



Adult League

Laws of the Game for Indoor Soccer

Unless specified, policies and procedures stated herein apply to all FCR Adult Leagues and Divisions.

As Adopted by:

Regina Soccer Association Board of Directors

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Table of Contents

Introduction.....	1
Law 1 – The Field of Play	2
Quarter Field	2
Half Field.....	2
Full Field	3
LAW 2 – The Ball	3
LAW 3 – The Players.....	3
Quarter Field	3
Half Field.....	4
For Full Field Play.....	4
Substitution Procedure	4
LAW 4 – The Players’ Equipment.....	4
LAW 5 – The Referee.....	4
LAW 6 – The Other Match Officials	4
Quarter Field	4
Half Field.....	4
Full Field	4
LAW 7 – The Duration of the Match	4
LAW 8 – The Start and Restart of Play	5
LAW 9 – The Ball In and Out of Play	5
Ball Out of Play	5
LAW 10 –Determining the Outcome of a Match	5
Competition Rules.....	5
Extra Time	6
Kicks from the penalty mark.....	6
LAW 11 – Offside	6
Quarter Field and Half Field	6
Full Field	6
LAW 12 – Fouls and Misconduct.....	6

Quarter Field	6
Half Field.....	7
Full Field	7
Red Cards.....	7
Spitting	7
LAW 13 – Free Kicks	7
Quarter Field	7
Half Field.....	7
LAW 14 – The Penalty Kick	7
Quarter Field	7
Half Field.....	7
LAW 15 – The Throw-In	8
LAW 16 – The Goal Kick.....	8
LAW 17 – The Corner Kick	8
Quarter Field	8
Half Field.....	8
Appendix A – Indoor Rule Summary.....	9

FCR Adult League – Laws of the Game for Indoor Soccer

Introduction

The game of soccer has laws that are established and maintained by FIFA.

Futbol Club Regina (FCR) has adopted rule changes to take into account the field conditions regarding indoor soccer as it is played within Regina.

Where there are measurements in yards or metres, these are taken directly from FCR league directions.

Where there are combined divisions for convenience and scheduling purposes, the rules for the named division apply. For clarity, if a youth team is playing in an adult named league, the adult rules apply.

Unless otherwise specified, ALL OTHER FIFA RULES APPLY.

FCR Adult League – Laws of the Game for Indoor Soccer

Law 1 – The Field of Play

Quarter Field

Played as a 6 vs 6 format

- Men's Divisions 3 and below
- Women's Divisions 2 and below
- Co-ed – all Divisions

Dimensions

Quarter (1/4) of regulation size field as separated by the curtain partitions in the indoor facility.

Goal Size

3-4 yards wide x 2 – 3 yards high, or whichever nets are provided by FCR.

Penalty Area

The penalty area extends 8 yards out from either post along the goal line and 8 yards into the field of play, perpendicular to the goal line no closer than 3 yards to each touchline. The penalty mark is 8 yards from the goal, at the top of the penalty area.

Goal Area

The goal area extends 3.5 yards out from either post along the goal line and 3.5 yards into the field of play, perpendicular to the goal line.

Half Field

Played as an 8 vs 8 format

- Men's Divisions 2 and above
- Women's Division 1

Dimensions

Half (1/2) of regulation size field, with the goal lines being on a regulation size field touchline.

Goal Size

Full-size goal – 8 yards wide x 8 feet high.

Penalty Area

The penalty area extends 12 yards out from either post along the goal line and 12 yards into the field of play, perpendicular to the goal line. The penalty mark is 12 yards from the goal, at the top of the penalty area

Goal Area

The goal area extends 4 yards out from either post along the goal line and 4 yards into the field of play, perpendicular to the goal line.

FCR Adult League – Laws of the Game for Indoor Soccer

Full Field

For Full Field Play - FIFA Laws of the Game apply.

LAW 2 – The Ball

FIFA Laws of the Game apply.

LAW 3 – The Players

Should a team not have the required minimum number of players as stated below at the scheduled start of the match, the game may be abandoned. The opposing team can choose to delay the start time to a maximum of 10 minutes. If the required minimum number of players are still not present after 10 minutes, the game will not start and will be counted as a forfeit for the team short players.

Quarter Field

Men's Div 3-7 and Women's 2-4	6vs6 (Minimum 4)
Coed	6vs6 (Minimum 4) See below for gender explanation

For Coed, a minimum of 1 of each gender is required to start a game. To play the full 6vs6, a minimum of 2 of each gender is required. The gender of the goalkeeper is neutral and does not count towards the required number of gender players each team must have. Examples:

- a) 4 Males, 0 Females – Game does not start. Forfeit.
- b) 3 Males, 1 Female – One male must be the goalkeeper. Game starts.
- c) 2 Males, 2 Females – Either a male or female can play goalkeeper. Game starts.
- d) 3 Males, 2 Females – Either a male or female can play goalkeeper. Game starts.
- e) 4 Males, 1 Female – One male must be the goalkeeper if they want to start the game. A female cannot play keeper, as that position is gender-neutral. They cannot have 4 males as out players.
- f) 4 Males, 2 Females – One male must be the goalkeeper if they want to play all 6 players. If a female plays keeper, they must play one other player short. They cannot have 4 Males as out players.
- g) 4 Males, 3 Females – If a female plays keeper, the other two females must play the entire game or if they want a break then the team must play one player short for the

FCR Adult League – Laws of the Game for Indoor Soccer

duration of that break.

Half Field

Men's Div 1/2 and Women's 1	8vs8 (Minimum 6)
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For Full Field Play

FIFA Laws of the Game apply.

Substitution Procedure

Substitutions are permitted “on the fly” in an area 5 yards each side of the half field mark along the touchline. The departing player must be fully off the field before substitution is allowed to enter.

LAW 4 – The Players’ Equipment

FIFA Laws of the Game apply.

LAW 5 – The Referee

FIFA Laws of the Game apply.

LAW 6 – The Other Match Officials

Quarter Field

Men’s and women’s matches have one assistant referee and one head referee appointed to each game. Co-ed matches only have a head referee.

Half Field

The match consists of two assistant referees and one head referee.

Full Field

All FIFA Laws of the Game apply.

LAW 7 – The Duration of the Match

A match lasts for two equal halves of 25 minutes. Any decision to alter the duration of the periods of play (for example, to reduce each half to 20 minutes because of insufficient time before the next game) must be made before the start of play and must comply with competition rules and be communicated to the teams. Games must start and finish at their scheduled times to enable the proper functioning of the adult league.

FCR Adult League – Laws of the Game for Indoor Soccer

Shortening the halves is made at the discretion of the referee and agreement is not required by the teams. No allowance for time lost will be made, unless there is a serious injury and the player(s) must be removed. In such instances the decision to continue or abandon the match will be made at the discretion of the referee, depending on the availability of the field.

The half-time interval must not exceed 5 minutes.

LAW 8 – The Start and Restart of Play

The home team decides which goal it will attack in the first half of the match. The visiting team takes the kick-off to start the match; the home team kicks off to start the second half. For the second half, the teams change ends and attack the opposite goals.

Quarter Field

The opponents of the team taking the kick-off must be at least 5 yards from the ball until it is in play.

Half Field

The opponents of the team taking the kick-off must be at least 8 yards from the ball until it is in play.

Full Field

FIFA Laws of the Game apply.

All other FIFA Laws of the Game apply.

LAW 9 – The Ball In and Out of Play

Ball Out of Play

The ball is out of play when it strikes the roof. An indirect free kick is awarded to the opponents of the player who last touched the ball before it struck the roof. The indirect free kick shall be taken at a place directly below where the ball touched the roof.

If the ball was last touched by the defending team and the ball strikes the roof in that teams' own penalty area, the indirect free kick awarded to the attacking team shall be taken from the nearest point on the penalty area line which runs parallel to the goal line.

All other FIFA Laws of the Game apply.

LAW 10 –Determining the Outcome of a Match

Competition Rules

Competition rules will dictate the extra time procedures and clarify kicks from the mark.

FCR Adult League – Laws of the Game for Indoor Soccer

When tournament or playoff rules require there to be a winning team after a match or home- and- away tie, the only permitted procedures for determining the winning team are extra time, and kicks from the penalty mark.

Extra Time

Extra time is two (2), five (5) minute halves. If either team scores during the extra time periods, that team shall be declared the winner.

Kicks from the penalty mark

Kicks from the penalty mark are taken in accordance with the procedure in the FIFA Laws of the Game. The following special circumstances apply for each league:

Men's and Women's

All players are eligible, including substitutions

Coed

- All players are eligible, including substitutions
- Teams do not need to have equal numbers of players. All coed players are eligible to kick
- Teams must alternate genders throughout Kicks from the Penalty Mark, regardless of how many of each gender take part. Teams may start the alternation with either a male or female player. If there are unequal numbers for each gender on a team, the players of the gender with the fewest players may kick more times than the opposite gender

LAW 11 – Offside

Quarter Field and Half Field

There is no offside offence.

Full Field

FIFA Laws of the Game apply.

LAW 12 – Fouls and Misconduct

Quarter Field

Slide tackling is not permitted. A slide by any player which has a direct impact on the movement of an opponent is considered a slide tackle, and is penalised by a direct free kick, regardless if contact is made.

The goalkeeper must attempt any sliding save with the hands first. Any slide, which in the opinion of the referee is feet first, is considered a slide tackle and is penalised by a direct free kick.

FCR Adult League – Laws of the Game for Indoor Soccer

Half Field

FIFA Laws of the Game apply.

Full Field

FIFA Laws of the Game apply.

Red Cards

If a player receives a red card after the game has started, they must leave the vicinity of the field of play, and their team must play short for the remainder of the match. If a substitute (player on the bench) receives a red card, the team still plays short for the remainder of the game. One exception is for a player who receives a red card for spitting on the field – detailed below.

Spitting

Spitting on the indoor playing surface is a red card offence. However, if the player spits directly onto the turf and not at any other person, the team does not play short. If the spit is directed at another person, the team plays short for the remainder of the game as per the Laws of the Game.

LAW 13 – Free Kicks

Quarter Field

All opponents of the team taking a kick must be at least 5 yards away from the ball until it is in play.

Half Field

All opponents of the team taking a kick must be at least 8 yards away from the ball until it is in play.

LAW 14 – The Penalty Kick

Quarter Field

The penalty mark is at the top of the penalty area, 8 yards from the goal line and equidistant between the goalposts.

Half Field

The penalty mark is at the top of the penalty area, 12 yards from the goal line and equidistant between the goalposts.

FCR Adult League – Laws of the Game for Indoor Soccer

LAW 15 – The Throw-In

FIFA Laws of the Game apply.

LAW 16 – The Goal Kick

FIFA Laws of the Game apply.

LAW 17 – The Corner Kick

Quarter Field

Opponents must remain at least 5 yards from the corner arc until the ball is in play.

Half Field

Opponents must remain at least 8 yards from the corner arc until the ball is in play.

FCR Adult League – Laws of the Game for Indoor Soccer

Appendix A – Indoor Rule Summary

League and Division	Field Format	Ball Size	# of Players	Game Length	Off Side	Slide Tackles	Free Kick Space
Men's Div 1/2 and Women's 1	1/2 Field	5	8v8 (Minimum 6)	2 x 25 min	No	Yes	8 Yards
Men's Div 3 - 7 and Women's 2-4	1/4 Field	5	6v6 (Minimum 4)	2 x 25 min	No	No	5 Yards
Coed	1/4 Field	5	6v6 (Minimum 4) See Note for gender explanation	2 x 25 min	No	No	5 Yards

1. For Coed, a minimum of 1 of each gender is required to start a game. To play the full 6vs6, a minimum of 2 of each gender is required. The gender of the goalkeeper is neutral and does not count towards the required number of gender players each team must have. Examples:
 - a) 4 Males, 0 Females – Game does not start. Forfeit.
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 - e) 4 Males, 1 Female – One male must be the goalkeeper if they want to start the game. A female cannot play keeper, as that position is gender-neutral. They cannot have 4 males as out players.
 - f) 4 Males, 2 Females – One male must be the goalkeeper if they want to play all 6 players. If a female plays keeper, they must play one other player short. They cannot have 4 Males as out players.
 - g) 4 Males, 3 Females – If a female plays keeper, the other two females must play the entire game or if they want a break then the team must play one player short for the duration of that break.
2. Spitting is not allowed on the turf. Any player seen spitting must be shown the red card. If the player spits directly onto the turf and not at any other person, the team does not play short. If the spit is directed at another person, the team plays short for the remainder of the

FCR Adult League – Laws of the Game for Indoor Soccer

game.

3. Penalty kicks are taken at the top of the penalty area and equidistant between the posts on every field.
4. All restarts along the touchlines are Throw-ins.
5. When the ball hits the roof, the restart is an indirect free kick directly below where the ball hit. If it hits above the penalty area and was last touched by a defender of that area, the restart comes to the top of the penalty area, perpendicular to the spot where the ball hit.
6. Substitutions are unlimited, on-the-fly, at the halfway line. The players should exchange spots within 5 yards of one another.
7. Red and yellow cards are treated as per FIFA laws. There are no timed penalties. If a player receives a red card they are expelled from the field and surrounding area, and their team will play short for the remainder of the game.

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