

Basic Rules

All rules written below are written as guidelines and are meant to guide behaviour as opposed to naming every specific situation that may arise. In the case of unsportsmanlike behaviour or situations that are not specifically described below, the decision of the referee is final during the game and rule changes can be discussed with the commissioner and the referees after the game is complete.

1. Field of play: Bouncing the ball off walls or the floor is acceptable but, on a stage or bleachers or into another court is out of play.
2. Ball: A size 4 indoor specific soccer ball will be used.
3. Players:
 - a) Teams will have 5 players playing at a time, including the goalkeeper.
 - b) During overtime periods, teams will have 4 players including the goalkeeper.
 - c) At least one female player from each team needs to be on the court at all times.
 - d) Teams will forfeit the game if they do not have any female players able to play.
 - e) A team may play shorthanded if only 4 players including the goalkeeper are available.
 - f) Less than 4 eligible players present will result in an automatic forfeit.
 - g) Players can only play for one team during the regular season and playoffs. Once a game as been played by a player, they are considered on that team's roster and cannot be utilized by any other team in any game. An automatic forfeit will be issued to a team that fields a player who has previously played on another team.
 - h) Players are only eligible for playoff games if they have played a minimum of two regular season games for their team.
 - i) Players must be at least 18 years old.
4. Substitutions: Players may substitute at any time. The player rotating off must be out of play before the player rotating in may enter the field of play. Failure to do so will result in a free kick for the opposing team.
5. Equipment: Shoes are required in order to play. Shin guards are not required but are recommended. No other equipment will be allowed.
6. Referee: The decisions of the referee are final.
7. Duration of the game: There will be a 5-minute warm up period, two 20-minute halves with a 5-minute break in between. If necessary there will be a 5-minute, sudden death overtime period. After which, the game will be called a tie.
8. Switching sides: The two teams will switch sides at halftime. The away team chooses their side for the first half.
9. Running Clock: Unless there is an unusual delay or event, the clock will continue to run through each half.
10. Starting and restarting play:
 - a. Each half will begin with a kickoff from the centre mark. The kickoff must be a pass to another player. The first half will be taken by the home team and the second half will be taken by the away team.

- b. A free kick must begin with a stationary ball on the ground and all opposing players 6 feet from the ball or halfway to their goal, whichever is closer.
 - c. A kick in will occur when the ball leaves the field of play at the location closest to the point where it left.
 - d. Superstructure Violation: If the ball strikes the roof, or a clock or a part of the building which is not a wall, a kick in will occur. Exceptions to be explained by ref prior to game.
11. Handling the ball: Only the goaltender may handle the ball with their hands or arms, and only when both feet are fully within the goal crease. They must not hold the ball for more than 5 consecutive seconds unless an opposing player is preventing them from setting it down safely. The goalkeeper cannot use their hands when a teammate intentionally passes the ball to them.
12. Goals: When the ball fully crosses the goal line. A goal may be scored from a free kick or kick in.
13. Fouls: Fouls will result in a free kick for the opponent at the location of the ball at the time of the foul. If the opponent has control of the ball at the time of the foul, the free kick can be delayed or cancelled in order to continue their advantage. Fouls will be assessed for the following reasons:
- a. Holding the opponent
 - b. Intentionally handling the ball with hands or arms with the exception of rule 11
 - c. Plays in a dangerous way, including but not limited to:
 - i. Kicking an opponent
 - ii. Tripping
 - iii. Charging
 - iv. Strikes or elbows
 - v. Pushing
 - d. Impeding the progress of an opponent when the ball is not within playing distance of either player.
 - e. Interfering with the goaltender in their box
 - f. Referee abuse
 - g. Unsporting behaviour, including but not limited to:
 - i. Taunting
 - ii. Foul language
 - h. Too many players on the field of play
14. Penalty kicks: Penalty kicks occur in the situations described below. A penalty kick is taken from the top of the basketball key (not the free throw line). All other players on both teams must be behind the player taking the penalty kick in the field of play. The goaltender must be on their own goal line. Once the kick is taken, play is live and players may move as normal.
- a. Any of the fouls listed above, if committed within your own team's goaltender box.
 - b. Any foul from behind the attacking player when they have a breakaway
 - c. Any foul where they are the last defender between the attacking player and the ball
 - d. Any foul that is deemed to be malicious and deliberate.
 - e. Deliberate handball used to prevent a scoring opportunity
15. Time Penalties: Time penalties are taken for the situations listed below. They are 2 minutes in length unless otherwise stated. The player taking the penalty will stand out of play, away from

their own team bench for the whole length of time. That player's team will continue to play with one less player until the penalty concludes. If that team already has 2 players currently serving time penalties at that time, they will forfeit the game. If the opposing team scores during a time penalty, the player with the least amount of time remaining in their penalty is released from the remainder of their time. If a single player receives multiple penalties at the same time, those times will add up to a maximum of 5 minutes. Time penalties are paused and continue after half time. All time penalties expire at the end of the game. If two players from different teams receive penalties at the same time, both are cautioned, but neither one need serve a time penalty.

- a. Goalkeeper endangerment
 - b. Boarding
 - c. Unsporting behaviour towards non-player persons
 - d. Provoking an altercation by making physical contact or striking the ball at another person
 - e. Being ejected from the game (5 minute penalty)
16. Ejectionable Offenses: As noted above, a summary ejection (not due to 3 time penalties) results in a 5 minute time penalty, to be served by another player on the team. The player ejected cannot play for the remainder of the game. All ejections will be reviewed by the commissioner for the possibility of further sanctions. Ejections will happen for the following reasons. Any team who does not have enough players to continue to play (all bench players and two on field players are ejected), shall forfeit the game.
- a. 3 time penalties in a single game
 - b. Intentional elbowing
 - c. Vicious slide tackles
 - d. Fighting
 - e. Leaving the bench to join a confrontation
 - f. Extreme unsporting behaviour:
 - i. Spitting on someone
 - ii. Extreme abusive language
 - iii. Bodily contact with a game official in dissent