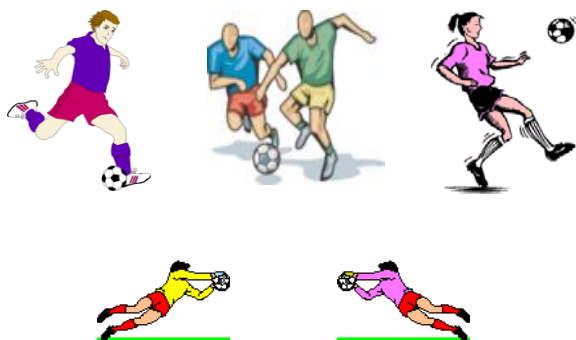




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Regina Inter-Zone Indoor Soccer Rules – 12U to 19U



*"Recreational Soccer Emphasizing
Sportsmanship, Skill Development and Fun"*

(Revised October, 2015)



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Regina Inter-Zone Indoor Soccer Rules 12U to 19U

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INTRODUCTION

Regina Inter-Zone Indoor Soccer has developed these indoor soccer rules in such a way as to best interpret the intent and spirit of the game of soccer while taking into account the obvious limitations of different facilities.

The League believes in the importance of respect and fair play. A Code of Conduct has been developed to guide behaviour of players, coaches, game officials, and spectators. Everyone will be held accountable for ensuring a safe and fun soccer experience.

12U, 14U, 16U and 19U Age Groups

At the ages of 12 to 19 years old, the game continues with its emphasis on individual skill development and team development. Players are required to closely adhere to the FIFA rules of soccer.

The players are still expected to learn respect as part of the game, as well as more detailed actions, team strategies and communications, and general rules that make up the game of soccer.

Coaches are encouraged to try to advance their team as much as possible, while supporting the players as they learn the complexities of the game of soccer. Support to players as they build personal confidence and emotion control contributes to keeping players interested in playing the game and improving their skills.

The key aspects to this age group are that the players:

- continue to learn to socialize properly
- understand the importance of playing together as a team
- continue to practice fair play and sportsmanship
- learn to follow detailed instruction and team strategy
- learn the importance of positional play
- have fun in a structured game.



To this end, these rules are designed to advance the sport and infuse the need for respect on the field during any game ... towards officials, coaches, spectators, and the other players as well.

These rules reflect as best they can the FIFA Laws of the Game 2014/2015 for outdoor soccer, the FIFA Futsal Laws of the Game 2014/2015 for indoor soccer and the Regina Inter-Zone Indoor Soccer Rules for 2013.

To this end, as many FIFA Laws as possible have been adapted to the indoor situation, including for example, the indirect and direct free kick. In the interpretation of these Laws the intent and spirit rather than the letter of the FIFA outdoor rules should be used.

SUMMARY OF RULE ADAPTATIONS

For the gym facilities commonly used for community soccer, FIFA indoor and outdoor soccer laws will be adopted, with the following adaptations:

- smaller playing area dimensions;
- fewer players;
- unlimited substitution;
- live walls;
- dead goal area;
- no corner-kicks, kick-ins or throw-ins;
- no off-side; and
- 2 and 5 minute penalties.

The size of the playing area and the age group of the players will determine the appropriate dimensions of the goal area and penalty area, and the size of the goals. The league will assign facilities, determine playing area dimensions and provide nets, as they deem appropriate for the various age groups.



In the interest of safety, the following adaptations are made:

- No player other than the goalkeeper is permitted to deliberately enter the goal area while the ball is in play;
- The goalkeeper *may* handle the ball in the goal area only (and not in the penalty area);
- The penalty mark will be 5 metres from the goal line for the **12U** age group and 7 metres for the **14U**, **16U** and **19U** age groups. A “One-step” penalty kick will be used for all age groups.
- No slide tackles, slide kicks, or bicycle kicks are allowed.

Yellow and Red cards may be issued to coaches or team officials in cases of serious misconduct.

MAJOR CHANGES FROM 2014

- Law 11 Goal area rules. Attacking players shadowing goalkeeper.



LAW 1. THE PLAYING AREA

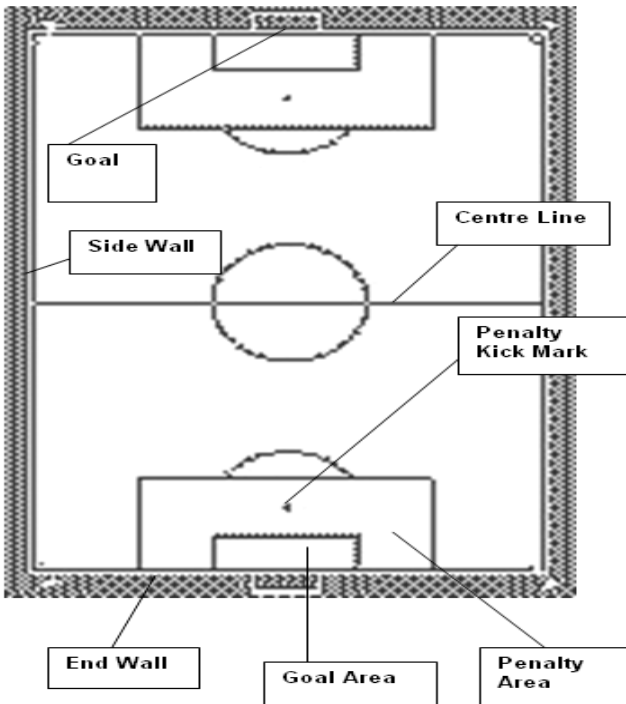
1. The playing area will be in a school gym as assigned by the league.
2. Walls immediately surrounding the playing area will be regarded as part of the playing area except under the crossbar and between the goal posts. Walls are live and the ball may be bounced off the walls during play. Ceilings with irregular surfaces will be considered as dead (out-of-play). Where obstacles exist in the facility (i.e. basketball backboards, court-separating curtains, team benches, spectator's chairs or benches, etc.) the referee will decide if play will continue when the ball strikes the obstacle (refer to Law 8). Play will not continue in circumstances that may create unfair advantage for either team or when an unsafe situation is created with players chasing after the ball and getting caught up in the obstacles.
3. **THE GOAL AREA (the "crease")** consists of the rectangular area formed by the goal line, two lines starting on the goal line 1 to 2 metres from the goal posts and extending 2.5 to 4 metres into the playing area from the goal line and a line joining these lines parallel to the goal line. No player, other than the goalkeeper, will encroach within this area.
4. **THE GOALS** will be placed on the goal line and centered in the goal area.
5. **THE PENALTY AREA** is a rectangular area formed by the goal line and lines extending from it between 4 to 6 metres from the goal posts and extending 5 to 7 metres into the playing area from the goal line and a line joining these lines parallel to the goal line. This distance may be reduced in order that the line will be a minimum of 3 metres from the side wall. Each of the spaces enclosed by these lines and the end wall will be called a Penalty Area. There are no restrictions on the number of players allowed in the penalty area.



6. **THE PENALTY KICK MARK (or Penalty Spot)** is set within each Penalty Area 5 metres perpendicular from the mid-point of the goal line for the **12U** age group. The Penalty Mark will be set at 7 metres for the **14U, 16U** and **19U** age groups.

7. **THE CENTRE CIRCLE** is located at mid-playing area and has a radius of 3 metres from the **CENTRE SPOT**. The ball is placed at the Centre Spot to start each half and after each goal. The Centre Circle indicates the minimum distance that opposing players must keep at kick-off.

Important area boundaries and spots on the playing area will be identified with tape or well-defined markings on the floor.



LAW 2. THE BALL

1. The ball will be provided by the league.
2. The ball will be size 4 for **12U** year old teams and size 5 for all **14U**, **16U** and **U19** teams.

LAW 3. NUMBER OF PLAYERS

1. For the **14U**, **16U**, and **19U** age groups the game will be played by two teams, each consisting of not more than six (6) players, one of whom will be the goalkeeper. The **12U** age group will play with five (5) players, one of whom will be the goalkeeper. A game will not commence or continue if either team has less than four (4) players except for the special circumstances outlined in Law 3 Article 2. (The League may modify the number of players on the playing area based on the suitability of facilities.)
2. A team may commence play with four players in the event of other players arriving late to play. In the event of injuries or time penalties, a team can temporarily continue a match with a minimum of three players in accordance with Law 11 Article 5c. In the event that a team ends up with less than four players as a result of players not showing up or having left before the game is complete, a player being dismissed or a where a player is injured and cannot return to play, the game will be stopped with the team having insufficient number of players defaulting the game.
3. Teams may dress the maximum number of players as indicated on their league approved rosters. All players who are dressed to play or sitting on the bench with their team will be under the jurisdiction of the referee.
4. Unlimited substitution will be allowed at any time during the game (on the fly, after goals, or when the ball is out of play), as long as the players leaving or entering the playing area do not interfere with the play or enable their team to gain an unfair advantage.



Substitutions must only be made to and from the players' bench area. Players must leave or be within one metre from the edge of the player's bench area before a substitute may enter the playing area. Neither the player entering the playing area nor the departing player may participate in the play and or gain an advantage during a period of time when they are simultaneously on the playing area and the ball is in play. Such violation will result in a team penalty assessed as a two (2) minute penalty to the last person entering the playing area. If the player cannot be identified then the coach will choose a player currently on the playing area to serve the two (2) minute team penalty. The play will be restarted by an indirect free kick given to the non-offending team and taken from the position of the ball at the time of the stoppage. If the ball at the time of stoppage was in the opponent's penalty or goal area, the ball will be placed on the outside edge of the penalty area for the restart.

5. Any of the other players or substitutes may change places with the goalkeeper, provided that the referee is informed before the change is made and the change is made during a stoppage in play.
6. The taking of a free kick will not be delayed to allow a substitution to be made. The goalkeeper will not delay the game for substitutions. Substitutions will not be allowed to interfere with the flow of the game. Excessive delay is a cautionable (Yellow Card) offense and if awarded, play will restart with an indirect free kick given to the non-offending team and taken from the position of the ball at the time of the stoppage. If the ball at the time of stoppage was in the opponent's penalty or goal area, the ball will be placed on the outside edge of the penalty area for the restart.
7. Should a team be found to have more than the permitted number of players on the playing area, the offending player(s), if identified, can be assessed a Yellow card and a two (2) minute penalty. If the player cannot be identified then the coach will choose a player currently on the playing area to serve the two (2) minute team penalty. The play will be restarted by an indirect free kick given to the non-offending team and taken from the position of the ball at the time of the stoppage. If the ball at the time of stoppage was in



the opponent's penalty or goal area, the ball will be placed on the outside edge of the penalty area for the restart.

8. Should a team having too many players on the playing area score a goal, the goal will be disallowed. The play will be restarted by an indirect free kick given to the non-offending team and taken from inside their own goal area. A Yellow card and a two (2) minute penalty may be assessed in accordance with Law 3 Article 6.
9. All players must be afforded equal playing time. Referees may warn coaches if they observe that this rule is being violated. If, after receiving a warning a coach persists to violate this rule, they may be issued a Yellow Card by the referee and reported to the league for further action. All incidents of this nature will be reported to the league.
10. During regular season play, there may be occasions when a team has insufficient numbers of players who show up for a match. The coach may recruit other players from different teams to play as guest substitutes for the team but the coach must receive consent from the opposing coach and from the referee before these guest players will be permitted to play and before the match can start. Coaches are encouraged to come to an agreement that allows games to be played. The guest substitutes must be registered in one of the Inter-Zone indoor soccer associations in order to play. Guest players can play in their own age group or move up in age. Guest players are not permitted to play down to younger age groups.

If a team plays with guest players and the coach has not requested consent from the opposing coach and the referee, the referee may exclude the guest players from further play and will report the matter to the league for further action.

11. Sufficient number of players is defined as twice the minimum number of players required for play in the particular age group. For example, with the minimum number of players being four, sufficient number of players would be eight. If eight or more players on the roster are available to play then guest players are not allowed.



Once the referee and coaches have allowed guest players to play for a team these players are allowed to play for the entire game even if late players have arrived to join the team and the total number of players exceeds the “sufficient number of players”.

12. There may be situations where there are insufficient numbers of players on one or both teams, and it is in the best interests of the game to modify the rules so as to allow a fair game to be played. Modifications may be made to the number of players on the playing area or players may be shared between the teams in order to allow a game to be played. These game modifications should be encouraged so as to provide a fun playing experience but the changes must be agreed upon by the respective coaches and the referee. Modifications must be made either before the game, or at halftime. If a team has an insufficient number of players at any other time during the game, that team must default the game (per Law 3, Article 2).
13. During tournament play, no guest substitutes are allowed. All players must be registered on the team that is competing. The league may modify this rule for voluntary participation tournaments where interested players could be placed on other teams in situations where their regular team is not playing in the tournament. Coaches will be asked to provide their assigned rosters to the referee so that registered players can be confirmed prior to tournament games.

LAW 4. PLAYERS' EQUIPMENT

1. Compulsory equipment will consist of a numbered shirt or jersey (provided by the league), shorts, socks, shin pads and footwear designed for indoor use such as tennis, basketball or soccer athletic runners. Footwear with rubber or metal cleats is not allowed. Footwear must have non-marking soles. **All players must have the compulsory equipment at every game – failure by any player to wear proper footwear and protective shin pads will result in the player being unable to play that game.** The shirts



should be tucked in. Shin pads must be fully covered by socks or sweatpants. Cycling or other types of athletic shorts are permitted. Jeans, jean shorts, or any bottoms with belt loops will not be permitted. All players on the same team will wear the same colored shirts and will not have identical numbers.

Goalkeepers will wear colors (i.e., a pinney provided by the league, or a goalkeeper jersey) which are distinguishable from all other players and referees. Goalkeepers are permitted to wear sweatpants. Team colors will not conflict with those of the official uniform for referees (black with red or white trim). If available pinnies may be worn by one of the teams when two teams are wearing similar colors or when a team wears colors that may be confused with the referee. (Referees are permitted to wear referee jerseys of colors other than black as long as they do not conflict with team or goalkeeper colors.)

2. Non-compulsory equipment: No article of clothing that covers the neck such as a neck scarf or hooded sweatshirt will be allowed. Players are not allowed to play wearing baseball hats, bandanas or other headwear unless for religious or medical reasons. Per FIFA directives, religious headscarves, hijabs, turbans, patkas, or keskis, or specialized medical headwear are allowed to be worn by players but they must be inspected by the referee before each game to ensure they are safe and do not pose a danger to the wearer or to other participants.
3. Players will not wear anything which endangers themselves or other players (including any kind of jewellery). It is strongly recommended that jewellery be removed. If it cannot be removed it must be covered with tape or other such material (i.e., bandaids). All non-prescription glasses must be removed. Casts, guards and braces that run up the knee or cover the arms are strictly prohibited unless covered or padded by some soft material to protect other players from injury. The referee must inspect and approve the covering of jewellery, casts, guards and braces before play is allowed. Goalkeepers may wear volleyball style knee pads. Medic alert bracelets, anklets, necklets, etc. are permitted but may need to be taped to make them safe.



4. A player who has been required to leave the playing area because of an infringement of this law may not re-enter without the referee's permission. At a stoppage in play the referee will inspect the player and must be satisfied that the players' equipment is in order before allowing the player to return to play. If a player re-enters the playing area without the referee's permission they may be issued a caution (Yellow Card) as per Law 3 Article 6.

LAW 5. THE REFEREE

1. Each match will be controlled by a referee, who has the authority to enforce the Laws of the Game in connection with the match to which he/she has been appointed, from the moment they enter the premises where the playing area is located until leaving the facility. The referee's authority will extend to offences committed when the game is in progress or when the game is stopped.
2. The referee will:
 - a) enforce the Laws of the Game and the regulations of the competition;
 - b) decide if the ball, the playing area, and other equipment are suitable;
 - c) ensures that the player's equipment meets the requirements of Law 4;
 - d) signal the start of the game, the restart after a stoppage, and the end of play;
 - e) act as the official timekeeper of the match controlling the start and stoppage of play and the assessment of time penalties;



- f) keep a record of the game including the score and the name and number of any player who is cautioned (Yellow Card) or sent from the playing area or its vicinity (Red Card);
- g) have discretionary power to stop, suspend, or terminate the game for any infringement of the Laws, as a result of any kind of outside interference (for example, interference by spectators), or any other cause;
- h) stop the game if, in the opinion of the referee, a player is seriously injured, and ensure that this player is removed from the playing area, or allow play to continue until the ball is out of play if a player is, in their opinion, only slightly injured;
- i) require that a player who is bleeding leave the playing area and be assisted by a coach/manager. A substitute must replace the affected player. The bleeding must be stopped and the wound covered before the player is allowed to return to the playing area. If any part of the player's uniform is saturated with blood, that part of the uniform must be changed before the player can return to the game. Referee's discretion will determine if a "bleeding situation" has been sufficiently managed to allow a player's return to the playing area. The referee will also ensure that any blood on the playing area is duly cleaned up;
- j) refrain from penalizing in cases where the referee is satisfied that, by doing so, an advantage would be given to the offending team; or allow play to continue if the team against which an offence has been committed stands to benefit from such an advantage, and penalize the original offence if the anticipated advantage does not ensue;
- k) caution (Yellow Card) any player guilty of misconduct or unsporting behavior, and, if the offender persists, suspend such person from further participation in the game (Red Card);
- l) send from the playing area and its vicinity (Red Card) any player who, in the opinion of the referee, is guilty of serious



misconduct, violent conduct or serious foul play, or the use of foul or abusive language;

- m) punish the more serious offence if a player commits more than one offence at the same time;
 - n) control who may enter or leave the playing area;
 - o) warn, caution or send off any coach or team official guilty of misconduct or unsporting behaviour, and if the offender persists, suspend such person from further participation in the game;
 - p) warn or send off any parent, spectator, or team supporter guilty of offensive or insulting or abusive language and/or gestures; acts of misconduct, harassment, verbal abuse, foul language or abuse of the referee;
 - q) report, in writing, to the appropriate league authority, any misconduct by players, coaches, spectators or other persons which takes place on the playing area or within its vicinity at any time prior to, during, or after the game.
3. The decisions of the referees regarding facts connected with play including whether or not a goal is scored and the results of the match are final. The referee may only change a decision if they realize that it is incorrect or if they deem it necessary to do so, provided that play has not restarted or the match has not ended. This change of decision would also include those circumstances where a Yellow card was issued and upon reflection the referee determines that a Red card was more appropriate based on the severity of the misconduct.



LAW 6. DURATION OF THE GAME, OVERTIME AND SHOOTOUTS

1. The duration of the game will normally consist of two twenty-five (25) minute halves with a five (5) minute break at halftime. If necessary to adjust timings for tournaments or when facility/scheduling issues require longer or shorter games, the duration of full-time games may be adjusted up to sixty (60) minutes, but not less than thirty (30) minutes, and will be divided into two equal halves.
2. The duration of the break between the halves may be shortened with the consent of the coaches of the respective teams and the referee.
3. Time will be extended at the end of each half of play to allow the taking of a penalty kick to be concluded. Time may also be extended to allow for stoppages from regular playing time due to injuries or other interruptions of play. The addition of stoppage time is at the discretion of the referee.
4. In all games in which a winner must be declared (i.e. a tournament), two (2) extra-time (overtime) halves of five (5) minutes each will be played with a one (1) minute break in-between. In accordance with FIFA rules, the team that scores more goals than its opponent during the two extra time (overtime) halves will be declared the winner. (In special circumstances, tournament officials may decide to use an alternate "Golden Goal" or sudden-death format where the first goal scored ends the match or may decide to play only one extra time (overtime) period. Tournament organizers will announce the format prior to each tournament.)
5. If, at the end of extra time, a tournament game is still tied; shootout kicks will be taken to determine the winner. All players recorded on the team roster (except any players ejected from the game and any player still serving a time penalty) will be eligible to take part in the taking of the kicks. The following conditions will apply:



- a) The referee will choose the goal at which all of the kicks will be taken. All players except the goalkeeper and the player taking the kick will remain at the center line.
- b) Each team will designate a captain for the purposes of the coin toss. The referee tosses a coin (or some other method, such as “Rock-Paper-Scissors”) and the team whose captain wins the toss will decide whether to take the first or second kick.
- c) Each coach will select 5 players from their team – including at least two of each gender (if available) – to take shootout kicks (the goalie may be included). Shooting order for the 1st shootout will be to alternate between the genders of the players chosen.
- d) Teams will alternate kicking.
- e) The goalkeeper will stand, without moving either foot, on the goal line and between the goal posts, until the ball is kicked. The player chosen to take the shootout kick will stand within one-step of the ball and after the referee has signalled play to begin, will take one-step forward to kick the ball.
- f) The team scoring the most goals after five shots will be declared the winner. If, before both teams have taken five kicks, one has scored more goals than the other could score from the remaining kicks, no more kicks will be taken.
- g) If still tied, one-for-one kicks will then be taken. The team shooting second must match the gender of the first team’s shooter, i.e. if the first kicker is female, then the second team’s kicker must also be a female if one is available and has not already taken a kick. Teams are encouraged to alternate between the genders of their players so that everyone has a chance to participate. The taking of kicks will continue until such time as both teams have taken an equal number of kicks and one team has scored one goal more than the other.
- h) All players must remain on the playing area until the tie is broken.



- i) Each kick will be taken by a different player. Only after all eligible players of a team, including the goalkeeper, have taken a kick may a player of the same team take a second kick.
 - j) Any player who is eligible may change places with the goalkeeper at any time during the taking of the kicks.
 - k) The taking of the kicks will be in accordance with Law 13.
6. If, for any reason, a game is not completed, the tournament organizers will decide on the outcome of the game.

LAW 7. START AND RESTART OF PLAY

1. At the beginning of the game, choice of halves and kick-off will be decided by the toss of a coin (or some other method, such as "Rock-Paper-Scissors"). The team winning the toss will have the choice of which goal it will attack in the first half of the game. The other team takes the kick-off to start the game. The team winning the coin toss at the beginning of the game will kick-off to start the second half of the game.
2. At the kick-off, all players will be in their own half of the playing area. All players opposing the team taking the kick-off will not be less than 3 metres from the ball when it is kicked off. The ball must be stationary on the centre mark. The game will be started by the referee giving a signal. The ball is in play when it is kicked and moves forward. For any infringement of this Law, the kick-off will be retaken.
3. A goal may **NOT** be scored directly from the kick-off due to the small playing surfaces. A goal can only be scored if the ball subsequently touches a player other than the opposing goalkeeper before it enters the goal. If a ball is kicked from the kick-off directly into the opponent's goal or strikes the opposing goalkeeper before entering the goal, a goal kick is awarded to the opponent.



4. Should the player who took the kick-off touch the ball a second time before it has been touched or played by another player, an indirect free kick will be awarded to the opposing team to be taken from the position of the ball when the infringement occurred.
5. After a goal has been scored, the game will be restarted by a kick-off, to be taken by a player of the team against which the goal was scored.
6. In the second half of the game, the teams will change ends and attack the opposite goals. The kick-off will be taken by a player of the team opposing that which started the game.
7. A kick-off will be used to start each period of extra time (overtime). Each team will have the opportunity to take the kickoff during the overtime period (i.e., if Team A kicks first in the first period of overtime play, then Team B will kick-off in the second period).
8. If, while the ball is still in play, the referee is required to stop play temporarily for any reason not mentioned elsewhere in these rules, the game is restarted with a dropped ball from the place where the ball was located when play was stopped. If play was stopped with the ball inside the goal area, the referee will drop the ball on the penalty area line parallel to the goal line at the point nearest to where the ball was located when play was stopped. The ball will be in play as soon as it touches the floor.
9. The ball is dropped again if it is touched by a player before it makes contact with the floor, or if the ball leaves the playing area after it makes contact with the floor without a player touching it.



LAW 8. BALL IN AND OUT OF PLAY

1. The ball is out of play:
 - a) when play has been stopped by the referee;
 - b) when the ball strikes the ceiling (as per Law 1 Article 2) and
 - c) when a goal has been scored.
2. The ball is in play at all other times, including:
 - a) when it rebounds into play from the goal post, a crossbar rebound, boards or walls;
 - b) when it rebounds from the referee when the referee is within the playing area.
3. When the ball crosses the goal line directly from an indirect kick under the crossbar and between the posts, the game will be restarted with an indirect free kick to the defending team from within the goal area.
4. Where obstacles exist in the facility (i.e. basketball backboards, court-separating curtains, players' benches, spectators' chairs or benches, etc.) the referee will decide if play will continue when the ball strikes or is stuck behind the obstacle in an inaccessible location. Play will not continue in circumstances that may create unfair advantage for either team or when an unsafe situation is created with players chasing after the ball and getting caught up in the obstacles.
 - a) If the referee decides that **play can continue** they will encourage spectators and substitutes to throw the ball back into the field of play within three seconds. Longer delays may result in the play being blown dead and the ball will be given to the defending team in their half of the field for an indirect free kick restart regardless of which team may have touched the



ball last. For the restart the ball will be placed 3 metres from the nearest side wall at a point on the floor closest to where the ball left the playing area.

- b) In the case of the referee **stopping play** due to a ball striking an obstacle such as a basketball backboard or a court-separating curtain then a drop ball will be used to restart play. For any stoppage against a wall or when the ball is trapped in an unplayable position, or when the ball leaves the playing area through an open doorway, the referee will stop play. The game is restarted by dropping the ball 3 metres from the boundary/obstacle.
5. A ball **striking the ceiling** (as per Law 1 Article 2) will be blown dead and the opposing team will receive the ball for a restart with an indirect kick at a point on the floor closest to where the ball struck the ceiling. When the ball strikes the ceiling above the goal area, the ball will be placed on the edge of the penalty area and awarded to the opposing team for an indirect free kick from that point.

LAW 9. METHOD OF SCORING

1. A goal is scored when the whole of the ball has crossed over the goal line, between the goal posts and under the crossbar provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.
2. The referee will be the sole judge as to whether a goal has been scored.
3. During the course of the game, should an outside agent assist the ball into the goal, or prevent the ball from entering into the goal, play will be stopped. The referee will restart the game by dropping the ball in accordance with Law 7 Article 8.



4. The team scoring the greater number of goals will be the winner. If no goals or an equal number of goals are scored, the result of the game will be a draw. The league will determine which games, such as in tournaments, will be decided by overtime or shootouts.
5. The goalkeeper cannot score on the opponent's net from inside their goal area by throwing or kicking the ball unless the ball is touched by a player other than the opposing goalkeeper. An indirect free kick is awarded to the opposing team if the ball enters their goal area that is not touched by a player. This indirect free kick is taken from the edge of the goal area.

A goal may be scored by a goalkeeper from a goal kick into their opponent's goal or by the goalkeeper leaving their goal area, acting as an ordinary player and kicking or heading the ball into the opponent's goal. When a goalkeeper leaves their goal area, they are subject to all the rules of an ordinary player (i.e., they cannot handle the ball with their hands outside the goal area, cannot pass the ball back into the goal area and then run in to handle the ball as goalkeeper, can be challenged for the ball, and can score from any point on the floor except in the opposing keeper's goal area).

6. When the ball is LIVE and subsequently placed by a keeper outside of the goal area or on the goal line, it may be played by any member of either team as long as no goal area violation occurs. If an opposing player kicks the ball into the net, a goal will be scored. If the keeper kicks the ball into the opponent's net, a goal will be scored.
7. At the taking of a free kick should the team taking the free kick put the ball directly into their own net without the ball touching anyone, no goal will be scored and the referee will award the opposing team a direct free kick from the edge of the penalty area.



LAW 10. OFF-SIDE

There is no off-side in indoor soccer given the small playing surface.

LAW 11. FOULS AND MISCONDUCTS

Fouls and Misconducts are penalized by the awarding of a free kick to the opposing team in accordance with Law 12. The guilty player may also be penalized with a verbal warning, a caution (Yellow Card) or a sending off (Red Card) depending on the severity of the foul or misconduct. Time penalties will be assigned when a yellow or red card has been issued. Time penalties will be served in an area designated by the referee.

Fouls are offenses that are committed by a player on the field of play and while the ball is in play. Misconducts are offenses that are committed by a player, substitute or coach, on or off the field of play and while the ball is in or out of play.

The Laws of The Game of soccer make special note of the following terms: **Careless, reckless, and using excessive force**

“**Careless**” means that the player has shown a lack of attention or consideration when making a challenge or that he/she acted without taking measures to prevent something dangerous from happening.

- No further disciplinary sanction beyond a direct kick is needed if a foul is judged to be careless

“**Reckless**” means that the player has acted with complete disregard to the danger to, or consequences for, his opponent.

- A player who plays in a reckless manner must be cautioned (Yellow card)



“Using excessive force” means that the player has far exceeded the necessary use of force and is in danger of injuring his opponent.

- A player who uses excessive force must be sent off (Red card)

1. DIRECT FREE KICK

- a) A direct free kick will be awarded to the opposing team if a player commits any of the following infringements in a manner considered by the referee to be careless, reckless or excessively forceful:
- kicking or attempting to kick an opponent while attempting to strike the ball;
 - tripping or attempting to trip an opponent, either by sliding or by bending down in front of or behind an opponent, while attempting to strike the ball;
 - jumping at or on an opponent;
 - charging an opponent from behind while attempting to play the ball;
 - charges the goalkeeper or another player;
 - striking or attempting to strike an opponent;
 - boarding an opponent (i.e. contact between players which forces an opponent into the perimeter wall);
 - tackling an opponent.
- b) A direct free kick will also be awarded to the opposing team if a player commits any of the following infringements:
- pushing or holding an opponent;
 - spitting at an opponent;
 - sliding in an attempt to play the ball (e.g. sliding tackle) while an opponent is playing it or is about to play it, except for the goalkeeper in his own penalty area, provided that he does not endanger the safety of an opponent;
 - tackles an opponent from behind in a manner which could cause injury;
 - using a bicycle kick or other kick where the leg is raised high enough and in a reckless manner so as to pose a danger to other players;



- touching the opponent before the ball when attempting to win possession;
 - handles the ball deliberately i.e. carrying, stopping, striking, propelling or throwing the ball with one's hands or arms, (except for the goalkeeper in his own goal area.).
- c) The direct free kick will be taken from the place where the infringement occurred, unless the free kick has been awarded to the defending team in its own penalty area, in which case the free kick may be taken from any point inside the penalty area in accordance with Law 12 Article 3.
- d) Should a defending player commit one of the above offences within the penalty-area while the ball is in play, irrespective of the position of the ball, a penalty-kick will be awarded to the opposing team in accordance with Law 13.
- e) Depending on the severity of the foul, players who commit any of the above offences may also receive a caution (shown the Yellow card) and assessed a two (2) minute time penalty or be sent off (shown the Red Card). (E.g. Unsporting behaviour requires a Yellow Card and a two-minute time penalty: Serious Foul Play requires a Red Card and an assessment of a five (5) minute penalty that the team must serve. In the case of the Red Card, the coach will designate one of their players to serve the time penalty.)

2. INDIRECT FREE KICK

An indirect free kick will be awarded to the opposing team from the place where the infringement occurred (in accordance with Law 3 Article 3) if, in the opinion of the referee, a player:

- plays in a dangerous or out-of-control manner. Playing in a dangerous manner is defined as any action that, while trying to play the ball, threatens injury to someone (including the player himself). It is committed with an opponent nearby and prevents the opponent from playing the ball for fear of injury. Playing in a dangerous manner involves no physical contact



between the Players and is punished by an indirect free kick. . If there is physical contact, the action becomes an offence punishable with a direct free kick or penalty kick. In the case of physical contact, the referee should carefully consider the high probability that misconduct has also been committed.

- impedes the progress of an opponent or deliberately obstructs an opponent when not playing or in possession of the ball. This includes moving into the path of the opponent to obstruct, block, slow down or force a change of direction by an opponent when the ball is not within playing distance of either player. All players have a right to their position on the field of play, being in the way of an opponent is not the same as moving into the way of an opponent. Shielding the ball (trying to prevent an opposing player from stealing the ball) is permitted. A player who places himself between an opponent and the ball for tactical reasons has not committed an offence as long as the ball is kept within playing distance and the player does not hold off the opponent with his arms or body. If the ball is within playing distance, the player may be fairly charged by an opponent.
- preventing the goalkeeper from throwing the ball with his/her hands;
- uses the walls to delay play, to obstruct an opponent or to gain an unfair advantage in the playing of the ball;
- plays the ball while lying on the ground or while having a hand/knee on the ground (applies to a player other than the goalkeeper);
- indulges in tactics which, in the opinion of the referee, are designed merely to delay the progression of the game, thus wasting time, and so give an unfair advantage to his/her own team;
- commits any other infringement not otherwise mentioned in Law 11 for which play is stopped to caution or dismiss a player.



3. DISCIPLINARY SANCTIONS

Yellow and Red cards may be shown to players, substitutes or substituted players as well as coaches and team officials. The referees are authorized to take disciplinary action from the moment players enter the playing area until the moment they leave it after the final whistle. The referee should show a Yellow or Red card to administer a caution or sending off. The Yellow card is used to communicate that a player, substitute or substituted player, coach or team official has been cautioned. The Red card is issued to communicate that a player, substitute or substituted player, coach or team official has been sent off.

Referees should pay close attention to the nature of any infringement. Circumstances where a player intentionally violated a rule should be differentiated from situations where it is clearly not intentional, occurred while attempting to avoid an infraction or is an involuntary action. It is up to the discretion of the official as to whether the player will receive a verbal warning, Yellow card, or Red card, depending on the severity of the foul or misconduct.

A player, who commits a cautionable or sending-off offence, either on or off the field of play, whether directed towards an opponent, a team-mate, the referee, or any other person, is disciplined according to the nature of the offence committed. All players including the goalkeeper will serve their own card and time penalties.

Players designated by their coach to serve a team time penalty will not be shown a card (Law 3 Article 4; Law 3 Article 6; Law 11 Article 1 (e); Law 11 Article 3 (b); Law 11 Article 3 (c)).

a) CAUTIONABLE OFFENCES

A player or a substitute will be cautioned, shown the Yellow card, and given a two (2) minute penalty if in the opinion of the referee, he commits any of the following infringements:



- shows by word or action, dissent from any decision given by the referee;
- excessive celebration of a goal;
- persistent infringement of the Laws of the Game;
- delaying the restart of play;
- failure to respect the required distance when play is restarted with a goal kick or free kick;
- enters, re-enters or leaves the playing area after the game has commenced without the referees' permission, except when returning to the team bench after serving a time penalty.

There are different circumstances when a player must be cautioned for unsporting behaviour, shown the Yellow Card, and given a two (2) minute penalty, e.g. if a player:

- commits in a reckless manner one of the eight offences that incur a direct free kick
- commits a foul for the tactical purpose of interfering with or breaking up a promising attack
- holds an opponent for the tactical purpose of pulling the opponent away from the ball or preventing the opponent from getting to the ball
- handles the ball to prevent an opponent gaining possession or developing an attack (other than the goalkeeper within his own penalty area)
- handles the ball in an attempt to score a goal (irrespective of whether or not the attempt is successful).
- attempts to deceive the referee by feigning injury or pretending to have been fouled (simulation)
- changes places with the goalkeeper during play or without the referee's permission
- acts in a manner which shows a lack of respect for the game
- plays the ball when he is walking off the field of play after being granted permission to leave the field of play
- verbally distracts an opponent during play or at a restart
- makes unauthorised marks on the field of play
- uses a deliberate trick while the ball is in play in an attempt to circumvent both the letter and the spirit of the Laws.



In addition to the caution, if the game is stopped to administer the penalty, and provided that the ball was in play at the time of the offense, an indirect free kick will be awarded to the opposing team from the point closest to the infringement.

b) **SENDING-OFF OFFENCES**

A player or a substitute will be shown the Red card and sent off, if in the opinion of the referee, he commits any of the following offences:

- serious foul play. A player is guilty of serious foul play if he/she uses excessive force or brutality against an opponent when challenging for the ball when it is in play. Any player who lunges at an opponent in challenging for the ball from the front, from the side or from behind using one or both legs, with excessive force and endangering the safety of an opponent is guilty of serious foul play;
- violent conduct. A player is guilty of violent conduct if he/she uses excessive force or brutality against an opponent when not challenging for the ball. He/She is also guilty of violent conduct if they use excessive force or brutality against a team-mate, spectator, match official or any other person. Violent conduct may occur either on the field of play or outside its boundaries whether the ball is in play or not,
- spitting at an opponent or any other person;
- denying the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (with the exception of a goalkeeper inside his own goal area);
- denying an opponent moving towards the player's goal an obvious goal scoring opportunity by committing an offence punishable by a free kick or a penalty kick;
- using offensive, insulting or abusive language or gestures;
- disrespectfully addressing or intentionally making contact with the game official;
- taunting or fighting;
- persistent dissent by words or actions to the referee;
- persisting in misconduct after receiving a caution;
- is given a second Yellow Card in the same match.



The sent-off player must leave the playing area for the remainder of the game. The player may not sit with his/her team mates on the player's bench or sit in the stands with the spectators. The player is required to leave the gym and may not return even after the game is completed. Any participant who has been ejected from the game, and who has left the vicinity of the gym and who returns to the gym or vicinity for any reason shall be subject to further discipline. The vicinity of the playing area is anyplace where the ejected participant can interact with game participants in any manner including but not limited to shouting. If a sent-off player attempts to continue misconduct with players, coaches, or spectators in the building or parking lot, they will be referred to the League Discipline Committee.

In addition to the sending off, if the game is stopped to administer the dismissal, and provided that the ball was in play at the time of the offense, a direct free kick will be awarded to the opposing team from the point closest to the infringement in accordance with Law 12 Article 3. If the offence occurred in the penalty area a penalty kick may be awarded.

The team having had one of their players sent off will be assessed a five (5) minute penalty and the coach will designate one of their players to serve the time penalty.

c) **COACH AND TEAM OFFICIAL INFRACTIONS**

Coach and Team Officials are expected to be models of positive behaviour to their players and spectators.

Coaches and Team Officials may be cautioned and shown the Yellow card, if in the opinion of the referee, he commits any of the following infringements:

- unsporting behaviour;
- shows by word or action, dissent from any decision given by the referee;



- encouraging a player to violate the Laws of the Game or attempting to create an unfair advantage for their players by behaviour that violates the Laws of the Game;
- failing to correct or control the behaviour of their players;
- failing to correct or control the behaviour of parents, spectators and team supporters;
- delaying the restart of play;
- failing to give all players the opportunity to play equal time;
- enters the playing area after the game has commenced or during a stoppage of play without the referees' permission.

The team having had their coach or team official cautioned will be assessed a two (2) minute penalty and the coach will designate one of their players to serve the time penalty.

A coach or team official will be shown the Red card and sent off, if in the opinion of the referee, he commits any of the following offences:

- violent conduct;
- spitting at an opponent or any other person;
- interfering with an opposing player by entering the field of play or obstructing them from the team bench area;
- using offensive, insulting or abusive language or gestures;
- disrespectfully addressing or intentionally making contact with the game official;
- taunting or fighting;
- persistent dissent by words or actions to the referee;
- persisting in misconduct after receiving a caution;
- is given a second Yellow Card in the same match.

The sent-off coach or team official must leave the playing area for the remainder of the game and is required to leave the gym. The coach or team official may not sit with his players on the player's bench or sit in the stands with the spectators. The coach or team official is required to leave the gym and may not return even after the game is completed. Any participant who has been ejected from the game, and who has left the vicinity of the gym and who returns to the gym or vicinity for any reason shall be subject to further discipline. The vicinity of the



playing area is anyplace where the ejected participant can interact with game participants in any manner including but not limited to shouting. If a sent-off coach or team official attempts to continue misconduct with players, coaches, or spectators in the building or parking lot, they will be referred to the League Discipline Committee.

If there is not a second coach or team official at the team bench to assume coaching responsibilities, the referee may ask for a parent to come to the bench and assume coaching duties for the remainder of the game. If no-one is available to assume the coaching responsibilities then the game will be suspended.

The team having had their coach or team official sent off will be assessed a five (5) minute penalty and the second coach, team official or parent will designate one of their players to serve the time penalty.

d) **SPECTATOR INFRACTIONS**

Regina Inter-Zone Indoor Soccer *encourages good sportsmanship and team spirit. Cheering and praise of players and their accomplishments are encouraged. Booing, taunting, swearing or any other negative activity is not tolerated.* Spectators, parents and team supporters are not to criticize game officials at any time and shall encourage sportsmanship towards all.

The league will not tolerate coaches, spectators or other persons committing acts of misconduct, harassment, verbal abuse, foul language or abuse of the referee. Referees have the authority to stop a game to discuss with coaches any improper behaviour taking place on or off the playing area and to request the coach's assistance to resolve problems, warn offenders and if necessary to direct offenders to leave the vicinity of the playing area. If the offender persists in these actions the referee will direct the game to be suspended. All



instances of this sort must be reported to the league for further discipline. Coaches are required to assist referees in dealing with unruly spectators.

e) **FURTHER DISCIPLINARY SANCTIONS**

During the season players that are sent off with a Red card will be automatically suspended from their team's next match.

Each incident where a player receives a Red Card in a tournament will be reviewed by the League Executive. The Red Carded player may be allowed to return for the next game, **as decided by the Tournament Officials based on consultation with the Referee.** Players ejected for violent play, abusive behaviour or serious foul play will not be allowed to return for the next game.

During a tournament any player dismissed twice (shown two Red Cards) will take no further part in said tournament.

Referees will report all Red Card offences to the League Referee Coordinator/Discipline Committee. A copy of the referee report will also be sent to the Zone Coordinator for their consideration of further disciplinary sanctions. A player who receives two Red Cards in a season will be reviewed by the Discipline Committee and further disciplinary sanctions may be levied. Further disciplinary sanctions could include multiple-game or entire season suspensions.

Two players being ejected from the same team in one game will result in a default loss to the offending team. When this occurs, the referee will suspend the game at that point and require teams to leave the playing area.

The referee will report, in writing, to the appropriate authority, any misconduct by players, coaches, spectators or other persons which takes place on the playing area or within its vicinity at any time prior to, during, or after the game.



The League Referee Coordinator/Discipline Committee will review all incidences of coach or spectator misconduct.

4. GOAL AREA RULES

- a) An indirect free kick will be awarded to the opposing team (with the ball being placed on the forward edge of the penalty area) if a goalkeeper commits any of the following offences:
- A keeper may not handle the ball for more than six (6) seconds within his or her goal area. The goalkeeper only has 6 seconds to distribute the ball outside of the goal area. Dropping the ball to their feet inside the goal area does not stop the count. Repeated delay of the game in this fashion may result in a Yellow Card.
 - A keeper may not touch the ball with their hands when a teammate's foot deliberately passes it back to them.
 - A keeper may go out of their goal area to gain possession of the ball with their feet and then bring it back into the protection of their goal area. In this circumstance the keeper is not allowed to play the ball with their hands.
 - A keeper may not kick or throw the ball deliberately out of play to delay the game or to force a stoppage of play for a substitution or for any other reason. The keeper may be cautioned for Unsporting Behaviour for delaying the game.

A keeper may make contact with the ball with their hands only while in the goal area. A keeper cannot start with the ball in their hands in their goal area, take it out of their goal area and then bring it back into the protection of their goal area with the ball still in their hands.



A keeper while in their goal area cannot reach out with their hands and make contact with the ball or attempt to bring the ball into their goal area. If, in the opinion of the referee, the keeper who handled the ball outside of the goal area appeared to not know they were outside the goal area, or the handling of the ball appeared to be an accidental act, then the play will be stopped and an indirect free kick will be awarded to the opposing team. However, if in the opinion of the referee, the goalkeeper left the goal area to deliberately handle the ball, possibly to deny the opposing team possession of the ball, then play will be stopped and a penalty kick awarded to the opposing team. A Red card may be issued if the goalkeeper has denied the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball outside of his goal area.

- b) No player is allowed in the goal area (the “crease”) when the ball is in play other than the goalkeeper. If an attacking player deliberately steps inside the opponents' goal area, or passes any part of the foot in the air above the goal area, or with intent to gain advantage passes through the goal area, or makes contact with the ball when the ball is wholly in the goal area, play will be stopped. The keeper plays the ball out with a goal kick.

If the attacking team has possession of the ball and a defensive player deliberately steps inside the goal area (enters the “crease”), or passes any part of the foot in the air above the goal area, passes through the goal area or makes contact with the ball when the ball is wholly in the goal area, the referee may apply the advantage rule, allow play to continue until the advantage is lost or a goal scored, and then at the next stoppage of play deal with the misconduct.

If in the opinion of the referee a defensive player deliberately enters the goal area with the intent to interfere with play, or try to provoke a stoppage in play, the referee may punish the misconduct with a Yellow card and a two (2) minute penalty for Unsporting Behaviour. The attacking team will be awarded an



indirect free kick from the edge of the penalty area closest to where the offence took place for the restart unless a goal has been scored.

If a defensive player deliberately enters the goal area with the intent to stop a goal or to deny the opposing team a goal scoring opportunity then a Red Card will be issued to the offending player for this flagrant violation of the rules. A penalty kick will be awarded to the opposing team. A five (5) minute penalty will be issued to the offending team.

If in the opinion of the referee a player has entered the opponents' or their own goal area and that action has no consequence to the play or was clearly an accidental act then the referee may instruct play to continue and verbally warn the player to correct their behaviour. Repeated infractions may result in a Yellow Card for Persistent Infringement of the Laws of the Game.

- c) A player entering the goal area will be warned by the referee. Repeated goal area violations in this fashion may result in a Yellow Card for Persistent Infringement of the Laws of the Game. Players who deliberately enter the keeper's goal area with the intent to gain advantage or make contact with the goalkeeper may be penalized with a Yellow Card for Unsporting Behaviour or with a Red Card for Serious Foul Play or Violent Conduct.
- d) If a defending player enters their own goal area and a goal is scored by the opposing team, the goal is to be allowed in accordance with the Advantage Rule (Law 5 (2) (j)).
- e) Goalkeepers should avoid throwing or kicking the ball from their goal area directly to the other goalkeeper positioned in their goal area. ("Directly" means a ball kicked or thrown without striking a wall, the floor or another player). As indicated in Law 9 Article 5 goalkeepers cannot score on the opponent's net from inside their own goal area by throwing or kicking the ball unless the ball is touched by a player other than the



opposing goalkeeper. If a goalkeeper has thrown or kicked the ball directly to the other goalkeeper, the referee should give a verbal warning to the offending goalkeeper. If in the opinion of the referee, the ball could have been played by a player of either team on its path from one keeper to the other, the referee will not call this a keeper-to-keeper infraction. Repeated keeper-to-keeper throws or kicks may result in a Yellow card to the offending goalkeeper for Persistent Infringement of the Laws of the Game.

- f) Attacking players must respect the goalkeeper's possession of the ball within the goal area and provide them the right and space to release the ball back into play in accordance with the other clauses of this Law. Attacking players are permitted to shadow the goalkeeper's movements but a player who dances about or gestures in an **excessive manner** calculated to distract a goalkeeper or prevent them from throwing or kicking the ball from the goal area may be cautioned for Unsporting Behaviour. (After the stoppage in play to administer a penalty the ball will be awarded to the non-offending team for an indirect free kick.) Attacking players are not to raise their arms or jump in order to make themselves taller as an obstacle to the keeper. Attacking players should give a one metre distance from the goal area to allow the goalkeeper to play the ball out.

5. TIME PENALTIES

The following system of time penalties will be implemented:

- a) All players, including the goal-keeper, receiving a caution (Yellow Card) will serve a two (2) minute penalty to be served in an area designated by the referee. The team of the offending player will play one player short for the entire time of the penalty. If a goalkeeper receives a caution and leaves the playing area to serve the time penalty, the team may substitute another player to play as a goalkeeper but the team will still play one player short for the entire time of the penalty.



- b) A player who was sent off is ejected for the duration of the game and will leave the playing area. The team will play one player short for five (5) minutes.
- c) No team will be more than three (3) players short. If a team has three players serving time penalties simultaneously, and another player receives a time penalty, the player must go to the designated area to serve the penalty. The player must, however, be replaced on the playing area by a substitute as each team must have a minimum of three (3) players on the playing area at all times. The time of the penalties for the fourth or more players will not commence until the time penalty of the first player has expired and the player has rejoined the floor.
- d) A goalkeeper serving a 2-minute penalty may not return to the goal after the penalty has expired until there is a stoppage in play and the referee has been notified.
- e) Penalized players whose penalties have expired will only be allowed to return to the floor when given permission by the referee. This can occur at any time (i.e., at a stoppage of play or on the fly).
- f) Yellow Card time penalties are running time. Red Card time penalties are actual playing time (running time plus any stoppage time). In the event of a player committing more than one offence, the most serious will be punished. Penalty times are not added together and time served will be that of the most severe time penalty (Yellow / Red).
- g) Should a game go into overtime, penalized players will continue to serve any unexpired penalty time. Should a game go into a shootout any player serving a time penalty at the end of overtime is ineligible to take part in the shootout kicks.



LAW 12. FREE KICK

1. Free kicks will be awarded under two headings: "Direct" (from which a goal can be scored directly against the offending side), and "Indirect" (from which a goal cannot be scored unless the ball has been touched by another player before crossing the goal line)
2. On an indirect free kick a goal can be scored only if the ball subsequently touches another player (including the goalkeeper) before it enters the goal. If an indirect free kick is kicked directly into the opponent's goal (without being touched by another player or the goalkeeper), a goal kick is awarded to the opposing team. If an indirect free kick is kicked directly into the team's own goal, a direct kick is awarded to the opposing team to be taken from the edge of the penalty area closest to where the offence took place.
3. For any infringement of the Laws of the Game when the ball is in play, the referee may award a free kick to the team opposing that of the offending player. The free kick will be taken from the place where the offence occurred, with the following exceptions.
 - a) *Any* free kick awarded for an offence committed close to the wall will be taken 3 metres from the wall, at the point nearest to where the offence occurred.
 - b) Any indirect free kick awarded to the attacking team within its opponent's penalty area will be taken from the part of the penalty area line which runs parallel to the goal line, at the point nearest to where the offence was committed.
 - c) A direct free kick is awarded to an attacking team within their opponent's penalty area will be a penalty kick in accordance with Law 13.
4. When a defending team is taking a free kick from inside its own penalty area, all opponents will remain outside the penalty area. The ball will be deemed in play immediately after it has left the



penalty area. If the ball is not kicked directly out of the penalty area, the kick is retaken.

5. At the taking of a free kick, the ball will be stationary and all opponents must be at least 3 metres from the ball until it is in play. The ball is in play when it has been kicked and moves in any direction.
6. A player taking a free kick will not touch the ball for a second time until it has been touched by another player. For any infringement of this Law, an indirect free kick will be awarded to the opposing team.
7. Players must retire the required distance to allow free kicks to be made. However the non-offending team has the right to put the ball in play before a player from the other team has retired the full distance or they may request the referee to ensure the required distance is given by instructing players to move back or by marking out the required distance on the playing area. Players are encouraged to put the ball in play as quickly as possible. The referee will not whistle to restart play unless a player requests the referee to measure the opposing team's wall distance. A player who does not retire the required distance, or who dances about or gestures in a manner calculated to distract an opponent, or delays the taking of the free kick, may be cautioned for Unsporting Behaviour.

LAW 13. PENALTY KICK

1. A penalty kick is awarded against a team that commits any of the infringements for which a direct free kick is awarded inside its own penalty area and while the ball is in play (see Law 11 Article 1). A penalty kick will be taken from the penalty-mark.
2. The defending goalkeeper must remain on his/her goal line and between the goalposts facing the kicker, until the ball has been kicked.



3. A “One-step” penalty kick will be taken. The player taking the penalty kick is allowed to take a one-step movement towards the ball. Movement is restricted to a maximum of one (1) metre behind the ball. The plant foot is allowed to move only one step with the kicking foot following through to the ball. The ball must be contacted before the second step touches the ground. No kicks are allowed until the referee has given the appropriate signal for play to begin. The ball must be kicked forward. The ball will be deemed in play from the moment it is kicked and set in motion. A goal may be scored directly from a penalty kick. The kicker will not play the ball a second time (such as when the ball bounces off the wall, goal posts or cross bar) until it has been touched by another player.
4. The players other than the kicker and goalkeeper will be situated on the playing area outside the penalty area behind the penalty mark and at least 3 metres from the penalty mark. Players may move towards the net as soon as the ball is touched by the kicker in the pursuit of any rebounds from the goalkeeper, crossbar or goal posts.
5. Time of play will be extended at the end of each half or at the end of each period of extra time to allow a penalty kick to be taken. In the event that time is extended, play will end when:
 - a) a goal is not scored;
 - b) a goal is scored by the ball going directly into the goal or by the ball rebounding into the goal from the goalkeeper, and/or a goal post or the crossbar.
6. For any infringement of the above Law:
 - a) by the goalkeeper, if a goal is scored, it will count. If a goal is not scored then the kick will be retaken.
 - b) by a member of the defending team other than the keeper, if a goal scored, then it will be counted. If a goal is not scored then the kick will be retaken.



- c) by the player taking the kick, if a goal scored, the kick will be retaken. If a goal is not scored then the ball is given to the defending team for an indirect free kick from the spot of the infringement. If the player taking the kick kicks the ball before the referee has indicated play is to commence, a goal scored will be disallowed and the player will not be allowed to retake the kick.
- d) by a member of the attacking team other than by the player taking the kick, if a goal is scored it will be disallowed and the kick retaken. If a goal is not scored then the ball is given to the defending team for an indirect free kick from the spot of the infringement.
- e) by both a player on the attacking and the defending teams, then the kick is retaken.
- f) by the player taking the penalty kick, committed **after** the ball is in play, a player of the opposing team will take an indirect free-kick from the spot where the infringement occurred, subject to the over-riding conditions imposed in Law 12 Article 3.

Summary of Penalty Kick Infractions

	Outcome of the Kick	
	Goal	No Goal
Infringement for Encroachment		
Attacking Player	Penalty is Retaken	Indirect Free Kick to Defending team
Defending Player	Goal	Penalty is Retaken
Both	Penalty is Retaken	Penalty is Retaken



LAW 14. GOAL KICK

1. Goal kicks will be used to restart play in cases of goal area violations as described in Law 11 Article 4. If the ball goes behind the net play will restart with a goal kick. Goal kicks will be taken from any point within the goal area by a player of the defending team. The ball is ruled live (in play) when it has left the penalty area. If the ball is not kicked directly out of the penalty area from a goal kick then the kick is retaken. Opposition players must remain outside the penalty area until the ball is in play.
2. Any player on the defending team may take the goal kick in place of the goalkeeper but they must leave the goal area before the ball is in play (before the ball leaves the penalty area).
3. A goal may be scored directly from a goal kick but only against the opposing team.
4. The kicker must not play the ball again until it has been touched by another player. If the kicker touches the ball a second time before it has been touched by another player, an indirect free kick is awarded to the opposing team with the kick taken from the edge of the penalty area closest to where the offence took place.
5. A player who does not retire the required distance, or who dances about or gestures in a manner calculated to distract a goalkeeper or other player taking a goal kick may be cautioned for Unsporting Behaviour. A goalkeeper who delays the taking of a goal kick may be cautioned for delaying the restart of play.



CODE OF CONDUCT

All players, coaches, league officials, referees, parents and spectators must comply with the following code of conduct. Remember the goal of community soccer is to have fun, learn some soccer and team skills, and enjoy the soccer experience. All the coaches and league officials are volunteers.

We want the children and youth who take part in our league to play soccer in a positive atmosphere free from foul and abusive language, undue pressure, embarrassment, harassment, prejudice and violence.

Please help us to achieve this aim by abiding by this simple code:

- Play fair!
- Foul or abusive language from players, coaches, parents or spectators will not be tolerated.
- Never dispute a referee's decision - they are seeing the action from a different angle than you are and they can make mistakes, just like anyone.
- The health and safety of players is paramount. Do not encourage players to continue playing if they are obviously injured or unwell. Do not encourage players to cause injury to other players.
- Coaches are strongly advised to give all of their players an equal amount of playing time. It's no fun being on the sideline.
- Coaches, parents and spectators are expected to let all players play without being screamed and shouted at from the sidelines.
- Encourage and applaud all players, not just those on your team.
- Demonstrate respect for team-mates, coaches, referees and league officials.
- Respect the facilities in which you play.
- Maintain self-control at all times – it is only a game!!
- Always attempt to contribute to the betterment of the soccer experience.

Respect your opponents at all times. Players and teams should always be humble in victory and gracious in defeat.

