



CO-ED INDOOR SOCCER RULES

ELIGIBILITY

1. Each participant must have **one (1)** of the following:
 - a. Valid Student ID card
 - b. Proof of payment of appropriate registration fee.
2. All participants must be registered on the official roster and must have picture ID at all times. Additions not permitted after **the fourth (4th) week** of regular season play.
3. All participants on the official team roster must play at least **two (2)** regular season games to be eligible to play in play offs.
4. **Six (6)** players (including goaltender) per team are permitted on the floor at the same time.
5. **Co-Ed Rule** – teams may have a **maximum of four (4) males/females** on the floor at the same time.

Inclusivity

At the University of Lethbridge, we value equity, inclusion and diversity. University of Lethbridge acknowledges the commitment to representing the diverse communities we serve. And while we have gender-based leagues, they are inclusive of the LGBTQ2S+ community, transgender and genderqueer persons. We encourage participants to play where they feel comfortable.

GAME

1. Each game will consist of two **twenty-five (25) minute** halves – running time; with a **three (3)** minute intermission between halves.
2. All regular season games **may** end in a tie. However, in the event of a tie, after regulation time during a play off game, penalty shots will occur. **Five (5)** members from each team will alternate taking penalty shots (**Co-Ed Rule** – must have a **minimum of one (1)** female/male shoot). The teams will alternate shots until all ten players have taken one shot – goaltenders may shoot. If a team **does not have one (1)** player of the opposite sex, that team is **only permitted** four (4) shots. The team to score the most goals will win. If still tied, the teams will alternate shooters until one team prevails – each shot must be taken by a different player and all eligible players must take a shot before any player can take a second shot.
3. For **play off games only**, the clock will be stop-timed for the final **two (2) minutes** of the **SECOND** half if the **goal difference is two (2) goals or less**.
4. A **ten (10) minute** default rule will be enforced. Therefore, each game must start by ten minutes past the hour.

STANDINGS

1. A point system, consisting of wins (2 pts), ties (1 pt), losses (0 pts) will determine the final league standing for each team. The final league standings will determine seeding for play offs.
2. Ties in the standings will be broken by:
 - a. the team which prevailed during the round robin play.
 - b. The difference between total points for and against.
 - c. points 'for'.
 - d. points 'against'.
 - e. coin toss.

RULES

1. Substitutions/Uniforms:

- a. **Shinguards are mandatory** – players not wearing shinguards **WILL NOT** be allowed to play.
- b. Only players and team managers/coaches may be on the Player's Bench.
- c. Players may substitute at any time during the game (**No jumping over the boards**).
- d. Goaltenders may substitute only during stoppages of play (i.e. after a goal, or if the team requesting the substitution has possession of the ball for a free kick). **Note: Direct kicks are not stoppages of play.**
- e. Each goaltender must wear a colored jersey that is distinctive from teammates, opposing players and referee.
- f. Each team must wear jerseys that are distinctly different from their opponent. In case of a jersey conflict the Away team **must** wear the pinnies or change their jerseys.
- g. Hats or caps may not be worn while on the playing surface.
- h. Please remove all jewelry prior to entering the playing surface.
- i. All braces must be adequately covered; casts or splints are not permitted. The referee must approve all braces before entering the field of play.

2. Administrative Rules:

- a. There are **no offsides** in this version of Indoor Soccer.
- b. There are **no timed penalties** in this version of Indoor Soccer.
- c. The **'penalty area'** is appropriately marked. Standard FIFA rules apply to any infraction committed within the penalty area.

3. Minor Infractions/Fouls:

- a. Jumping the boards during substitution is an automatic yellow card.
- b. **Pass Back Rule** (to goalkeeper) – this rule will remain consistent with standard Outdoor FIFA rules. The goalie may handle the ball as long as it is played back to him with any part of the body other than the foot. However, the free kick is **DIRECT**. Free kick to be taken from top of penalty arc.
- c. **Slide tackles** are not permitted.
- d. **ONLY** water is permitted in the player/referee bench area. **ABSOLUTELY NO** sugar-based liquids, gum, or solid food permitted in the player/referee benches or on the playing surface.

4. Major or Disqualifying Fouls:

- a. Any player(s) ejected from a game for violent or unsporting conduct will be assessed an **automatic one (1) game** suspension. (**Length of suspension will depend on incident report.**)
- b. Any player(s) ejected from a game must leave the playing surface and bench area **immediately**. Play will not resume until the party(s) involved are absent. The team captain is responsible for ensuring that the party(s) involved leave the area.

- c. The team(s) **will** play at full strength even though a player(s) is/are ejected from the game.

5. **Special Considerations/New Rules/Rule Changes:**

- a. **ALL** free kicks are **DIRECT**, including free kicks putting the ball into play.
- b. **3 Line Violation** – when the ball touches or is played by a player in his own defensive zone, and, the ball crosses all three lines **in the air** without touching another player, the referee, the field or the boards. The referee will award a free kick to the opposing team to be taken from the place where the ball crossed the first defensive line.
- c. Ball out of play: **side**. A free kick is awarded when the ball:
 - ◆ Has wholly crossed the side perimeter wall, or has touched the side netting, other than for a goal kick or corner kick. In this case, play shall be restarted by a free kick to be taken by an opponent of the team that touched or played the ball last, at place where the ball left the playing surface.
- d. Ball out of play: **ceiling**. A free kick is awarded when the ball:
 - ◆ Strikes the netting or any structure above or overhanging the playing surface. In this case, play shall be stopped and restarted by a free kick to be taken by an opponent of the team that touched or played the ball last, **at the centre of the defensive line closest to where the ball left the playing surface**.

6. **Penalty Offenses:**

- a. kicks or attempts to kick an opponent
- b. trips or attempts to trip an opponent
- c. charges an opponent
- d. strikes or attempts to strike an opponent
- e. pushes an opponent
- f. boards an opponent
- g. tackles an opponent to gain possession of the ball, making contact with opponent before the ball
- h. holds an opponent
- i. spits at an opponent
- j. handles the ball deliberately (except for the goalkeeper within his/her own penalty area)

7. **Sending-Off (Red Card) Offenses**

A player is sent off and shown the red card if he/she commits any of the following offenses:

- a. is guilty of serious foul play; includes boarding
- b. is guilty of violent conduct
- c. spits at an opponent, referee, spectator
- d. denies an opponent a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his/her own penalty area)
- e. denies an obvious goal scoring opportunity to an opponent **moving towards** the player's goal by any penal offense
- f. uses offensive, insulting or abusive language
- g. receives a second caution (yellow card) in the same game

8. **Cautionable (Yellow Card) Offenses**

A player is cautioned and shown the yellow card if he/she commits any of the following offenses:

- a. is guilty of unsporting behavior
- b. shows dissent by word or action
- c. persistently infringes the Laws of the Game
- d. delays the restart of the game

- e. fail to respect the required distance when play is restarted with a corner or free kick
9. **FIGHTING, UNSPORTING CONDUCT, OR DELIBERATE INTENT TO INJURE WILL NOT BE TOLERATED AND WILL RESULT IN AN AUTOMATIC (10 GAME) DISQUALIFICATION**

WINNING IS NOT EVERYTHING – PARTICIPATE AND HAVE FUN!!

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