half of the field.
- The opponents of the team taking the kick-off are outside the centre circle until the ball is in play.
- The ball is stationary on the center mark.
- The referee gives a signal.
- The ball is put into play no more than 5 seconds after the referee gives a signal.
- The ball is in play when it is kicked and moves in any direction.
- The kicker does not touch the ball a second time until it has touched another player.
- After a team scores a goal, the kick-off is taken by the other team.

Infringements/Sanctions

If the kicker touches the ball a second time before it has touched another player:

- A free kick is awarded to the opposing team to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8).

If the player takes more than 5 seconds to put the ball into play:

- U10 & U12: the other team takes the restart.
- U14 & U16 & U18: the other team takes the restart. If, in the opinion of the referee, a team takes more than 5 seconds to put the ball in play in an attempt to waste time, a 3 minute time penalty is issued and the other team takes the restart.

For any other infringement of the kick-off procedure:

- The kick-off is retaken.

Dropped Ball

A dropped ball is a way of restarting the match after a temporary stoppage that becomes necessary, while the ball is in play, for any reason not mentioned elsewhere in these rules. Dropped ball restarts are uncontested.

Procedure

- The ball is dropped for the defending team goalkeeper in their penalty area if, when play was stopped:
 - o the ball was in the penalty area or
 - o the last touch of the ball was in the penalty area
- In all other cases, the referee drops the ball for one player of the team that last touched the ball at the position where it last touched a player, an outside agent or, as outlined in Law 9.1, a match official
- All other players (of both teams) must remain at least 4 m (4.5 yds) from the ball until it is in play

The ball is in play when it touches the ground.

Offences and sanctions

The ball is dropped again if it:

- touches a player before it touches the ground
- leaves the field of play after it touches the ground, without touching a player

If a dropped ball enters the goal without touching at least two players, play is restarted with:

- a goal kick if it enters the opponents' goal
- a corner kick if it enters the team's goal

RULE 8 – The Ball In and Out of Play

The ball is out of play when:

- Play has been stopped by the referee.
- It has wholly crossed the perimeter wall, or it has touched the side netting.
- It strikes the netting above the glass or any structure above or overhanging the playing surface.
- it touches a match official, remains on the field of play and
 - a team starts a promising attack or
 - the ball goes directly into the goal or
 - the team in possession of the ball changes.

In all these cases, play is restarted with a dropped ball.

The ball is in play at all other times, including when:

- It rebounds from the boards and remains in the field of play.
- It rebounds from the referee on the field of play.
- It touches a player who has technically left the field by being within the restart line and between the gates to the bench, and who is being replaced by a substitute, but who is in no way attempting to play the ball or interfere with play.

RULE 9 - Scoring

Goal Scored

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 of Indoor Soccer has been committed previously by the team scoring the goal.

In U12 and under, the score is tracked by the referee but they are not displayed on the time clock at all for U12 and under. Scores for U14 and up will be displayed to a maximum of 5 goal differential.

Lopsided Scores: In the event one team is ahead of their opponents by 5 or more goals, the team behind in score may add an additional player on the field until the score is within 3. If the score is narrowed to a difference of 3 then the team with the additional player must remove a player and play with a maximum of 6 players on the field (1 keeper plus 5 field players).

RULE 10 – Three Line Violation

A three line violation occurs:

When the ball touches or is played by a player in his own defensive zone, and the ball crosses both defensive zone lines and the centre line, in the air without touching another player, the referee, the field or the boards.

No Offense

When a team has 1 or 2 fewer players eligible to be on the field than the opposing team, any player may propel the ball over three lines.

Infringements/Sanctions

For a 3 line violation, the referee awards a free kick to the opposing team to be taken from any place on first defensive line the ball crossed.

RULE 11 – Fouls and Misconducts

Fouls and misconduct are penalized as follows:

Penal offenses

A free kick is awarded to the opposing team if a player commits any of the following eight offenses in a manner considered by the referee to be careless, reckless or using excessive force:

- Kicks or attempts to kick an opponent.
- Trips or attempts to trip an opponent.
- Jumps at an opponent.
- Charges an opponent.
- Strikes or attempts to strike an opponent.
- Pushes an opponent.
- Boards an opponent.
- Slide tackles an opponent (see definition on page 20).

A free kick is also awarded to the opposing team if a player commits any of the following four offences:

- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
- Holds an opponent.
- Spits at an opponent.
- Handles the ball deliberately (except for the goalkeeper within his own penalty area).

Definitions

- Careless is when a player shows a lack of attention or consideration when making a challenge or acts without precaution. No disciplinary sanction is needed.
- Reckless is when a player acts with disregard to the danger to, or consequences for, an opponent and must be cautioned.
- Using excessive force is when a player exceeds the necessary use of force and/or endangers the safety of an opponent and must be sent off.

Handling the ball.

For the purpose of determining handball offences the upper boundary of the arm is in line with the bottom of the armpit.

It is an offence if a player:

- deliberately touches the ball with their hand/arm, including moving the hand/arm towards the ball
- scores in the opponents' goal directly from their hand/arm, even if accidental, including by the goalkeeper
- after the ball has touched their or a team-mate's hand/arm, even if accidental, immediately:
 - scores in the opponents' goal

- creates a goal-scoring opportunity
- touches the ball with their hand/arm when:
 - the hand/arm has made their body unnaturally bigger
 - the hand/arm is above/beyond their shoulder level (unless the player deliberately plays the ball which then touches their hand/arm)

The above offences apply even if the ball touches a player's hand/arm directly from the head or body (including the foot) of another player who is close.

Except for the above offences, it is not an offence if the ball touches a player's hand/arm:

- directly from the player's own head or body (including the foot)
- directly from the head or body (including the foot) of another player who is close
- if the hand/arm is close to the body and does not make the body unnaturally bigger
- when a player falls and the hand/arm is between the body and the ground to support the body, but not extended laterally or vertically away from the body

The goalkeeper has the same restrictions on handling the ball as any other player outside the penalty area. If the goalkeeper handles the ball inside their penalty area when not permitted to do so, an indirect free kick is awarded but there is no disciplinary sanction. However, if the offence is playing the ball a second time (with or without the hand/arm) after a restart before it touches another player, the goalkeeper must be sanctioned if the offence stops a promising attack or denies an opponent or the opposing team a goal or an obvious goal-scoring opportunity.

Fouls and misconduct are penalized as follows:

A free kick is taken from where the offence occurred (subject to the special circumstances in Rule 7).

Penalty Kick

A penalty kick is awarded if any of the above twelve offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

Technical offences

A free kick is awarded to the opposing team if a player, in the opinion of the referee, commits any of the following four offences:

- Plays in a dangerous manner.
- Impedes the progress of an opponent.
- Prevents the goalkeeper from releasing the ball from his hands.
- Commits any other offence not previously mentioned in Rule 12, for which play is stopped to caution or dismiss a player.

A free kick is also awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offences: At U10, the 4 technical offences that can only be committed by the goalkeeper will not be called unless they are flagrantly committed to waste time.

- If a player intentionally passes the ball back to his own goalkeeper with his feet from any zone of the playing field and the goalkeeper handles the ball. However, the goalkeeper may play the ball in any other manner so long as he does not handle the ball.
- Touches the ball again with his hands after it has been released from his possession and has not touched an opponent.
- Touches the ball with his hands at any time after having had the ball under control and unchallenged for more than 5 seconds.
- Having taken the ball in his hands, fails to release the ball within 5 seconds.

In all cases, the free kick is taken from where the offence occurred (subject to the special circumstances in Rule 8).

Disciplinary Sanctions

The referee has the authority to take disciplinary action from entering the field of play for the pre-match inspection until leaving the field of play after the match ends (including kicks from the penalty mark).

If, before entering the field of play at the start of the match, a player or team official commits a sending-off offence, the referee has the authority to prevent the player or team official taking part in the match; the referee will report any other misconduct.

A player or team official who commits a cautionable or sending-off offence, either on or off the field of play is disciplined according to the offence.

The yellow card communicates a caution and the red card communicates a sending-off.

Only a player, substitute, substituted player or team official may be shown the red or yellow card.

PLAYERS, SUBSTITUTES AND SUBSTITUTED PLAYERS

Delaying the restart of play to show a card

Once the referee has decided to caution or send off a player, play must not be restarted until the sanction has been administered, unless the non-offending team takes a quick free kick, has a clear goal-scoring opportunity and the referee has not started the disciplinary sanction procedure. The sanction is administered at the next stoppage; if the offence was denying the opposing team an obvious goal-scoring opportunity, the player is cautioned; if the offence interfered with or stopped a promising attack, the player is not cautioned.

Advantage

If the referee plays the advantage for an offence for which a caution/sending-off would have been issued had play been stopped, this caution/sending-off must be issued when the ball is next out of play. However, if the offence was denying the opposing team an obvious goal-scoring opportunity the player is cautioned for unsporting behaviour; if the offence was interfering with or stopping a promising attack, the player is not cautioned.

Advantage should not be applied in situations involving serious foul play, violent conduct or a second cautionable offence unless there is a clear opportunity to score a goal. The referee must send off the player when the ball is next out of play, but if the player plays the ball or challenges/interferes with an opponent, the referee will stop play, send off the player and restart with an indirect free kick, unless the player committed a more serious offence.

If a defender starts holding an attacker outside the penalty area and continues holding inside the penalty area, the referee must award a penalty kick.

Cautionable Offences

A player is cautioned and shown the yellow card if they commit any of the following offenses:

- delaying the restart of play
- dissent by word or action
- entering, re-entering or deliberately leaving the field of play without the referee's permission

- failing to respect the required distance when play is restarted with a dropped ball, corner kick, free kick or throw-in
- persistent offences (no specific number or pattern of offences constitutes 'persistent')
- unsporting behaviour
- entering the referee box area without consent from the referee.
- excessively using the 'review' (TV screen) signal
- Leaving their feet in an attempt to dispossess the opponent of the ball (slide tackle) and making slight contact with their opponent.
- confronting an opponent or official within "personal distance" (ie going face to face) in order to challenge or verbally disagree with an opponent or official.

In the event a player is cautioned for any of the above offences, they will be issued a 3-minute time penalty in addition to the YC.

A substitute or substituted player is cautioned if guilty of:

- delaying the restart of play
- dissent by word or action
- entering or re-entering the field of play without the referee's permission
- unsporting behaviour
- entering the referee box
- excessively using the 'review' (TV screen) signal

In the event a substitute or bench player is cautioned for any of the above offences, they will be issued a 3-minute time penalty in addition to the YC.

Where two separate cautionable offences are committed (even in close proximity), they should result in two cautions, for example if a player enters the field of play without the required permission and commits a reckless tackle or stops a promising attack with a foul/handball, etc.

Cautions for unsporting behaviour

There are different circumstances when a player must be cautioned for unsporting behaviour including if a player:

- attempts to deceive the referee, e.g. by feigning injury or pretending to have been fouled (simulation)
- changes places with the goalkeeper during play or without the referee's permission (see Law 3)
- commits in a reckless manner a direct free kick offence
- handles the ball to interfere with or stop a promising attack
- commits any other offence which interferes with or stops a promising attack, except where the referee awards a penalty kick for an offence which was an attempt to play the ball
- denies an opponent an obvious goal-scoring opportunity by an offence which was an attempt to play the ball and the referee awards a penalty kick
- handles the ball in an attempt to score a goal (whether or not the attempt is successful) or in an unsuccessful attempt to prevent a goal
- plays the ball when leaving the field of play after being given permission to leave
- shows a lack of respect for the game
- uses a deliberate trick to pass the ball (including from a free kick) to the goalkeeper with the head, chest, knee etc. to circumvent the Law, whether or not the goalkeeper touches the ball with the hands
- verbally distracts an opponent during play or at a restart

Celebration of a goal

Players can celebrate when a goal is scored, but the celebration must not be excessive; choreographed celebrations are not encouraged and must not cause excessive time-wasting.

A player must be cautioned, even if the goal is disallowed, for:

- climbing onto a perimeter fence and/or approaching the spectators in a manner which causes safety and/or security issues
- gesturing or acting in a provocative, derisory or inflammatory way
- covering the head or face with a mask or other similar item
- removing the shirt or covering the head with the shirt

Delaying the restart of play

Referees must caution players who delay the restart of play by:

- appearing to take restart but suddenly leaving it to a team-mate to take
- taking more than 5 seconds to restart
- kicking or carrying the ball away, or provoking a confrontation by deliberately touching the ball after the referee has stopped play
- taking a free kick from the wrong position to force a retake

Sending-Off Offences

A player is sent off and shown the red card if he commits any of the following offences (For any of these offences, the team of the offending player is assessed a 5-minute time penalty):

- denying the opposing team a goal or an obvious goal-scoring opportunity by a handball offence (except a goalkeeper within their penalty area)
- denying a goal or an obvious goal-scoring opportunity to an opponent whose overall movement is towards the offender's goal by an offence punishable by a free kick (unless as outlined below)
- serious foul play
- biting or spitting at someone
- spitting on the field
- violent conduct
- using offensive, insulting or abusive language and/or gestures
- receiving a second caution in the same match
- slide tackle of an opponent and making excessive contact or any contact on a slide tackle from behind. A player, substitute or substituted player who has been sent off must leave the vicinity of the field of play and the technical area.

Denying a goal or an obvious goal-scoring opportunity

Where a player denies the opposing team a goal or an obvious goal-scoring opportunity by a handball offence, the player is sent off wherever the offence occurs.

Where a player commits an offence against an opponent within their own penalty area which denies an opponent an obvious goal-scoring opportunity and the referee awards a penalty kick, the offender is cautioned if the offence was an attempt to play the ball; in all other circumstances (e.g. holding, pulling, pushing, no possibility to play the ball etc.) the offending player must be sent off.

A player, sent-off player, substitute or substituted player who enters the field of play without the required referee's permission and interferes with play or an opponent and denies the opposing team a goal or an obvious goal-scoring opportunity is guilty of a sending-off offence.

The following must be considered:

- distance between the offence and the goal
- general direction of the play
- likelihood of keeping or gaining control of the ball
- location and number of defenders

Serious foul play

A tackle or challenge that endangers the safety of an opponent or uses excessive force or brutality must be sanctioned as serious foul play.

Any player who lunges at an opponent in challenging for the ball from the front, from the side or from behind using one or both legs, with excessive force or endangers the safety of an opponent is guilty of serious foul play.

Violent conduct

Violent conduct is when a player uses or attempts to use excessive force or brutality against an opponent when not challenging for the ball, or against a team-mate, team official, match official, spectator or any other person, regardless of whether contact is made.

In addition, a player who, when not challenging for the ball, deliberately strikes an opponent or any other person on the head or face with the hand or arm, is guilty of violent conduct unless the force used was negligible.

Bench Penalties

Penalties against the bench can be assessed for the offences listed below. The offence may be committed by a player, a substitute or a team official. If the player or substitute that committed the offence can be positively identified then they must serve the penalty. If the player or substitute cannot be identified, or the offence was committed by a team official, the penalty may be served by any member of the team who was on the floor when the offence occurred. If play is stopped in order to call the penalty, play shall be restarted with a free kick for the opponents at point where the ball was when play was stopped (subject to the special circumstances of Rule 8).

Minor Bench misconduct penalty A 3-minute penalty will be assessed for:

1. Time wasting.
2. Substitutions when entering the game, jumping over the boards.

Caution Bench Penalty

A 3-minute time penalty will be assessed for:

1. Dissent.

Major Bench Penalty

A 5-minute major time penalty will be assessed for:

1. Use of offensive, insulting or abusive language or gestures.
2. Spitting on the playing surface.

Management of Time Penalties Types of time penalty:

1. A Minor Misconduct Time Penalty, which is 3 minutes in duration, is assessed for any offence that, in the referee's opinion, warrants greater punishment than a free kick or penalty kick. The penalized player serves the penalty time.
2. A Caution/Time Penalty, comprising a minor time penalty (3 minutes) and a yellow card caution, is assessed for any cautionable offence. The penalized player serves the penalty time.
3. A Major Time Penalty, which is 5 minutes in duration and is assessed for any sending-off offence except a second caution. A colleague of the dismissed player must serve the 5-minute major time penalty.

Timing of time penalties:

The clock will not be stopped when the ball is out of play.

Relief of the balance of a minor time penalty:

If a team has fewer players on the playing surface than the opponents, because one or more players are serving a minor time penalty, and that team is scored upon by an opponent, then:

- If the earliest unexpired minor time penalty is the last or only time penalty being served by a player, that player shall return to the field.
- If the earliest unexpired minor time penalty is the first of consecutive time penalties, the balance of the earliest unexpired minor time penalty shall be relieved, and next time penalty shall begin. Only one unexpired minor time penalty will be relieved if the opponents score a goal.

No relief for a major time penalty:

If a team is reduced to a lesser number of players on the playing surface than its opponent, and only major time penalties are currently being served, and an opponent scores upon that team, the remaining major penalty time is not voided. The affected team continues to play shorthanded.

Minor time penalty assessed when a penalty kick is awarded:

If a player concedes a penalty kick, and is also assessed a minor time penalty, and a goal is scored direct from the penalty kick, that player shall be relieved from serving the penalty.

No relief where teams are of equal playing strength:

In situations where both teams have the same number of players on the field and a goal is scored, no penalty time is nullified, regardless of whether the team conceding the goal has more unexpired time penalties than the other.

Co-incident minor time penalties:

In situations involving an equal number of minor time penalties arising from the same incident or at the same stoppage in the game, the players involved will go to the penalty box to serve the penalties. The teams shall play with the same number of players on the field as there was when the coincidental time penalties were called. The offending players shall be released from the penalty box at the first opportunity after the penalty time expires that play is held up, and with the referee's permission.

Coincidental minor penalties are not relieved by a goal being scored, even if the team is playing shorthanded and the coincidental penalty is the only minor time penalty being served.

Co-incident major time penalties:

In situations involving coincidental and/or simultaneous major penalties because of players from each team being sent off, an equal number of penalties (e.g. 1 or 2 from each team) shall cancel one another. If, however, one team incurs more major penalties than the other team, each remaining 5-minute penalty must be assessed and served.

Limit on time penalties assessed to a player at a single stoppage in play:

When a player is assessed a series of minor time penalties in succession arising from a single incident or during the same stoppage in play, the time served by the team or player shall not exceed one double minor time penalty (two 3minute penalties). When a player is assessed a series of minor and major time penalties in succession arising from a single incident or during the same stoppage in play, and no time penalty is assessed to an opponent, the time served by the team or player shall not exceed one major time penalty.

When a player is assessed a series of minor and major time penalties arising from a single incident or at the same stoppage in play, and an opponent is also assessed one or more minor penalties, the player dismissed may be assessed both minor and major penalties, to a maximum of 5 minutes (a major penalty) more than the opponent. No additional time penalties will be assessed against a player who commits further misconduct after having been

assessed a major time penalty. Rather, the referee shall record and report the misconduct in writing to the appropriate league.

Multiple major and minor time penalties in the last 5 minutes of a match:

In the situation where a player is assessed both a major time penalty, and one or more minor time penalties, and there are fewer than 5 minutes remaining in the match, 2 players from that team will go to the penalty box, one to serve the major penalty, and the other to serve the minor penalty(s). Two players will go to the box, even if neither can begin to serve a time penalty because of other time penalties currently being served.

If only one player can begin serving a time penalty, because one other player from the penalized team is currently serving a time penalty, the major penalty will be served first.

Time penalties assessed to a player already serving a time penalty:

When a player is serving one or more minor time penalties, and after play has restarted commits another offence warranting additional penalty time, that penalty time shall be in addition to the penalty time already assessed and shall commence after all penalty time to the penalized player has expired.

If the additional penalty is a major penalty and there are fewer than 5 minutes remaining, or if the additional penalty is one or more minor penalties, then a colleague of the player will go to the penalty box to serve the additional penalty.

Third (or subsequent) penalized player from the same team:

If a team has two players each serving one or more time penalties, and a third player of that team receives one or more time penalties, the third player must go to the penalty box. If the time penalty resulted from a dismissal, a colleague of the dismissed player must go to the penalty box.

The penalty time of the third player shall not commence until all penalty time assessed to one of the other penalized players has elapsed. He must, however, be replaced by a substitute since four players must be on the playing field at all times.

If the non-offending team scores, having more players on the field, the earliest minor time penalty being served (if any) is relieved. If that completes all penalty time assessed to that player, he may return to the team bench.

The penalty time assessed to the third player may then commence.

If all the penalty time assessed against one penalized player expires, because the non-offending team does not score, the penalty time assessed to the third player may commence. However, the player whose time penalty has expired may not be released from the penalty bench until play has been stopped in accordance with the Rules. He may then go directly to the bench.

Injury to a penalized player:

If a penalized player is injured, a colleague may serve the time penalty for the injured player, who may go to the team bench for treatment. The player originally penalized may not return to the playing surface until after all penalty time assessed to him has expired.

Time penalties assessed to a goalkeeper:

A colleague of the goalkeeper will serve any minor time penalties assessed against a goalkeeper.

Delayed calling of time penalties:

Where an offence warrants a time penalty, but the referee wishes to apply the advantage clause, the referee will acknowledge the offence and signal by holding his arm in the air with two fingers extended, until one of the following occurs:

- The offending team gains possession of the ball. The referee will stop play, penalize the offending player, and restart by a free kick where the original offence took place-subject to the special circumstances in Rule 8
- The non-offending team scores a goal. The offence is recorded, but no penalty time is served as long as the offending team does not have two players currently serving major time penalties. Play is restarted with a kick off.

- Either team commits any other offence. The referee will stop play, penalize the original offender and any other player, if appropriate, and restart play according to the nature of the offence.
- The ball goes out of play. The referee will penalize the original offender and any other player, if appropriate, and restart play accordingly for the stoppage.

Referees are advised to use discretion in the calling of delayed time penalties, to include only situations where obvious advantages or goal scoring opportunities present themselves.

If during the delayed penalty the original offender is guilty of a further offence that warrants a time penalty, that time penalty will be assessed in addition to the time penalty for the original offence.

Applicable decisions of the International F.A. Board

Decision 1

A penalty kick is awarded if, while the ball is in play, the goalkeeper, inside his own penalty area, strikes or attempts to strike an opponent by throwing the ball at him. **Decision 2**

A player who commits a cautionable or sending-off offense, either on or off the field of play, whether directed towards an opponent, a team-mate, the referee, an assistant referee or any other person, is disciplined according to the nature of the offense committed. **Decision 3**

The goalkeeper is considered to be in control of the ball by touching it with any part of his hand or arms.

Possession of the ball includes the goalkeeper deliberately parrying the ball, but does not include the circumstances where, in the opinion of the referee, the ball rebounds accidentally from the goalkeeper, for example after he has made a save.

Decisions of COYSA:

- If a goalkeeper is dismissed, any other player from that team not currently serving a time penalty can replace him. The goalkeeper must be replaced before play can be restarted. The referee may award a further time penalty against the bench, if the team delays replacing a dismissed goalkeeper.
- Any simulating action anywhere on the field, which is intended to deceive the referee, must be sanctioned as unsporting behaviour.

Definition of Slide Tackle:

A slide tackle/challenge is defined as a deliberate attempt to win the ball by leaving one's feet and sliding or making contact with the ground with one leg or both legs extended 1) in an attempt to dispossess their opponent of the ball, or 2) in an attempt to kick the ball when they do not have possession of the ball (possession in the opinion of the referee), within one yard of an opponent. It does not matter when the slide occurs, the determining factor is whether the offending player is within a meter of his/her opponent at any time during or at completion of the slide.

- *If the defending player leaves their feet or makes contact with the ground in order to make a challenge it is a slide tackle.*
- *If the player makes contact with the ground as a result of making the challenge (ie loss of balance and therefore accidental) then it is not considered a slide tackle.*

Players may slide to play the ball with the following exceptions:

- An opponent is within playing distance of the ball (Direct Free Kick).
- Contact is made with an opponent (Direct free kick and Caution).
- Contact is made with an opponent in a reckless manner, using excessive force and/or from behind (Direct free kick and a Dismissal).

If the slide tackle happens in the Penalty Area, a Penalty Kick will also be awarded.

An Attacking player may not slide within the opponent's Penalty Area for any reason. If an attacking player slides within their opponent's Penalty Area, the restart shall be a free kick for the defending team. If contact is made with another player the appropriate caution will be issued.

Definition of Boarding:

Any contact by a player that forces an opponent to hit the perimeter wall, that in the opinion of the referee is careless, reckless or using excessive force, will result in the offending player being sent off for boarding. Any other contact by a player that indirectly results in an opponent hitting the perimeter wall will result in the offending player being penalized by a caution for unsporting behavior.

Kicking a player from behind:

An attempted tackle from behind, which is careless, reckless or using excessive force, with little or no attempt to play the ball will result in the offending player being sent off for serious foul play.

Time wasting

For the purpose of assessing a bench minor, the following are some of the activities considered to be time wasting:

- Failure to have a team list ready prior to kick-off.
- Excessive or slow substitutions.
- Excessive delays in nominating a player to serve a bench penalty.
- Excessive delay in providing a replacement ball when a ball has gone over the boards.

RULE 12 – Free Kicks

At U10 all free kicks will be indirect.

At U12 and up all free kicks will be direct.

Types of Free Kicks

All free kicks are direct.

- If a free kick is kicked directly into the opponents' goal, a goal is awarded.
If a free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team. For all free kicks, the ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player.

For all free kicks, the referee will give the signal for the taking of the kick. The kicker shall have five (5) seconds to put the ball into play, and the referee shall indicate visually (gesture) and verbally the five (5) second count.

Procedure

Free kick to the defending team inside their own penalty area:

- All opponents are at least five yards from the ball.
- All opponents remain outside the penalty area until the ball is in play.
- The referee gives a signal.
- The ball is put into play no more than 5 seconds after the referee gives a signal.
- The ball is in play when it is kicked directly beyond the penalty area.
- The free kick may be taken from anywhere inside the penalty area. **Free kick elsewhere:**
- All opponents are at least five yards from the ball, or not closer than the nearest goalpost if the free kick is within five yards from the nearest goalpost, until the ball is in play.
- The referee gives a signal.
- The ball is put into play no more than 5 seconds after the referee gives a signal.

- The ball is in play when it is kicked and moves.
- The free kick is taken from the place where the infringement occurred (subject to the special circumstances in Rule 8).

Infringements/Sanctions

If, when a free kick is taken by the defending team from inside its own penalty area, the ball is not kicked directly into play:

- The kick is retaken.

If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:

- If the kick was taken outside the penalty area, and the ball was then touched with the hands by a player other than the goalkeeper inside his own penalty area, a penalty kick is awarded.
- Otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8). **If the player takes more than 5 seconds to put the ball into play:**
- The opponent restarts play from the same location. If the referee deems the delay in the restart is for time wasting purposes the offending team will receive a 3-minute delay of game penalty (no caution).

RULE 13 – The Penalty Kick

A penalty kick is awarded against a team that commits one of the eleven penal offenses, inside its own penalty area and while the ball is in play.

Additional time is allowed for a penalty kick to be taken at the end of each half. **Position of the Ball, the kicker and the Goalkeeper**

- The ball is placed on the penalty mark.
- The player taking the penalty kick is properly identified.
The defending goalkeeper remains on his goal line, facing the kicker, between the goalposts until the ball has been kicked.

Position of the other players

- On the field of play.
- 5 yards away from the penalty mark.
- Outside the penalty area and behind the penalty mark.

The Referee

- Does not signal for a penalty kick to be taken until the players have taken up position in accordance with this rule.
- Decides when a penalty kick has been completed.

Procedure

- The referee gives a signal.
- The ball is put into play no more than 5 seconds after the referee gives a signal.
- The player taking the penalty kicks the ball forward.
- He does not play the ball a second time until it has touched another player.
- The ball is in play when it is kicked and moves forward.

When a penalty kick is taken during the normal course of play, or time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing between the goalposts and under the crossbar:

- The ball touches either or both the goalposts and/or the crossbar, and/or the goalkeeper.

Infringements/Sanctions

If the referee gives the signal for a penalty kick to be taken and, before the ball is in play, one of the following situations occurs:

If the player takes more than 5 seconds to put the ball into play:

- They are assessed a 3-minute minor misconduct for Delaying the Restart. The Penalty Kick is retaken.

The player taking the penalty kick infringes the Rules of the Game:

- The referee allows the kick to proceed.
- If the ball enters the goal, the kick is retaken.
- If the ball does not enter the goal, the kick is not retaken. **The goalkeeper infringes the Rules of the Game:**
- The referee allows the kick to proceed.
- If the ball enters the goal, a goal is awarded.
- If the ball does not enter the goal, the kick is retaken.

A team-mate of the player taking the kick enters the penalty area or moves in front of or within 10 feet of the penalty mark:

- The referee allows the kick to proceed.
- If the ball enters the goal, the kick is retaken.
- If the ball does not enter the goal, the kick is not retaken.
- If the ball rebounds from the goalkeeper or the boards and is touched by this player, the referee stops play and restarts the game with a free kick to the defending team.

A team-mate of the goalkeeper enters the penalty area or moves in front of or within 10 feet of the penalty mark: The referee allows the kick to proceed.

- If the ball enters the goal, a goal is awarded.
- If the ball does not enter the goal, the kick is retaken.

A player of both the defending team and the attacking team infringes on the Rules of the Game:

- The kick is retaken.

If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:

- If the kicker touched the ball with his hands inside his own penalty area, and was not his team's goalkeeper, a penalty kick is awarded.
- Otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8). **An outside agent touches the ball as it moves forward:**
- The kick is retaken.

The ball rebounds into the field of play from the goalkeeper, the crossbar or the goalposts, and is then touched by an outside agent:

- The referee stops play.
- Play is restarted with a dropped ball at the place where it touched the outside agent (subject to the special circumstances in Rule 8).

RULE 14 – Ball Out of Play: Ceiling or Side

Side:

When the ball has wholly crossed the side perimeter wall or has touched the side netting, other than for a goal kick or corner kick, play shall be restarted with a kick-in. The kick-in shall be:

- Taken by an opponent of the team that touched or played the ball last.
- Taken one yard from the point closest to where the ball left the field of play.

Ceiling:

When the ball strikes the netting or any structure above or overhanging the playing surface play shall be stopped and restarted by a free kick. The free kick shall be:

- Taken by an opponent of the team that touched or played the ball last.
- Taken from any spot on the defensive line closest to where the ball hit the ceiling. The procedures of Rule 13 will apply.

Kick-in procedure

- The referee gives a signal.
- The ball is put into play no more than 5 seconds after the referee gives a signal.
- The ball is in play when it is kicked and moves.

Infringements/Sanctions

If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:

- If the kick was taken outside the penalty area, and the ball was then touched with the hands by a player other than the goalkeeper inside his own penalty area, a penalty kick is awarded.
- Otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8). **If the player takes more than 5 seconds to put the ball into play:**
- They are assessed a 3-minute minor misconduct for Delaying the Restart. The kick-in is retaken.

RULE 15 – The Goal Kick

A goal may be scored directly from a goal kick, but only against the opposing team and providing the ball did not pass 3 lines in the air before entering the goal.

A goal kick is awarded when:

- The whole of the ball, having last touched a player of the attacking team, passes over the perimeter boards or touches the netting above the glass between the corner marks, and a goal is not scored in accordance with Rule 10.

Procedure

- A player of the defending team kicks the ball from any point within the penalty area.
- Opponents remain outside the penalty area until the ball is in play.
- The referee gives a signal.
- The ball is put into play no more than 5 seconds after the referee gives a signal.
- The ball is in play when it is kicked directly beyond the penalty area.
- The kicker does not play the ball a second time until it has touched another player.

Infringements/Sanctions

If the ball is not kicked directly into play beyond the penalty area:

- The kick is retaken.

If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:

- If the kicker touches the ball with his hands inside his penalty area, and is not his team's goalkeeper, a penalty kick is awarded.
- Otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8). **If the player takes more than 5 seconds to put the ball into play:**
- The opposing team is awarded a free kick from the top of the Penalty area. If in the Referee's opinion, the restart is not taken within 5 seconds in an attempt to delay the game, the player is assessed a caution (yellow card) and three-minute penalty for Delaying the Restart.

RULE 16 – The Corner Kick

A goal may be scored directly from a corner kick, but only against the opposing team.

A corner kick is awarded when:

- The whole of the ball, having last touched a player of the defending team, passes over the perimeter boards or touches the netting above the glass between the corner marks, and a goal is not scored in accordance with Rule 10.

Procedure

- The ball is placed at the nearest corner mark.
- Opponents remain at least five yards from the ball until it is in play.
- The ball is put into play within 5 seconds of the Referee beginning his count.
- A player of the attacking team kicks the ball.
- The ball is in play when it is kicked and moves.
- The kicker does not play the ball a second time until it has touched another player.

Infringements/Sanctions

If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:

- If the kicker touches the ball with his hands inside his penalty area, and is not his team's goalkeeper, a penalty kick is awarded.
- Otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8). **If the player takes more than 5 seconds to put the ball into play:**
- If in the opinion of the Referee the player is not putting the ball in play within 5 seconds to delay the game, a caution (yellow card) will be issued and the player will serve a 3-minute penalty. The opposing team takes the restart.

For any other infringement:

- The kick is retaken.



CAPITAL NEWS CENTRE

Address: 4105 Gordon Drive

Telephone: 250-764-6288

Engineer: 250-864-1806

Defibrillator: Lobby wall between Rink 1 +2

EMERGENCY TELEPHONE NUMBERS:

Emergency: 9-1-1

Fire Department: 250-469-8801

Hospital: 250-862-4000

Police: 250-762-3300 (non-emergency)

FACILITY RULES

- Spitting is not permitted in any public areas, in dressing rooms, on player benches or on walkways. If any player or team is identified as leaving spit on any non-ice surface the organization will receive a \$100 fine. Additional infractions could result in field times being reduced or the organization being removed from the ability to book space in the facility.
- Teams can enter the facility up to 30 minutes prior to their game time. Bathrooms and showers will be made available to teams providing the Health Authority permits their usage.
- Teams must leave the dressing room and dressing room area within 30 minutes after the end of their assigned field time and in respectable condition. Any teams reported to leave later may face fines and/or suspensions and/or limitations on dressing room privileges. Teams damaging or leaving dressing rooms in disrespectful state (beyond typical usage) can be fined and/or lose their dressing room usage privileges.
- It is expected that teams/players will conduct themselves in a respectful manner. Any reports of disrespect to employees or contractors of GSL will be dealt with by the League Coordinator or/and the Facility Manager.