



Indoor Rules of Play U11 – U19

SYSI rules are adapted from FIFA rules of the game based on the specifics of this age group as well as the conditions offered in the indoor venues available. Please see the comments section for detailed tips on each law.

LAW # 1 – INDOOR FIELD OF PLAY

- **Indoor facilities and surface:**
 - Saskatoon Sports Centre ~ SSC ~ turf and hardcourt
 - Saskatoon Kinsmen Henk Ruys Soccer Centre ~ SKHRSC ~ hardcourt
- **Field size and number of games:**
- U11 Alliance Leagues: 17 games ¼ field turf SSC or ¼ field hardcourt SSC (no playoffs, no standings).
- U11 City League: 14 games ¼ field turf SSC or ¼ field hardcourt SSC or ¼ field boarded SKHRSC (no playoffs/no standings)
- U13 Alliance A Leagues: 17 ½ field turf SSC + one 1st vs 2nd final
- U13 Alliance B Leagues: 17 ¼ field turf SSC or ¼ hardcourt SSC + one 1st vs 2nd final
- U13 City League: 14 games ¼ field turf SSC or ¼ hardcourt SSC or ¼ field boarded SKHRSC + one 1st vs 2nd final
- U15 Alliance Leagues: 16 games ½ field turf SSC + one 1st vs 2nd final
- U15 City League: 14 games ¼ field turf SSC or ¼ field hardcourt SSC or ¼ field boarded SKHRSC + one 1st vs 2nd final
- U17 Alliance Academy League: 8 games full field SSC + one 1st vs 2nd final
- U17 Alliance League: 16 games ½ field turf SSC + one 1st vs 2nd final
- U17 City League: 14 games ¼ field turf SSC or ¼ field hardcourt SSC or ¼ field boarded SKHRSC + one 1st vs 2nd final
- U19 Alliance Academy League: 8 games full field turf SSC + one 1st vs 2nd final
- U19 Alliance League: 16 games ½ field turf SSC + one 1st vs 2nd final
- U19 City League: 14 games ¼ field turf SSC or ¼ field hardcourt SSC or ¼ field boarded SKHRSC + one 1st vs 2nd final

LAW # 2 – THE BALL

- U11 = Size 4
- U13 to U19 = Size 5
- The home team will supply the game ball unless, in the opinion of the referee, the visiting team has a more satisfactory ball.
- For SYSI Indoor League Play on a hard surface, where available a low-bounce synthetic ball will be used. - For games on artificial turf an outdoor ball will be used.

LAW # 3 – THE NUMBER OF PLAYERS

- THE NUMBER OF PLAYERS
 - Normal number of players:
 - Indoor Under-11 to Under-19 (7v7) minimum 9 players and maximum 12 players (min 4 players to proceed with the game)
 - Indoor Under-13 to Under-19 (9v9) minimum 11 players and maximum 15 players (min 6 players to proceed with the game)
 - Indoor Under-17 to Under-19 (11v11) minimum 14 players and maximum 20 players (min 7 players to proceed with the game)
- Substitutions will be unlimited and on the fly from the center line. A player leaving the field must be at the center line prior to the substitute entering the field. The player entering the field must enter the field at the center line as well.
- **5 up – 1 up (U11 age groups only):** if the game gets to a 5-goal differential the trailing team can add a player, and every 3 goals after, you can add an additional player up to a maximum of 3 additional players. If the score goes under the 5-goal differential, they must remove the additional player.

Permit Players (For additional regulations around permit players refer to SYSI's Rules and Regulations)

- A permit player is one who is playing temporarily with a team other than the one with which the player is currently affiliated.
- Youth teams shall not utilize permit players from a higher division, a team from within the same division, or an older age group. Youth teams shall only utilize the services of a permit player registered with another youth team in a lower division or a younger age group under the following conditions:
 - The permit player must be registered with another team in the same zone.
 - The permission of the coach of the permit player must be obtained.
 - The name of the permit player must appear on the game sheet with a "P" written beside their name.
- There is no limit to the number of games a player may permit to during the regular youth league season within the league they are registered in (i.e.: Alliance League to Alliance League or City League to City League). Coaches are encouraged to permit and offer exposure and developmental opportunities to a multitude of players and not just one/two with the purpose of winning.
 - Alliance League players are restricted from and may not permit to the City League.
 - City League players are allowed to permit to the Alliance League a maximum of three (3) times within a regular season. Any requests above the three would be submitted to the SYSI office by the Alliance team requesting the permit player and shall require special circumstances.
- For City Playoffs and Championship games, permit players will be allowed to fill the roster up to the normal number of players on the pitch during a game plus one (i.e.: 8 players for 7v7, 10 players 9v9).
- The players permitting may not play in any other City Playoff or Championship games.
- Teams may not use permit players to fill beyond the maximum number of players initially set by SYSI, see Number of Players section. For example, if the roster size maximum is 15 and the team carries a roster of 17 players than they can only use permit players when their total number of players available to play and those listed on the game sheet does not exceed 15 players.
- **Effective Outdoor 2026, in either season, a maximum of 4 permit players may be used in any game not exceeding the normal maximum number of players given the age/division OR until they can field a full starting lineup plus three, not exceeding 5 permit players, whichever is greater, per game.**
- It is the responsibility of the team to ensure that all its permit players are eligible to participate in that capacity.

LAW # 4 – THE PLAYERS EQUIPMENT: As per FIFA Laws of the Game

- A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry).
- The basic compulsory equipment of a player comprises the following separate items:
 - A jersey or shirt with sleeves – if undergarments are worn, the colour of the sleeve must be the same main colour as the sleeve of the jersey or shirt.
 - Shorts – if undershorts or tights are worn, they must be of the same main colour as the shorts.
 - Socks – if tape or similar material is applied externally it must be the same colour as that part of the sock it is applied to.
 - Shin guards – all Under-11 to Under-19 players is required to wear shin guards. Any player not wearing shin guards will not be allowed to play.
 - Footwear
- The goalkeeper must wear colours that are distinct from those of the other players (including opposing players and goalkeeper) and the referee.

LAW # 5 – THE REFEREES

- SSA and SDSRAI Registered Referees will be appointed to each match.
- A referee has full authority to enforce the Laws of the Game in connection with a match to which they are assigned.
- The jurisdiction of a referee over the teams in a match to which the referee has been assigned begins at the time the referee arrives at the playing venue.
- Make sure that the rules are followed and that the Fair Play nature of the game is followed.
- If an assigned referee is not present at the time of kick-off the coaches will agree to use a mutually agreeable substitute referee (parent, assistant coach, one coach for each half) and play the scheduled game. Prior to starting or continuing a game with a substitute official, both coaches should sign the game sheet with a note indicating acceptance of the agreed substitute. The substitute referee will be paid for the game at the end of the season if they have clearly stated their name and address on the game sheet. If the volunteer referee chooses not to be paid for the game, then SYSI will refund the Zones at the end of the season.

LAW # 6 – ASSISTANT REFEREES

- Assistant referees will not be used for SYSI Alliance & City League indoor matches but will be used for SYSI Alliance Academy indoor matches.
- Assistant referees **may** be used for SYSI playoff matches depending on availability.

LAW # 7 – DURATION OF THE MATCH

- U11-U19 City & Alliance League: 2 x 25-minute halves separated by a 5-minute halftime break.
- U17-U19 Alliance Academy League: 2 x 40-minute halves separated by a 5-minute halftime break.
- Any delay to the start of the match shall be accommodated by reducing the length of the game.
- In regular league play for both indoor and outdoor seasons, no overtime will be played in the event of a tie at the end of regulation time.
- In matches where a winner must be declared (ie. Playoffs) two 5-minute overtime periods will be played, if the game is still tied at the end of the second overtime period, the winner will be determined by kicks from the penalty mark.
- Teams must vacate fields to allow for the following games to proceed as scheduled. In the event of late kick-offs or other delays, time allocated for play will not be exceeded and the available playing time will be divided into two equal halves.

LAW # 8 – START AND RESTART OF THE GAME: As per FIFA Laws of the Game

- As per FIFA Laws of the Game
- **Retreat Line: U11 City League: The defensive team's players must retreat to the ½ way line on all Goal Kicks**

LAW # 9 – THE BALL IN AND OUT OF PLAY

- The ball is considered out of play if the ball goes over the touchline, or goal line, or strikes the ceiling (including light fixtures, curtains, etc.)
- If the ball contacts the ceiling or a ceiling-attached fixture, the game will be restarted directly below the point of contact by an indirect free kick by the team that was not the last to touch the ball.

LAW # 10 – SCORING:

- As per FIFA Laws of the Game
 - U11 City and Alliance leagues will not keep scores or standings.
 - Except for the U11 leagues, points will be awarded as follows:
 - Win: 3 points
 - Tie: 1 point
 - Loss: 0 points
- Except for the U11 league, tie-break rules are as follows:
 - Where two or more teams are tied in points
 - a) Teams shall be ranked according to points awarded for the game results among the contending teams
 - b) If (a) fails to break the tie, contending teams shall be ranked according to the fewest goals allowed against the other contending team(s)
 - c) If (a) and (b) fail to break the tie, contending teams shall be ranked according to the fewest goals allowed in all league games, up to the date the selection must be made
 - d) If (a), (b) and (c) fail to break the tie, contending teams shall be ranked according to a penalty kick competition as per F.I.F.A. Laws of the Game at a time and place decided by the SYSI office.
 - e) No City Championship shall be decided without a playoff where two or more teams have the same number of points at the conclusion of league play. If a playoff procedure has not been previously scheduled by the SYSI office there shall be a playoff game at a time and place decided by the SYSI office between the two most highly ranked teams, as determined by provisions (a) through (d) above if necessary.
 - In playoff competition if the game is still tied after regular game duration:
 - a) Indoor: Two 5-minute overtime periods will be played, if the game is still tied at the end of the second overtime period, the winner will be determined by kicks from the penalty mark.
 - b) Outdoor: Two 10-minute overtime periods will be played, if the game is still tied at the end of the second overtime period, the winner will be determined by kicks from the penalty mark.
 - c) No time out between overtime periods.
 - d) There will be no Golden Goal.
 - In play-off competition, a team winning a game by penalty kicks will have one (1) goal added to their goal total as it stood prior to the taking of penalty kicks. o Shoot-out (penalty kicks) procedures:
 - a) For 5v5 and 7v7 (¼ field) all players may participate in the shoot-out.
 - b) For 11v11, 9v9, 8v8 and 7v7 (½ or full field) only players that are on the field at the end of the overtime period can participate in the shoot-out as per FIFA rules.

LAW #11 OFFSIDE

- Matches on ¼ field playing area: There is no offside.
- Matches on ½ field or **full field** playing area:

- The offside line will be the half. Players can be offside if they are passed the offside line in their opponent's ½ of the opponent's defensive end of the field.

LAW # 12 – FOULS AND MISCONDUCT: As per FIFA Laws of the Game

- All divisions - yellow and red cards under the standard FIFA rules.
- There will not be any time penalties for yellow/red cards.
- Slide tackles are not allowed on hard court/tile games (U11 – U19 divisions).
- Any games played on turf or grass, or slide tackles are governed by the FIFA laws of the game (U11-U19 divisions).

LAW #13 – Free Kicks

- ¼ field games:
 - U11 and U13 City League are to be a distance of 5 yds
 - U11-U13 Alliance League are to be a distance of 5 yds
 - U15-U19 City League are to be a distance of 5 yds
- ½ or full field games: All U15-U19 Alliance Leagues or Alliance Academy Leagues are to be 10 yds

LAW #14 – The Penalty Kick: As per FIFA Laws of the Game

- Penalties will be taken from the front of the penalty area at a point directly in line with the center of the goal.

Law #15 – The Throw-In: As per FIFA Laws of the Game

- Throw-in's have been re-instated at U11; players will have two chances to complete the throw-in.

Law #16 – The Goal Kick

- **Retreat Line:** U11 City League: The defensive team's players must retreat to the ½ way line on all Goal Kicks
- U11-U19 Goal Kicks: can be taken at any point in the Goal Area. As per FIFA/IFAB Laws of the Game.

Law #17 – The Corner Kick: As per FIFA Laws of the Game

Law #18 – The Goal Size (Feet)

- SSC Games:
 - U11 and U13 Alliance B Leagues – 12' X 6'6"
 - U11-U19 City Leagues – 12' X 6'6"
 - U13 Alliance A League - 18'6" x 6'6"
 - U15-U19 Alliance / Alliance Academy Leagues – 24' x 8'
 - All SKHRSC Games: 13' X 6'3