



WESTSIDE YOUTH SOCCER ASSOCIATION
2475 Dobbin Rd, Unit 22 – 703, Westbank BC V4T 2E9
778-755-6102, wssoccer@shaw.ca, www.wysa.ca



City of West Kelowna & WYSA Adult Indoor Coed Soccer

**This is a recreational soccer league for players of ALL skill levels.
Focus is on sportsmanship and having fun!
All players must know the rules and manage their own actions on the field.
Please play hard, play fair and have fun!**

Rules & Regulations

Match Format

1. All teams may carry up to 20 players: a maximum of 14 males or females and a minimum of 6 males or females per team.
2. Please be at the dome NO MORE than 15 minutes before the start of your game. No entry before everyone from the previous game has exited. Games are 50 minutes with a 5-minute break at the mid way point. Any default games will be recorded as a 1-0 victory for the team that shows up.
3. A match will consist of two 25-minute halves with a 5-minute break between halves. If games are delayed in starting, this time will be shortened accordingly as there may be games following.
4. Teams are to play with 8 players on the turf (7 players and a goalie) – At least 2 females must be on the floor at all times. If a team chooses to have a female keeper – she does not count towards the minimum of 2 females on the floor.
5. If a team has only one female player, they may still field a team but they would play with a maximum of 7 players (6 males (including the goalie) and 1 female). The missing female position cannot be replaced by a male. The lone female also may not play in net. The opposing team can still field 8 players as long as 2 are female. If during the course of the game the lone female is injured and cannot continue to play the team may continue but will be have to play 6 against 8.
6. If a team shows up and has no female players, they have 10 minutes of grace before the team will be considered in default and the default policy will be applied: score is registered as a 1-0 win for the team with enough female players.
7. Scores to be submitted to the club by the referee wssoccer@shaw.ca. In the event of a tie score in a regular season match, the game will go into the standings as a tie. In the playoffs, a tie game shall go into sudden death overtime (see number 8). If there is no referee both teams are to email the score to wssoccer@shaw.ca.
8. Tie game in playoffs – teams will play an immediate best-of-5 shootout with the players on the field. Teams must rotate gender each shot. If still tied after 5 shooters, the shootout will be head-to-head.
9. Substitutions can be made during a stoppage in play and with the permission of the referee.
10. NO spitting on goalie gloves. No high fives, hugs or close contact celebrations. Physical distance 2m when not on the playing field.
10. **Referees will be provided** – In the event a referee does not attend a game Team Captains are required to self-police their own teams and call their own fouls.
11. ***Profanity, fighting and other hostile, verbal and/or physical, actions are not permitted and may result in a player's/team's expulsion from the league.***



Equipment

1. WYSA will provide a game ball, goal nets and a referee.
2. Teams must supply a pre-designated coloured shirt. Each player must have a **number on their shirt** and it stays with them for the whole season. All players on each team must wear the same colour.
3. Goalkeepers must wear a different coloured jersey than the rest of their team as well as being different from the opposing team's jerseys.
4. Outside shoes are not allowed – please bring a separate pair of clean cleats, indoor cleats or gym shoes.
5. Shin pads are recommended. Shin pads must be totally covered by socks.
6. Absolutely no jewelry/watches/piercings.

Match/Game Play

1. The game will start with the team that wins the toss choosing ball or side.
2. Teams will change ends after each half and alternate kick off.
3. A kick off will start the game and restart the game after a goal is scored.
4. Kick offs - the ball can move any direction; the kicker may not touch the ball after they release it until it has been played by another player.
5. A goal cannot be scored directly from a kick off.
6. The opposing team must be at least 15 feet away from the ball on a kick off, until the ball has been put into play.
7. Balls are out of play when the ball crosses the sideline and this results in a **kick-in. (No Throw Ins)**
8. Balls that are out of play when the ball has crossed the goal line (but not into the net) will result in a corner kick if a defending player was last to touch the ball, or a goal kick if an offensive player was the last to touch the ball.
9. Balls that strike the dome or any overhanging items (lights, wires etc.) will result in an indirect kick closest to the point where the infraction occurred.
10. Players may not interfere in any way with the goalie inside the goalie crease. Players may pass through the crease, but any interference with the goalie will result in goalie's ball.
11. Goalies **are not allowed** to handle the ball with their hands when the ball is kicked to them by their own team. They ARE allowed to use their hands inside the goal crease when the opposing team kicks the ball towards the goalie, or if the ball deflects off a defender. If a goalie uses his/her hands to play the ball in anyway, when it was passed by his/her own team, then the opposing team is awarded an indirect free kick – see below for description.
12. Goalies may **not** perform drop kicks during the game.



City of West Kelowna & WYSA Adult Indoor Soccer League Rules

1. OFFSIDE (Law 11)

The off-side line is at the third (in line with the curtain) and will be marked with a cone.

2. FOULS (Law 12)

If a player breaks a rule or commits a foul, then the opposing team is awarded an indirect free kick from the spot of the infraction. If an infraction occurs in with in the crease area – they the opposing team is awarded a penalty kick

Fouls

- a. Dangerous play: players may not jump to play a ball with their feet.
- b. Any player who kicks or attempts to kick a ball that is above their own waist while standing on the field will have a foul called on them. **Two** high kicking fouls in one game will result in the **expulsion** of the offending player from the game.
- c. No bicycle kicks
- d. Kicking or attempting to kick an opponent
- e. Tripping or attempting to trip an opponent
- f. Jumping at an opponent
- g. Charging an opponent in a violent, reckless or dangerous manner
- h. Holding or pushing an opponent
- i. Handling of the ball – see page 5 for details
- j. Obstructing an opponent
- k. Slide tackling **
- l. Using your body to advance

**Slide tackling is not permitted in the WYSA's Adult Indoor Soccer League. Slide tackle of an opponent and making excessive contact or any contact on a slide tackle from behind. Slide tackling includes any player, including the goalie, who leaves the ground in a foot or feet-forward motion, in a defensive play in attempt to relieve the offensive player of the ball. The goalie may dive head-forward to make a save, but may not dive feet-forward.

Profanity, fighting and other hostile, verbal and/or physical, actions are not permitted – offending player will be ejected from the game and their actions may cause their expulsion from the league.



→ All free kicks are to be indirect (except for penalty shots) in this league, meaning that a goal cannot be scored unless the ball has been touched by a player other than the kicker before passing between the posts

→ ALL indirect free-kicks are to be taken from the “SPOT OF THE FOUL”. - This includes when the goalkeeper illegally plays the ball with their hands.

→ The ball must touch at least 2 players before it can be a goal (the kicker and one other player excluding the goalie).

→ All opposing players (defence) of the team taking the free kick must be at least 5 yards away from the ball, except when the ball is being kicked from a point closer than 5 yards from the goal mouth - in which case the defending players may stand on their goal line.

3. CORNER-KICKS (Law 17)

When the ball passes over the goal line (but not a goal) and was last touched by a member of the defending team, a member of the attacking team will take a corner-kick; the ball is placed within a one yard radius from the corner closest to where the ball went out of play; a goal may be scored from such a kick; the defending team must stand at least 5 yards away from the ball until in play; the kicker shall not play the ball a second time until it has been touched by another player

4. GOAL KICK (Law 16)

When the ball passes over the goal line (but not a goal) and was last touched by a member of the attacking team, a member of the defending team will take a goal-kick; the ball is placed approx. six yards from the goal line on the side of the goal opening which is closest to where the ball went out of play; the ball is not in play until it crossed the 6 yard box. The kicker shall not play the ball a second time until it has been touched by another player.

If, after a save, the goalie is playing the ball it must be thrown (**NO DROP KICKS ALLOWED**).

→ Goal kicks, ball starts on the ground, shall be exempt from the above rule and may travel into the opposing end without being required to touch the near side of centre.

5. PENALTY KICK (Law 14)

A penalty kick will be awarded anytime a foul (major or minor) is committed within the goal crease; it will be taken from the penalty-mark (twelve yards from the center of the goal mouth) with all players, except the goalkeeper and the player taking the kick, outside of the penalty-area and at least ten yards from the penalty mark; the goalkeeper must stand (without moving his/her feet) on their own goal-line, between the goal posts, until the ball is kicked; the kick must go forward and the kicker cannot touch the ball a second time until it has been touched by another player

REMINDER: this is a recreational soccer league for players of ALL skill levels. Focus is on fun, exercise and sportsmanship! All players must know the rules and managing their own actions on the field. Play hard, play fair and have fun!



CLARIFICATION OF RULES

1. The player starting the play is not allowed to touch the ball again until it has been played by another player
2. Opposing players from the team that is kicking the ball must stay 5 yards away from ball until it is in play this includes kick-ins, goal kicks and corner kicks.
3. Substitutes must enter the field at the same location (and after) the player comes off the field.
4. Team Captains are responsible for informing their team of the rules and also for enforcing them if their team is negligent in this regard.
5. The goalkeeper is not allowed to pick up the ball if it has been passed to him from a person on his team.
6. All free kicks are to be indirect (except penalty shots): must touch at least two people before going into net.
7. Fouls: kicking, tripping, jumping at, charging, holding, pushing, yelling at, slide tackling, striking or spitting at an opponent, or intentional handling the ball; all result in a free kick to the opposing team from where infringement occurred. For a more detailed list, see Rule 1 above.
8. Penalty kicks are to be taken from 10 yards into field away from center of net; occur when a defender (not goalkeeper) touches the ball with his/her hand or arm while inside penalty area or when game winner has to be decided if it is still a tie after over-time in a play-off game. A PENALTY KICK WILL ALSO BE AWARDED FROM A DEFENSIVE SLIDE TACKLE IN THE CREASE.
9. Handling the Ball (LAW 12) **For the purposes of determining handball offences, the upper boundary of the arm is in line with the bottom of the armpit.**

It is an offence if a player:

- deliberately touches the ball with their hand/arm, including moving the hand/arm towards the ball
- scores in the opponents' goal directly from their hand/arm, even if accidental, including by the goalkeeper
- after the ball has touched their or a team-mate's hand/arm, even if accidental, immediately:
 - scores in the opponents' goal
 - creates a goal-scoring opportunity
- touches the ball with their hand/arm when:
 - the hand/arm has made their body unnaturally bigger
 - the hand/arm is above/beyond their shoulder level (unless the player deliberately plays the ball which then touches their hand/arm)

The above offences apply even if the ball touches a player's hand/arm directly from the head or body (including the foot) of another player who is close.



WESTSIDE YOUTH SOCCER ASSOCIATION
2475 Dobbin Rd, Unit 22 – 703, Westbank BC V4T 2E9
778-755-6102, wssoccer@shaw.ca, www.wysa.ca



Except for the above offences, it is not an offence if the ball touches a player's hand/arm:

- directly from the player's own head or body (including the foot)
- directly from the head or body (including the foot) of another player who is close
- if the hand/arm is close to the body and does not make the body unnaturally bigger
- when a player falls and the hand/arm is between the body and the ground to support the body, but not extended laterally or vertically away from the body

The goalkeeper has the same restrictions on handling the ball as any other player outside the penalty area. If the goalkeeper handles the ball inside their penalty area when not permitted to do so, an indirect free kick is awarded but there is no disciplinary sanction. However, if the offence is playing the ball a second time (with or without the hand/arm) after a restart before it touches another player, the goalkeeper must be sanctioned if the offence stops a promising attack or denies an opponent or the opposing team a goal or an obvious goal-scoring opportunity.