



# 2025 Indoor Boarded Refresher



# We're going digital in 2026!



# Look the Part!



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## Dress Professionally



Distinguishable  
Shirt Colour

Badge Clearly  
Showing

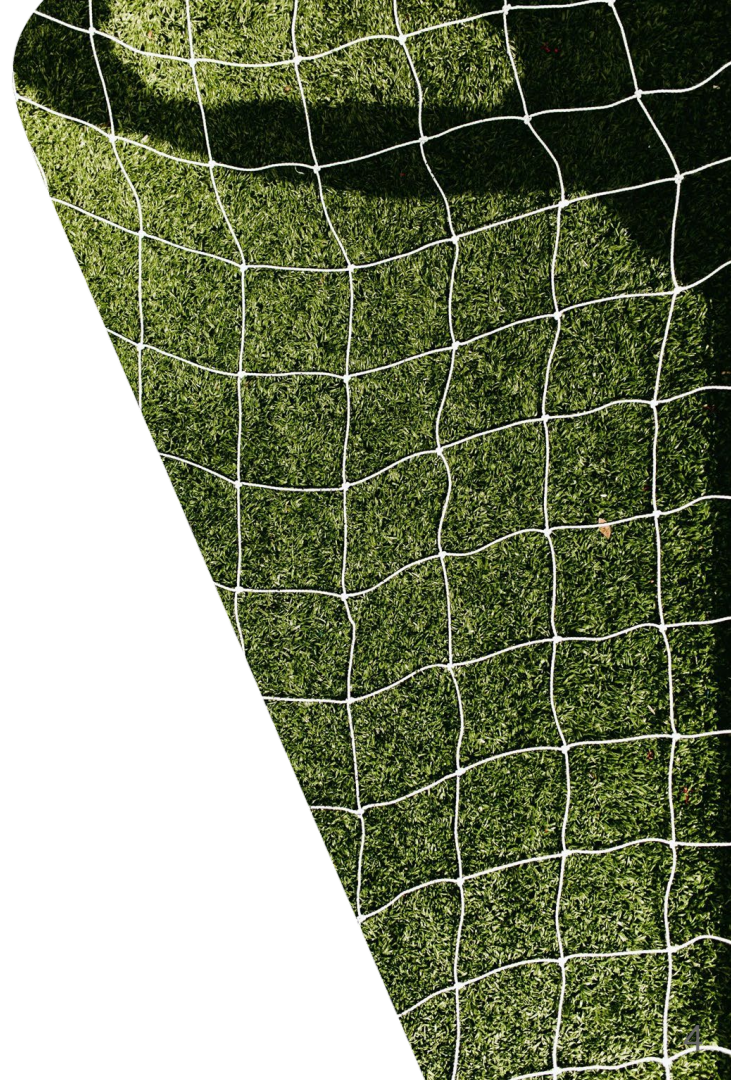
Shirt Tucked In

Uniform Colour  
Shorts & Socks

Clean Shoes  
(Black Preferred)

# Agenda

- Ice Breaker
- 2025 Indoor Questionnaire
- 2025 Indoor Law Updates
- Boarding
- Time Penalties – Group



# Ice Breaker

When instructed, please align yourself in order by the following criteria:

Years total as a registered referee in Alberta from most to least.



# Indoor Questionnaire (24/25 ROIS)



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## The Rules of Indoor Soccer

2024-25



*Photo credit - EDSA*

# Indoor Questionnaire – Based on 24/25 ROIS

1. When completing a substitution on the fly, the on-field player is considered to have left the field if they are inside the restart line, between the two ends of the team's bench area and have not interfered with play.

True – Rule 3, Pg. 9

2. During a corner kick, if the kicker touches the ball a second time before any other player, a direct free kick is awarded to the opposing team at the place where the infringement occurred

True – Rule 17, Pg 44



# Indoor Questionnaire – Based on 24/25 ROIS

3. Shin guards do not need to be fully covered by the players socks.

False – Rule 4, Pg. 13

4. A goal kick is considered in play when it is kicked and clearly moves.

False – Rule 16, Pg. 42

5. The clock is stopped in the last minute of each half when play is stopped.

True – Rule 7, Pg. 19



# Indoor Questionnaire – Based on 24/25 ROIS

6. When the ball is kicked and touches the netting or structure above the field, a free kick is given to the opposing team on the center mark of the halfway line.

False – Rule 15, Pg. 41

7. During any restart free kick, if a player takes longer than 5 seconds as indicated by the referee, they are penalized with a 2-minute technical (Blue) penalty but still maintain possession of the ball.

True – Rule 8, Pg. 20



# Indoor Questionnaire – Based on 24/25 ROIS

8. If a goal is scored directly from a kick-off at center, the goal is cancelled, and play is restarted with a goal kick to the opposing team.

False – Rule 8, Pg. 20

9. Prior to the taking of a penalty kick, players from either team can position themselves ahead of the penalty mark, if they remain outside of the penalty area.

False – Rule 14, Pg. 38



# Indoor Questionnaire – Based on 24/25 ROIS

10. The whole of the ball must cross completely over the goal line, between the goal posts and under the crossbar to be considered a goal, if no infringement by the attacking team occurred prior.

True – Rule 10, Pg. 25

11. All free kicks with the Rules of Indoor Soccer are considered direct.

True – Rule 13, Pg. 35



# Indoor Questionnaire – Based on 24/25 ROIS

12. A team with two fewer eligible players on the field than the opposing team cannot be penalized with a three-line violation.

True – Rule 11, Pg. 26

13. If contact by a player forces their opponent to hit the boards in a dangerous manner, they should be penalized with a caution.

False – Q & A for Indoor Soccer, Pg. 60



# Indoor Questionnaire – Based on 24/25 ROIS

14. Players from both teams who are serving coincidental penalties at the same time, can only be let out from the box after their penalty time expires, the ball is out of play and the referee gives permission.

True – Rule 12, Pg. 32

15. If a player receives a second caution in the same match and is sent off, a teammate must serve the penalty in the box for the two-minute major.

False – Rule 12, Pg. 30



# 2025/26 ROIS Updates

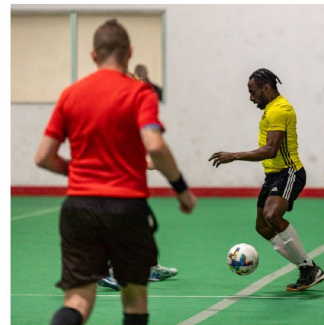


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## The Rules of Indoor Soccer

2025-26



# Updates to ROIS 2025/26

Many of the updates made for the 2025/26 season are structural in nature, to help navigate the rule book. Page numbers from the 2024/25 ROIS will no longer match all areas of the updated book.



# Updates to ROIS 2025/26

## OMISSIONS

Pg. 2

Updated terms for IFAB Laws of the Game.

Purpose:

Not all areas of soccer are covered in the ROIS. In rare cases where wording is not directly found within the ROIS, please use the current IFAB Laws of the Game to supplement the information.



# Updates to ROIS 2025/26

## SHIN GUARDS

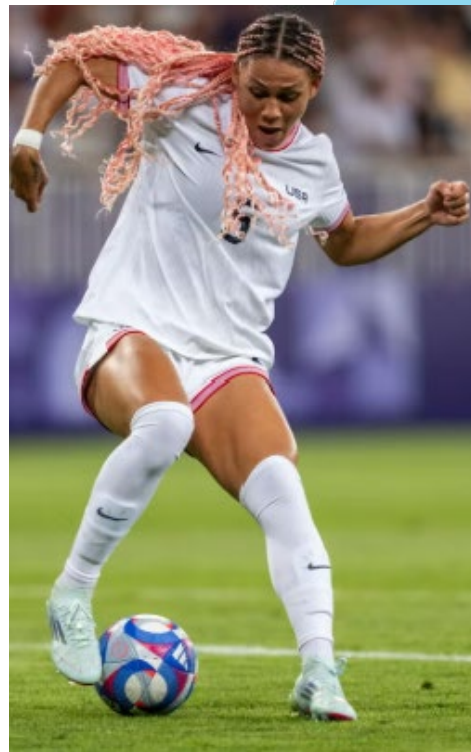
Pg. 12

Updated definition to match IFAB Laws of the Game.

“Players are responsible for the size and suitability of their shin guards.”

Purpose:

Updated terminology to match the current laws placing responsibility on officials to make sure players are wearing shin guards but the size and suitability of these on the players themselves.



# Updates to ROIS 2025/26

## COUNTING VISUALLY AND VERBALLY

Pg. 15 – The Authority of the Referee

### Addition of visual AND verbal

Additional wording to emphasis when completing a count of 5 seconds where there is a time limitation, to do so both **VISUALLY** (hand movement) and **VERBALLY** (voice) to proactively assist players in knowing when to release or play the ball by.



# Updates to ROIS 2025/26

## CAUTIONABLE OFFENCES

Pg. 29 – Persistent Offences

Updated wording to match IFAB Laws of the Game

Purpose:

Players receiving a caution for persistent offences, not 'persistent infringements of the Rules of Indoor Soccer.'



# Updates to ROIS 2025/26

## BOARDING

Pg. 30 – Definition and instructions

Definition of Boarding moved to Rule 12

Purpose:

‘Boarding’ is one of, if not the most dangerous aspects in the game of indoor soccer. As officials, understanding the rule and the **why** to its purpose is extremely important. This will be covered further in the program.



# Updates to ROIS 2025/26

## TEAM OFFICIAL – Misconducts

Pg. 30 – Team Official

Movement of ‘Team Official’ misconduct section from rule 3 to rule 12 to mirror misconducts

Purpose:

With more defined misconduct measures placed on team officials over the past few seasons, all actions are visible under the misconduct section for consistency.



# Updates to ROIS 2025/26

## TEAM OFFICIAL – Misconducts (Cont'd)

Pg. 31 – “Delaying the restart of play.....”

*Added – “Delaying the restart of play by the opposing team ex. Kicking the ball away, holding the ball, obstructing the movement of a player”*

Purpose:

Team official ‘send off’ category updated in first bullet with wording to match the current IFAB Laws of the Game, which includes examples of actions that would define the wording provided.



# Updates to ROIS 2025/26

## **\*\*REMOVAL OF RULE\*\***

‘Fewer than 5 minutes remaining...’

### **Pg. 35 – Time Penalties Assessed to a Player Already Serving a Time Penalty**

Purpose:

Due to updates over time in the ROIS, the purpose of the ‘last 5 minute’ reduction of a player no longer holds clear reasoning to the continuation of use.

With IFAB moving towards lessening “double punishment” situations, this removal highlights involvement of the spirit of the game.

If there are fewer than 5 minutes remaining in the match then the team must reduce the number of players on the field (subject to the minimum) to serve the additional penalty, to commence after all penalty time to the player has expired.



# Updates to ROIS 2025/26

## PENALTIES (PENALTY SHOOT-OUT)

Pg. 48

Updated terms replacing “Kicks from the Penalty Mark” to match the current IFAB Laws of the Game



# Updates to ROIS 2025/26

## CHART SUMMARY OF SANCTIONS

Pg. 54 and 55

Purpose:

Both charts summarizing misconducts found within rule 3, 4, 8 and 12 have been updated to clarify the major areas in which time penalties are applied. Misconducts found in other areas of the book have also been identified clearly in the chart for clarification (ex. Jumping over the board).



# Updates to ROIS 2025/26

Rule 3 Cards and Sanctions			
Offence	Sanction	Time Penalty	Relief?
Too many Players (Team penalty)	Blue	2:00	Yes
Completes substitution on or off the field going 'over the boards'	Blue	2:00	Yes
Changes places with goalkeeper without referee's permission	Caution	2:00	Yes
Rule 4 Cards and Sanctions			
Offence	Sanction	Time Penalty	Relief
Returning to field after equipment issue without referee's permission	Caution	2:00	Yes
Rule 8 Cards and Sanctions			
Offence	Sanction	Time Penalty	Relief?
Taking more than 5 seconds to put the ball in play from a restart	Blue	2:00	Yes

\*“Completes substitution on or off the field going ‘over the boards” – Wording is not found directly in Rule 3, but under the Additional Instructions section found on Pg 58.



# Updates to ROIS 2025/26

Rule 12 Cards and Sanctions			
Offence	Sanction	Time penalty	Relief?
Delaying the restart of play by a time count violation	Blue	2:00	Yes
Failure to respect the required distance when play is restarted with any kick	Blue	2:00	Yes
Spitting on the field of play	Caution	2:00	Yes
Commits in a reckless manner a free kick offence	Caution	2:00	Yes
Commits an offence that interferes with or stops a promising attack	Caution	2:00	Yes
Handles the ball deliberately in an attempt to score a goal	Caution	2:00	Yes
All existing 'cautionable' offences	Caution	2:00	Yes
All existing 'sending-off' offences, with the exception of 'receives a second caution in the same match'	Send Off	5:00	No
Receives a second caution in the same match'	Send Off	2:00	No



# Updates to ROIS 2025/26

## CHART SUMMARY OF SANCTIONS

### Additional wording of “Restart”

Pg. 54 – Rule 8 Cards and Sanctions

Previous wording - “Taking more than 5 seconds to put the ball in play when required.”

Purpose:

Wording in summary of rule 8 is updated to “..... *put the ball in play from a restart*” to emphasize a technical (blue) misconduct is applied to a 5 second violation of a restart. A goalkeeper holding the ball in their hands for longer than 5 seconds does not fall into this category, as it is not a restart.



# Boarding



# Boarding

How does the Rules of Indoor Soccer define 'Boarding'?

*"Boarding is contact by a player that forces an opponent to hit the boards in a manner that endangers the safety of that opponent."*

ROIS 25/26

Pg. 30



# Boarding

## Definitions:

**Contact** – Does not have to be “legal” or “illegal” contact to be considered contact.

**Forces** – Movement created by contact from the action of an opponent.

**Endangers** – Create a dangerous situation that is likely to inflict injury or harm.

An injury is not required for a situation to be considered boarding.



# Boarding

A 'boarding' offence is based on the action(s) of a player relating to the safety of their opponent.

- The boards are required to keep the ball on the field of play, not to be used as a weapon.
- Contact committed into or near the boards can lead to serious injury.
- It is a player's responsibility to control their actions when making contact within potential distance of the boards.



# Boarding

## Time Penalty

Boarding is a misconduct that is punishable by a send-off (**red card**) and 5-minute major time penalty. No player is required to physically serve the penalty.

Pg 29. ROIS

The assistant referee will alert the team when the full 5 minutes has expired and allow a player to be replaced on the field (pending no other penalty time reduces beyond two players)



# Boarding

## Additional

*“Any player who attempts to deceive the referee by falling or making contact with the boards in an effort to gain an advantage by having an opponent sent off, will result in the offending player being penalized by a caution for unsporting behaviour.”*

A ‘deceiving action’ should be viewed as 120% clear in the referee’s opinion before applying a misconduct. A player’s action of protecting themselves from getting hurt should not be used to justify downgrading a boarding misconduct if the requirements are met.



# Boarding

## Group Activity

The following videos presented are boarding situations that have occurred in ASA leagues from around the province.

Each video was correctly judged as boarding based on the definition and was penalized by a send-off and 5-minute major time penalty.



# Boarding

## Group Activity

Discuss as a group, the following considerations observed that define the boarding offence in each video.

1. Contact that forces movement of the opponent
2. Where and how the player makes contact with the boards (ex. Head, shoulder, back, arm, etc)
3. How does the contact endanger the players safety (body language, direction of contact, etc)



# Time Penalties



# Time Penalties

Discussed in the prior group activity, time penalties play an essential part in indoor boarded soccer as means of penalizing a team for actions warranting a misconduct.

Technical errors can occur during time penalties if specific details such as length of penalty, number of players on the field or how a player is released are handled incorrectly.

Learning the procedures in Rule 12 and taking each situation step by step will help make an official successful.



# Time Penalties

## Example of Game Record Sheet

INDOOR GAME RECORD SHEET

Team _____						
Scoring						
No.	Clock Time	Half	No.	Clock Time	Half	

Penalties						
No.	Penalty Called	T - in	T - start	T - out	C/E	

Team _____						
Scoring						
No.	Clock Time	Half	No.	Clock Time	Half	

Penalties						
No.	Penalty Called	T - in	T - start	T - out	C/E	



# Time Penalties

Factors when dealing with time penalties as Assistant Referee:

- **Confirm misconduct given to player** (Blue, Caution, Send-off)
- **Amount of time required for misconduct:**
  - **Blue** = 2 minutes
  - **Caution** = 2 minutes
  - **Send-off** (Second Caution) = 2 minutes (no relief on goal, no player serves in box)
  - **Send-off** (Red) = 5 minutes (no relief on goal, no player serves in box)
- **Number of players on field** (ex. 5 on 4, 4 on 4, etc). If players even on field, time penalties are not relieved by a goal being scored (pg. 33 Relief of a Minor Time Penalty)



# Time Penalties

## Strategies when dealing with time penalties:

- Penalty time stops when play stops.
  - Use separate timing device from the clock (ex, stopwatch)
- Be proactive and alert player/team when time reaches certain points (ex. 1 minute left, 10 seconds left, etc).
- Count players on field after allowing player to be released from penalty box to avoid manpower issues.



# Time Penalties

## Group Activity

The instructor will provide time penalty scenarios to each group. Please take 5 minutes and use the ROIS to determine the following in order:

- Type of misconduct (Card)
- Amount of penalty time for player(s) involved
- Manpower on the field for restarting play
- How player(s) may return to active play once penalty is complete



# Time Penalties

## Scenario #1

### Green Team

A player from the **Green team** commits a careless foul that **stops a promising attack** against the opposing team.

No other players are serving a penalty at this moment.



# Time Penalties

## Scenario #2

### Red Team vs Blue Team

A player from the **Blue team** commits a **reckless challenge** against the opponent. During the same stoppage, a player from the **Red team** commits **dissent** towards the referee.

No other players are serving time penalties at this time.



# Time Penalties

## Scenario # 3

### Red Team

A player from the **Red team** commits a **reckless challenge** against an opponent. During the same stoppage, the same player from the **Red team** commits **OIAL** against the box official.

No other players are serving penalty time.



# Time Penalties

## Scenario # 4

### Orange Team

The **Orange team** currently has two players serving minor time penalties from separate stoppages (1 minute and 1.5 minutes left in each penalty).

A third player from the **Orange team** commits a careless fouled that is judged as **persistent offences**.



# Time Penalties

## Scenario # 5

### Blue Team

A player from the **Blue team** commits a **5 second time violation** during a restart. While serving the first penalty and at a separate stoppage, the player from the **Blue team** commits **dissent** against the box official.

No other players are serving penalties.



# Time Penalties

## Scenario # 6

Orange team vs Blue team

A player from the Orange team delays the restart of play at the taking of a free kick.

30 seconds into the penalty time for the Orange player, a player from the Blue team commits a reckless challenge.

Both players are now serving in penalty box for either team.



# Time Penalties – Conclusion

## Scenario # 1

- Caution for SPA
- 2:00 penalty
- 6 vs 5 on field
- Player can return to play if 2 minutes expire or if a goal is scored against their team (assuming no other time penalties for opposing team)



# Time Penalties – Conclusion

## Scenario # 2

- Caution to **Blue** player for USB. Caution to **Red** player for Dissent.
- 2:00 penalty time for both players (Coincidental)
- 6 vs 6 on the field.
- Both players can return to play after 2 minutes expires and permission is given from box official at a stoppage in play.



# Time Penalties – Conclusion

## Scenario # 3

- Caution to **Red** player for USB. Send-off (Red card) to Red player for OIAL.
- 5:00 minute penalty time (Same stoppage, player only serves Major time penalty).
- 6 vs 5 on the field.
- Player must leave field. Team can return a separate player once 5-minute penalty time expires.



# Time Penalties – Conclusion

## Scenario # 4

- Caution to **Orange** player for persistent offences.
- 2:00 penalty time.
- 6 vs 4 on field (Two other teammates serving prior penalties, assuming opposing team has no penalty time)
- Player's penalty time does not start until earliest expired teammates penalty is over. Player can return to play once both teammates' penalties are complete, then 2 minutes of own penalty expires, or a goal scored while only player serving penalty.



# Time Penalties – Conclusion

## Scenario # 5

- Blue card to **Blue** player for time violation. Caution for Dissent at separate stoppage.
- 2:00 penalty time. Additional 2:00 minute penalty starts once first 2 minutes expires.
- 6 vs 5 on field (Assuming no additional penalties for opposing team)
- Player returns to play after first 2-minute penalty expires or goal is scored, and second 2-minute penalty expires or a goal is scored during second 2-minute penalty.



# Time Penalties – Conclusion

## Scenario # 6

- Caution to **Orange** player for DRP. Caution to **Blue** team for USB at separate stoppage.
- 2:00 penalty time for **Orange** player. 2:00 penalty time for **Blue** player at separate stoppage.
- 6 vs 5 for **Blue** team initially. 5 vs 5 once second penalty is started (Assuming no other penalties applied)
- **Orange** player can return after full 2 minutes expires. **Blue** player starting 30 seconds later can return to play once full 2 minutes expire or goal scored in last 30 seconds of penalty time.



# Summary

- Read the ROIS and ask for help with anything not understood.
- Dress professionally. First impressions are everything!
- Work as a team with your fellow officials.
- Move on the field and provide the best experience for the players in every game.
- Enjoy yourself!



# THANK YOU.



For more information, email [info@albertasoccer.com](mailto:info@albertasoccer.com)