



MOOSE JAW SOCCER ASSOCIATION INC.

MJSA INDOOR LEAGUE RULES U11 to ADULT

The Moose Jaw Soccer Association is supplying these rules for its leagues in the spirit of fair play. MJSA House Leagues should have an emphasis on fundamentals & skill development in a safe & fun environment.

Field of Play and Goal Nets:

- All leagues will play games on the standard indoor quarter pitch measuring approximately 32yds x 50yds.
- U11 & U13 will use the 6'x12' aluminum framed goal nets.
- U15 to Adult will use the 6'x12' aluminum framed goal nets unless games are played on a half pitch.

The Ball:

- Size: #3 – U5, U7
- Size: #4 – U9, U11
- Size: #5 – U13, and up

Offside:

- Quarter fields games will not have an official offside rule; however, a cherry-picking rule may be enforced.
- Offside rules will apply for half pitch games from U13 and up.

Slide Tackling:

- Slide Tackling is not permitted in any MJSA House League games

Number of Players:

- 6V6 including GK.
- Adult Co-ed teams: 6 players (including GK), minimum of two players of each gender must be on the field at all times.
- Minimum Number of Players to Start and Finish Match: 4. If a team does not have enough players, the other team will be awarded a 5-0 win, and the two groups will mix and play a friendly. Double forfeit goes as 0-0 and no points awarded in the standings.
- Substitution Limit: None
- Substitution Method: “On the Fly” (all players but the goalkeeper enter and leave as they please; goalkeeper substitutions can only be made when the ball is out of play and with a referee’s consent). All substitutions must take place at the centre line.
- **The player being replaced must be fully off the playing area before the substitute can enter the field.**
- There will be absolutely No Guest Players for male players in Adult Co-Ed, Female players can Guest as many times as needed to fill the quota. **No Guest Players Allowed During the Playoffs.**

Players’ Equipment:

- Numbered shirts, shorts, socks, protective shin guards
- Footwear must be clean rubber soles, turf shoes, or rubber cleats - no metal cleats allowed
- **No outdoor footwear is to be allowed.**
- Goal keepers must wear a jersey which is different than both teams, the opponents keeper and the officials

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- No jewellery of any kind except medical alert bracelets with soft covering.
- Casts and knee braces can be worn, but **MUST** be covered with a soft suitable covering to protect everyone. They are not to be used as weapons. The referee will have discretion on the use of any cast / knee brace.

Main Referee:

- Duties: As per FIFA Law Book.
- **Duration of the Game:**
 - Two equal periods of 25 minutes (referee's time).
 - Time can be prolonged only to take a penalty kick.
 - Half-time: Maximum of 3 minutes.
 - Games may be shortened if games start late in order to finish on time.

The Start of Play:

- **Coin Toss**
Team winning coin toss chooses side to defend in first half, team losing toss receives first ball at the start of the game. Teams change ends to start second half and team who did not kick off first half kicks off at second half.
- **Kickoff**
 - Opposing team waits 5 yards from kick off point (approximately centre of half line)
 - Ball deemed in play once it has traveled forward.
 - The kicker shall not touch ball before someone else touches it.
 - Kick-offs taken after goals scored.

Ball in and out of Play:

- **Ball out of play:**
 - When it has wholly crossed the whole goal line or whole touchline.
 - When the game has been stopped by a referee.
 - When the ball hits the ceiling (restart: opposing team gets indirect free kick under where the ball was deemed to have hit the roof).
- **Lines**
 - Touchlines and goal lines are considered inside the playing area.

Method of Scoring:

- When the whole of the ball has passed over the whole goal line, between the goal posts and under the crossbar (except by illegal means). One point is awarded for each goal.

Fouls and Misconduct:

Direct free kick awarded when a player commits any of the following 10 offences (penalty kick awarded when infringement takes place inside penalty area):

1. kicks or attempts to kick an opponent
2. trips or attempts to trip an opponent
3. jumps at an opponent
4. charges an opponent
5. strikes or attempts to strike an opponent
6. pushes an opponent
7. tackles an opponent in a careless or reckless manner or with excessive force. Slide tackles are **not** allowed in MJSA recreational leagues.
8. holds an opponent
9. spits at an opponent
10. *Deliberately* handles the ball (except goalkeeper in his/her own penalty area)

Indirect free kick awarded when any of the following 8 offenses is committed (kick taken from the 8 yard line when infringement takes place in penalty area):

1. Plays in a dangerous manner (e.g. attempting to kick ball held by goalkeeper)
2. Impedes the progress of an opponent

3. Prevents the goalkeeper from releasing the ball
4. Commits any other offence not previously mentioned for which play is stopped to caution or send off a player
5. Goalkeeper controls the ball for more than 6 seconds with his hands before releasing it
6. Goalkeeper touches the ball again after he has released it from his possession and before it has touched another player
7. Goalkeeper picks up or touches the ball with his hands after it has been deliberately kicked to him by a teammate
8. Goalkeeper pick up or touches the ball with his hands after he has received it directly from a throw in

Players shall be cautioned (i.e., shown yellow card) for the following offences:

1. Unsporting behaviour
2. Dissent by word or action
3. Persistent infringement of the Laws of the Game
4. Delays the restart of play
5. Failure to respect the distance when play is restarted with a corner kick, free kick or throw in
6. Improper substitution

Players shall be sent off (i.e., shown the red card) for the following offences: (Note that any red cards will require that the player be sent off and will have to attend a disciplinary hearing from MJSA)

1. Serious foul play
2. Violent conduct
3. **Spitting anywhere on the pitch** (may also carry fine from MJSA)
4. Denying an obvious goal scoring opportunity by handling the ball (does not apply to the GK)
5. Denying an obvious goal scoring opportunity to an opponent moving towards the players goal by an offence punishable by a free kick or penalty kick
6. Using offensive or abusive language and/or gestures
7. Receiving a second caution in the same match

Rules of Expulsion:

- **Caution (yellow card):**
 1. No sanction in place.
- **Send off (red card):**
 1. The player sent off is out for the rest of the game and must leave the playing and viewing area.
 2. The team of the player sent off must play short for 5 minutes
 3. The team of the player sent off can substitute for that player after 5 minutes of playing time
 4. Red Cards infractions are subject to further discipline by the MJSA Discipline Committee.

Free Kicks:

- **Direct Free Kick**
 1. Ball must be stationary when the kick is taken
 2. Opponents must be at least **3.5 yards away on ¼ pitch and 5 yards away on ½ pitch** until the ball is in play
 3. Ball is in Play when it is kicked and moves
 4. Time Limit: Kick must be taken within 6 seconds
 5. Restriction: Kicker cannot touch the ball again until it has been touched by another player
 6. A direct kick which directly enters the opponents goal, a goal is awarded
 7. A direct kick which directly enters the teams own goal is a corner kick for the opponents
- **Indirect Free Kick**
 1. Ball must be stationary when the kick is taken
 2. Opponents must be at least **3.5 yards away on ¼ pitch and 5 yards away on ½ pitch** until the ball is in play
 3. Ball is in play when it is kicked and moves
 4. Time Limit: Kick must be taken within 6 seconds

5. Restriction: Kicker cannot touch the ball again until it has been touched by another player
6. An Indirect kick which directly enters the opponents goal is a goal kick for the opponents
7. An Indirect kick which directly enters the team's own goal is a corner kick for the opponents

Penalty Kick:

1. To be taken from the penalty mark on the mid-point of the 8 yard line.
2. All players (both teams) must be out of the penalty area and behind the ball.
3. The player taking the kick must be clearly identified
4. The defending goalkeeper must remain on his goal line until the kick has been taken
5. The kicker shall not play the ball a second time until it has been touched by another player.

Restarts:

- **Throw in**

1. A throw in is awarded when the ball goes out of play over the touchlines to the opponents of the last player who touched the ball
2. A goal CANNOT be scored directly from a throw in
3. At the moment of delivering the ball the thrower must
 - a. Face the field of play
 - b. Have part or all of both feet either on or behind the touch line
 - c. Hold the ball with both hands
 - d. Deliver the ball from behind and over their head
 - e. Deliver the ball from where the ball left the field of play
4. Opponents of the player taking the throw must be at least 2 yards away

- **Goal Kick**

1. A goal kick is awarded when the ball goes out of play over the goal line and was last touched by a player of the attacking team and a goal is not scored
2. A goal CAN be scored from a goal kick
3. The goal kick is taken by any member of the defending team from inside the goal area
4. The goal kick must be taken within 6 seconds, failure to do so results in an indirect free kick to the opponents from the goal area nearest to where the offence occurred.
5. The ball is NOT in play until it has left the penalty area. If the goal clearance is received inside of the penalty area, the goal clearance shall be taken over.
6. Opponents must remain outside the penalty area until the ball is in play
7. The kicker must not play the ball again until it has touched another player. Note: a keeper cannot score on themselves on a goal kick.

- **Retreat Line**

- A Retreat line may be used for goal kicks for the U11 age groups. This is to help gain confidence for players to get the ball out of their own zone.
- During a goal kick, the opposition must retreat to the centre line of the playing field. The opposing players can only advance once the player receives the pass from the goal kick.

- **Corner Kick**

1. A corner kick is awarded when the ball goes out of play over the goal line and was last touched by a player of the defending team and a goal is not scored.
2. A goal CAN be scored from a corner kick
3. The kick is taken by a member of the attacking team from the nearest corner (no corner-kick arc). If ball is misplaced, the corner kick is taken over.
4. The corner kick must be taken within 6 seconds; failure to do so entails indirect free kick to the opposing team from the corner mark.
5. The kicker cannot play the ball a second time until it has been played by another player
6. Players on opposing team must be at least 5 yards away from point of the corner kick.

- **Drop Ball**

If during play, the referee is required to temporarily stop play for any reason not mentioned in the Laws of the game (e.g. serious injury); play is to be restarted with a Drop Ball

1. Referee drops ball at location where ball was when play was stopped
2. Play restarts when ball touches the ground
3. Ball is dropped again if it is touched by a player before it touches the ground