

Indoor Boardless 2025/26 League Rules and Guidelines

RMOC	 CMSA			 CUSA	 CWSA
	U10 (7v7)	U11 (7v7)	U12+ (7v7)	Men's (6v6)	Women's (7v7)
Game sheets	One from each team. Referees must <u>print their name clearly. No signatures</u>			One from each team. Referee must <u>print their name clearly. No signatures</u>	
Game sheets - Field Marshall	Field Marshall name representing their team's name must be printed on their game sheet. We would encourage ref to meet the Field Marshall			N/A	
ID Card Collection & Checking	N/A	Team officials are solely responsible to ensure the eligibility of a player. If there is a question of the eligibility of a player, the league will determine the eligibility of the individual. Record on the game sheet any concerns expressed about a player's eligibility. Referee needs to check ID cards for each player & team official, no card = no play. The bench parent listed on sheet need not present league ID card	Team officials are solely responsible to ensure the eligibility of a player. If there is a question of the eligibility of a player, the league will determine the eligibility of the individual. Record on the game sheet any concerns expressed about a player's eligibility. Referee needs to check ID cards each player & team official	Team officials are solely responsible to ensure the eligibility of a player. If a referee or a team questions the eligibility of a player, the implied player must sign their full name on the back of the game sheet. The League will determine the eligibility of the individual. Record on the game sheet any concerns expressed about a player's eligibility	
What if there is no game sheet provided	Use the game sheet from the other team and note on the game sheet which team did not provide one			The game cannot start without a game sheet from each team. (see Time to wait before cancelling the game)	

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Player/Coach Cards	No player cards for these age groups, check team officials' cards and keep. A physical card is needed. No paper, or photos allowed. If no team officials' card, indicate on game sheet under Comments. <u>There is a Grace period at the start of each season</u>	Check player and team officials' cards and keep for duration of game. A physical card is needed for players/team officials. No paper, or photos allowed. If no team officials' card, indicate on game sheet under Comments. No player card = no play. Players can stay on bench as they are minors. <u>There is a Grace period at the start of each season</u>		Check player/coach cards and keep. A physical card is needed. No paper, or photos allowed. No card, must go to spectator area, not remain at bench	
The Ball	Size 4 (8-9 lbs)		U12 - Size 4 U13+ - Size 5 (8-9 lbs)	Size 5 (lbs as per IFAB)	
Number of players required to start game	Min 5			Min 4	Min 5
Bench Personnel/Coaches (Adults)	A bench parent may be present without a card, must write name on game sheet in space provided. Bench parent must be the same gender as the player One of the bench personnel must be the same gender as the players Max of 4 bench personnel and all must be listed on the game sheet			Max of 4 bench personnel (with CUSA cards) and must be listed on the game sheet.	Max of 4 bench personnel (with CWSA cards) and must be listed on the game sheet.
Jewelry and Casts	As per IFAB, no jewelry/casts - cannot tape jewelry/anything rigid (splint) is considered a cast. Knee braces at discretion of referee			No jewelry/casts - cannot tape jewelry/anything rigid (splint) is considered a cast. Knee braces at discretion of referee	
Player's arrival time to be allowed to play	Anytime. No player card needed. Name must be on the game sheet at start of game. It cannot be added later. Player can enter the game at any time	Anytime. Player card needed. Name must be on the game sheet at start of game. It cannot be added later		Anytime. Player card needed. Name must be on game sheet at the start of the game. It cannot be added later	
Coin Toss	None – Away team kicks off in the first half. Home team kicks off in the 2nd half. Home team chooses end to defend			None – Away team kicks off in the first half. Home team kicks off in the 2nd half	

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Game Time	25-minute halves. No added time. Reduce half-time and halves to ensure game completes at scheduled time		U12 - 25-minute halves U13+ - 30-minute halves. No added time. Reduce half-time and halves to ensure game completes at scheduled time	30-minute halves. No added time. Reduce half-time and halves to ensure game completes at scheduled time	
Time to wait before cancelling the game	10 min. Match time starts at scheduled kickoff time	5 min	5 min	5 min	
Half Time	5 min. max. Adjust to keep game time on time	5 min. max. Adjust to keep game time on time	5 min. max. Adjust to keep game time on time	3 min	
Ball hits ceiling	Pass in/ Dribble-in to the other team. At closest restart line/touchline position		Throw-in. At closest touch line position	Throw-in. At closest touch line position	
Throw-in/Pass-in Dribble In	Pass-in Dribble-in U10 and U11 Play must be restarted in a maximum of four (4) seconds Failure to restart the game within four (4) seconds results in a change of possession		Throw-in	Throw-in	
Retreat Line (Goal Kicks, Free kick from within the Penalty area)	18 meters from Goal line line (retreat before kick is <u>required</u> . It is not optional). Goalkeeper or player taking the goal kick or free kick can then pass the ball to one of their teammates without the pressure of an opposing player nearby. Once the ball is kicked or clearly moves, the opposition players may advance over the Retreat Line		N/A	N/A	
Can a goal be scored directly from a Kick Off	No		Yes	Yes	

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Can a goal be scored directly from a Goal Kick	No		Yes	Yes	
Can a goal be scored direct from a Corner Kick	No		Yes	Yes	
Can a goal be scored direct from a Dribble-in/Pass-in or Throw-in	No			No	
Goal Differential for Player Numbers to change	4 Goals up = 1 extra player to losing team Swap GKs - Teams can trade GKs Mix 'Em Up - Teams can mix their players		U12 ONLY 4 Goals up = 1 extra player to losing team Swap GKs - Teams can trade GKs Mix 'Em Up - Teams can mix their players	N/A	
Opponent distance on Dribble in/Throw-in	3 meters		2 meters	2 meters	
Drop ball if the ball hits the referee	Play is stopped. Restart is a drop ball awarded to last team that had possession		IFAB	IFAB	
Free Kicks	Indirect only. <u>Except for Penalty Kicks</u>		Direct and indirect - 6 meters	Direct and indirect - 6 meters	
Penalty Kicks	Yes. <u>Direct free Kick</u> . Penalty kicks taken from the penalty mark, if no penalty mark, from the middle of the line parallel to the goal line at the top of the goal area			Yes. Penalty kicks taken from the penalty mark, if no penalty mark, from the middle of the line parallel to the goal line at the top of the goal area	

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Goal Kicks	Goal kicks taken anywhere within goal/penalty area, or within smaller goal area if marked. Retreat line in effect		Goal kicks taken anywhere within goal/penalty area or smaller goal area if marked. Opponents remain outside the area or 6 m away	Goal kicks taken anywhere within goal/penalty area, or smaller goal area if marked. Opponents remain outside the area or 6 m away	
Indirect Free Kick location when offense inside the Goal Area or the penalty area (for attacking team)	Indirect free kicks to the attacking team for an offence inside the opponent's goal area are taken from the nearest point on the goal area line which runs parallel to the goal line Indirect free kicks to the defending team for an offence inside the opponent's goal area are taken anywhere in the goal area and the retreat line is enforced			IFAB	
Substitutions	On a stoppage - unlimited			On a stoppage - unlimited	
Yellow/Red cards can be issued	Refrain from showing cards to players if possible. However, if sanctions need to be given do so. Coaches can receive cards for not behaving in a responsible manner		IFAB. Indoor addition Caution = Spit on the field	IFAB. Indoor addition Caution = Spit on the field	
Team plays a player short when Red card is issued	No - not for U10 and U11.		Yes	Yes	
Goalkeeper Restrictions	As per IFAB. No verbal count of 6 seconds. Warn Goalkeeper first if the 6 seconds is being consistently abused		IFAB	IFAB	
Game Sheet Submission	Submit via dropboxes or picture to gamesheets@calgaryminorsoccer.com .			Submit via dropboxes .	Submit via dropboxes .
Misconduct Report Timelines and Contact Information	48 hours to gamesheets@calgaryminorsoccer.com .			48 hours to admin@cusa.ab.ca .	48 hours to office@mycwsa.ca .
Team Uniforms	If teams wearing same colours HOME team changes			If teams wearing same colours HOME team changes	

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COED Fairness Model	N/A			This is applied within ALL the Coed divisions (2025) (formerly just the highest division) The Fairness Model is enacted when a score differential reaches 7 goals in a game. The winning team must play one player short, while maintaining the 2 male and 2 female ratios on the field When/If the score differential is reduced to 5 goals, the team will return to even strength Should the differential reach 7 goals again, the winning team will go back to playing one player down	N/A