



# West Ottawa Soccer Club

## Indoor League Rules

Aug 11, 2022

All game rules will follow the FIFA Laws of the Game except where noted below.

### Rule 1 – THE FIELD OF PLAY

The bigger white goals are to be used for Adult matches.  
The smaller silver goals are to be used for Youth matches.  
Team benches must be on the same side of the field.

### Rule 2 – THE BALL

For age groups up to U12, the ball shall be Size 4.  
For age groups up U13 & above, the ball shall be Size 5.

### Rule 3 – PLAYERS

- 1) All players must be registered with the West Ottawa Soccer Club for the current winter season.
- 2) Adult teams will register a minimum of 7 and a maximum of 25 players.
- 3) Teams will play with 7 players and not less than 5 players on the field.
  - a) A team shall be allowed a 10 minute grace period from the scheduled kick-off time. The game clock will be started at the scheduled kick-off time. Any elapsed time is subtracted from the total game time.  
If there are less than 5 players after 10 minutes, the game is forfeited to their opponent.
  - b) If a team forfeits a game regardless of the reason, the opposing team will be awarded a win by a score of 2-0. If both teams have fewer than 5 players, the game will be scored a 0-0 tie.
- 4) Teams may Call-Up from a lower Division or Call-Across within their Division in order to have a maximum of 9 players. If a regular player arrives late (giving the team more than 9 players) the borrowed player must stop playing.  
**Exception to the maximum of 9 players:**  
If a team needs a goalie, it does not count against the Call-Up/Across maximum of 9 players.

#### Eligibility

There is no restriction with respect to Goalkeepers playing down from a higher Division as long as they meet the age eligibility requirements.

Players may not play down from a higher Division.

No player registered in Womens Over 30 A and/or B can register in Womens Over 30 C.

Womens Over 30 players who are Age-Eligible can be called up to the Women Over 40 Division.

Womens Over 30 or 40 players can be called up to the Mens Over 35 or Open Divisions.

Mens Over 35 players can be called up to the Mens Open Division.

Mens Open players who are Age-Eligible can be called up to the Mens Over 35 Division.

Mens Open or Mens Over 35 players who are Age-Eligible can be called up to the Mens Masters Division.

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- 5) Unlimited on-the-fly substitutions shall be allowed. When any player other than the goalkeeper is to be replaced, the substitute shall not enter the field of play until the player being replaced is within 4 meters of the incoming player at the team bench. Neither the player entering or the player leaving may interfere with the play while both are on the field. The substitution is completed when the substitute enters the field of play, from which moment the substitute becomes a player and the player being substituted ceases to be a player. **For the first infringement of this playing rule, a team is given a warning.**  
**For any subsequent offences, the offending team's coach shall designate a player from the field of play to serve a 2 minute penalty.**

#### **Rule 4 – THE PLAYERS' EQUIPMENT**

Footwear shall be appropriate to the indoor game and the playing surface.  
Metal cleats are not allowed.  
Players shall not wear anything which is dangerous to themselves or another player.  
Team colors shall not conflict with each other or with the referee.  
Goalkeepers shall wear colors which distinguish them from the players and from the referee.  
If there is a color conflict between the teams, the Home Team shall change jerseys.

#### **Rule 5 – THE DURATION OF THE GAME**

The duration of the game shall be **two equal periods of 25 minutes**.  
The half-time interval shall not exceed 3 minutes except by consent of the referee.  
Time may be shortened in order to conclude the game within its allotted field time.  
Time may be extended if the referee determines that one of the teams is wasting time. In this case, the referee will stop the game clock and complete the game time using his watch.  
If time expires before the ball has entered the goal, a goal is not awarded.

#### **Rule 6 – THE START AND RESTART OF PLAY**

- 1) Kick-Off: The home team will Kick-Off the ball for the first half. The ball may be kicked in any direction (i.e., forwards, sideways, or backwards) on the field of play. A goal can be scored directly from a Kick-Off.
- 2) Drop ball: The referee shall award the ball at the place where it was when play was suspended to the team that had possession of the ball at the time of stoppage of play.
- 3) Kick-in: When the whole of the ball crosses over the touchline, either on the ground or in the air, or touches the Dome above the touchline, a Kick-in shall be awarded to the opposing team. The ball must be placed on the touchline for the Kick-in.  
A Kick-in that is taken and does not enter the field of play becomes a Kick-in for the opposing team.  
All opposing players shall be at least 5 meters from the ball until it is in play.  
**A goal may not be scored directly from a Kick-in.**

- 4) Goal Kick: The ball shall be kicked from any point within the penalty area.  
Players from the opposing team shall be at least 5 meters from the ball until it is in play.
- 5) Corner Kick: The ball shall be placed at the corner of the field.  
Players from the opposing team shall be at least 5 meters from the ball until it is in play.  
A goal can be scored from a Corner Kick.

#### **Rule 7 – OFFSIDE**

**There shall be no offside offence.**

#### **Rule 8 – FOULS AND MISCONDUCT**

Spitting will not be tolerated. Anyone caught spitting on the turf fields will be immediately ejected from the game, and the premises.

Slide tackling by players or Goalkeepers is not allowed and shall be punished by a direct free kick. Sliding to score a goal or to save the ball from going out of play is allowed when, in the opinion of the referee, there are no opposing players nearby.

Time Penalties:

- 1) A player may be given a 2 minute time-out penalty at the discretion of the referee. In this case, where a yellow card has not been issued, the player can be substituted.
- 2) A player who is cautioned shall serve a 2 minute time penalty and their team will play with one less player for 2 minutes.
- 3) A team, one of whose players has been dismissed, shall play with one less player for 5 minutes.

Administration of time penalties:

- 1) Time penalties shall commence when the game is restarted.
- 2) Cautions issued to goalkeepers may be served by another player who was on the field at the time of the offence.
- 3) **All time penalties are served until the time penalty expires.**
- 4) If a team has two players serving time penalties and another player on the same team receives a time penalty, that player must also sit out from the game. The time penalty of the third player shall not commence until the penalty of the first player has expired. The team must substitute players not serving time penalties to maintain the minimum number of players on the field.

#### **Rule 9 – FREE KICKS**

- 1) All opposing players shall be at least 5 meters from the ball for all free kicks.
- 2) Any free kick awarded to the defending team, within its own penalty area, may be taken from any point within the penalty area.
- 3) Any indirect free kick awarded to the attacking team within the opponents penalty area shall be taken from the penalty area line parallel to the goal line at the point nearest to where the offence was committed.

- 4) An indirect free kick is awarded when the ball touches the Dome above the playing area.  
**Exception:** If the ball hits the ceiling above the penalty area having last been touched by a defender, the game will be re-started with a corner kick.

### **Rule 10 – THE PENALTY KICK**

The penalty kick shall be taken from the penalty area line parallel to the goal line at the centre of the goal.

When the penalty kick is being taken, all players shall be at least 5 meters from the ball and must stand behind the ball.

### **Rule 11 – STANDINGS / PROMOTION / RELEGATION**

For Adult Leagues, the games will be divided into fall and winter seasons.

3 points are awarded for a win, 1 point for a tie and 0 points for a loss.

Points Tie Breaker - Goal Differential (Plus/Minus), Most Goals For, Fewest Goals Against & Shutouts.

If there is still a tie, the winner will be determined by the teams Seasonal Discipline Record. If still tied, results between the teams are used to calculate Points, Goal Differential (Goals For minus Goals Against) & Shutouts.

Where there is more than 1 division of teams in an age category, promotion and relegation may be used to balance the strength or number of the teams in each division between the seasons.

### **Rule 12 – DISCIPLINE**

WOSC follows the Ontario Soccer (OS) Discipline by Review (DBR) System.

Players found guilty of Red Card offences will be ineligible as per OS regulations with the following exception:

- Dismissed for “Denying an obvious goal scoring opportunity to an opponent moving towards the opponent’s goal by an offence punishable by a free kick or penalty kick.” (=> 1 game suspension)
- Verbal or physical assault against a Referee, Team Official and/or Player will result in the immediate ejection from the premises.

Infractions against Referees will result in an immediate suspension from the league and will be dealt with in accordance with the OS Discipline Policies and Procedures.

All incidents will be reported to the Eastern Ontario District Soccer Association (EODSA) or to the participants District Association.