



## ***Guelph Soccer***

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### **2023-24 Adult Indoor League Rules**

#### **1. Number of Players on the Field:**

- 6 v 6 (5 plus a goalkeeper) at the Guelph Sports Dome.
- 7 v 7 (6 plus a goalkeeper) at Marden.
- The minimum number of players is 2 less than the numbers stated above.
- For any forfeit, the opposing team will be awarded a 3-0 win. Teams may still play an exhibition game without the referee officiating.

#### **2. Game Duration:**

- 2x25 minute halves, 1 (one) minute half time.
- A five-minute default to kick off time is permitted.

#### **3. Player Equipment**

- All teams must wear matching uniforms with numbers. Each player on the team must have a unique number.
- Players must be registered, and on your official roster to be eligible to play. The referee can forbid participation if the player is not registered and on the roster.
- All players must wear shin guards and the appropriate footwear.
- Clean outdoor soccer cleats, indoor soccer shoes or indoor turf shoes are permitted. (Note: no metal cleats are permitted)
- Goalkeepers must wear colours that distinguish them from the outfield players and referee.

#### **4. Game Sheets**

- Team captains are required to complete a game sheet each week. These must be **signed by the captain** of each team and submitted to the referee a **minimum of 5 minutes prior** to the start of the game.
- The team captain is responsible to ensure:
  - All jersey numbers are entered on their team's game sheet and that they match the players wearing the jersey.
  - Any players not in attendance should be crossed off the game sheet.

## 5. Referee

- Games will be officiated by Ontario Soccer certified referees.

## 6. Game Starts and Restarts

- Each half (and after each goal) will commence with a kickoff.
- All free kicks are indirect - opposing players must be a minimum of 5 meters from the kick.
- Should the ball fully cross the touchline, play will resume with a pass in.

## 7. Time Penalties

- A player receiving a yellow card will be given a 2-minute time penalty, during which time the team **will play short 1 player**. The player who received the yellow card **MUST** be the player serving the time penalty.
- A player receiving a red card will be dismissed for the remainder of the game. In addition, the team will receive a 5-minute time penalty, during which the team **will play short 1 player**. The player who received the red card **CANNOT** stay on the bench side and must either leave the facility or sit with the spectators. Consequently, the time penalty will be served by another player of the team.
- A team cannot have more than 2 players serving penalties at once. In the case where more than 2 penalties should be served, the 3<sup>rd</sup> penalty will start once the first penalty has ended.
- Referee is responsible for the timing of the penalties.

## 8. Discipline:

- All players should remember that this is a "fun recreational league". We do provide referees to facilitate structure play, but cards can and will happen. A player shown a yellow or red card will be subject to formal discipline. Please review the discipline page on our website for more information; <https://guelphsoccer.ca/discipline/>

## 9. Substitutions:

- "On the fly" and at any stoppage in play.
- The substitute must enter the field at half-way on the same side as the benches and can only enter the field of play when the departing player is within 1 meter of the sideline.

## 10. Offside:

- There are no offsides in indoor soccer.

## 11. Obstructions:

- If the ball hits any part of the facility (ex. light post), an indirect free kick is taken directly below the point of contact.

## **12. Kicks from the Penalty Mark to determine a winner:**

- For any games that are semi-finals or finals kicks from the penalty mark will be used to determine a winner. If the score is level at full time, the game will immediately go to kicks from the penalty mark to determine a winner.
- Each team must designate 5 players that were on the pitch at the full-time whistle. If the score is still level after 5 kicks, it will go to sudden death kicks.

**NOTE: No slide tackles are permitted in indoor soccer. A slide tackle will be penalized by an indirect free kick (or penalty kick) and a caution will be issued. Sliding to play the ball when no other player is around is permitted.**

## **STANDINGS**

If more than one team has an equal number of points, the following criteria, in order, shall be used to determine a team's standing.

1. Head-to-head
2. Goal difference
3. Goals for
4. Least amount of discipline
5. Coin Toss