

Indoor Rules

As of September, 2005

The FIFA Laws of the Game apply where not superceded by the rules below.

Respect

Players respect each other, and place the well being of the league over the good of their team. Everyone is responsible for helping maintain a positive atmosphere.

No contact

Players should aim to not physically touch their opponents at all. There should be no shoulder-to-shoulder contact, no pushing off with hands or arms, no striking the ball then the body, and no slide tackles. There always will be some incidental contact but there should not be deliberate or avoidable contact. Sliding is not permitted. Some, but not all, players know how to slide safely. However, the league errs on the side of caution so no sliding is permitted.

Heads, Walls, Feet

Avoid head balls if there is any danger of contact. Do not push players at any time, especially not into walls or nets. Do not raise your feet above the waist if there is any risk whatsoever of contacting an opponent.

Unnecessarily Hard or Rough Play

Any otherwise avoidable action which could cause injury or discomfort is a foul. This includes not only the actions in the two paragraphs above, but also things like running wildly at high speed, roughly challenging a 50/50 ball, or kicking the ball hard and/or high into other players, even off a wall.

No referees

We are self-policing. Everyone must help control games. Players will be given the opportunity to call their own fouls before their other team members do. Players and teams will make every effort to call their own fouls generously and to not call their opponents' fouls.

Not all goals are equal points

A player's first goal is tallied as one point. Their second and third goals together give one point. Subsequently, every three goals makes a point (see the scoring sheet). The aim is to encourage scoring to be spread around to all players.

Offside

There is no offside in indoor soccer.

Kick off

There is a kick-off at centre at the beginning of each game and after every goal. The opposing team gives three steps. The ball may be kicked backwards.

Gender Minimum

A team will have at least one player of each gender on the floor at all times.

Safety Zones

There is a one step free zone in each corner and beside each net. Only one player is allowed in. Opponents will not crowd in. This is for safety and to speed up the game.

Out of Bounds



The ball is almost always in play. It may bounce off the ceiling, the walls at any height, and when we play in schools, off the basketball nets or any object or person on the stage. Subs and spectators on the stage are encouraged to act like a wall, letting the ball bounce off them back into the gym without deliberately favouring their own team. A ball ending up on the stage or the top of the nets is out of bounds. If a defender deliberately puts a ball out of play, this is considered bad form but not

an infraction. The defending team always takes a goal kick regardless of who last touched the ball before it went out of play. The kick is taken from a point within three steps of their net. The attackers give three steps.

Corner Kicks

There are no corner kicks. For balls going out of bounds, see the Out of Bounds rule.

Handballs

Play does not stop for handballs, even deliberate ones, unless the offending team gets an advantage such as possession of the ball or a goal. Players will call their own handballs on the honour system. We use an automatic handball system in outdoor but have successfully used the advantage system in indoor since 2001-02.

Substitution

Sub on the fly. The player coming off should not be involved in the play. Players must sub off when it is their turn, and not delay until they think they are tired. A faster rotation makes for a faster and more exciting game.

Game Length

Games are scheduled for one hour. As there will usually be games both before and after Coed games, teams should make an effort to start and stop on time.

Time can not be called on a scoring opportunity. It is best to call it at a clear break in the action, or when the ball is in neutral territory. Because of time constraints, there is no half-time break. Teams normally do not switch ends but may.

Equipment

Shin pads, indoor sports shoes with non-marking soles, and team shirt are mandatory.

Outdoor Footwear

All players and spectators must remove outdoor footwear at the building entrance. No outdoor footwear is allowed past the entrance. Players must not wear their soccer shoes outdoors on the way to the gym.

Player Shortage and Exchange

All players will be willing to (1) play for the opposing team if it is short of players, (2) switch sides to make the competition more even, and (3) switch sides if it aids conflict resolution.

Free Kicks

All free kicks are indirect. With an infraction occurring inside the yellow arc (Arctic Winter Games crease), the free kick is taken at the nearest point outside the arc. Opponents must be three steps from the ball until it is kicked.

Newcomers and Guest Players

An individual can play one game free, then must register before or at their second game. They will be assigned a

team according to league need and not according to player or team request.

Extra Games for Registered Players

Any registered player may join in any game provided the regularly scheduled teams need players. Teams may decide if they need the extra players.

Small Gym Rules (Selkirk, Multiplex when using divided gym)

Four-a-side

Play is with four on the floor and no goalkeepers. A player standing in front of their goal must make every effort to remain on their feet. Gyms should have specially made coed goals which are lower than knee height.

Scoring Line

There is a scoring line in each half of the gym. This goes from wall to wall and follows a pre-existing line on the floor, usually a badminton doubles line. For a goal to count, the ball must be above or inside this line when shot. A ball shot from outside the line that goes directly in the net does not count as a goal, but it does count if the ball touches any player inside the scoring area on the way in.

Large Gym Rules (Vanier and FH Collins)

Five-a-side

Why a League Philosophy?

Coed Soccer, as we enjoy it, has a different atmosphere from most other team or competitive sports. Winning is not the most important thing. This can be a difficult concept for many people. We have to be as clear as possible about this ahead of time.

The main principle to keep in mind, is to always maintain the well being of the league above the well being of the team. When difficulties arise, try to resolve them in the way that best supports the league. This may mean losing the game, but gaining other, ultimately more beneficial advantages. For example, at some unevenly matched games, players may change sides during the game to even the competition. A player may appear in the paper as having scored for both teams in the same game. This is a good thing, not a contradiction. The player is committing an act of generosity, not treason.

We ask that you respect the philosophy of this league, in order to continue its reputation as an inclusive, recreational league for people of all skill levels and abilities.

Some features of the league for the winter 2005-06:

- We are playing in the Canada Winter Games Centre (the Multiplex) for the first time this year. We expect some bugs to start but are optimistic that this will be a great facility to play in.
- Fun and exercise. Positive, friendly atmosphere.
- Equal play time regardless of skill level.

Play is with five players, four runners and one goalkeeper. The large Arctic Winter Games nets are used.

Goal Arc

All gyms have a goal arc, intended for use as a no-man's land crease with Arctic Winter Games rules. In coed play, the arc is used only to define where the goalkeeper may use their hands. All players may enter the arc.

Goalkeepers may use their hands provided one foot is within or on the arc. For instance, a keeper may use hands with one foot on the line, and one foot outside it.

Scorer Becomes Goalkeeper

A goal scorer must immediately play in net after scoring for five minutes or until a team mate scores.

Goalkeeper Protection

There should be no contact, or risk of contact, with a goalkeeper at any time, unless initiated by the keeper. There is a one step ring of safety around the keeper. Players will keep out of this ring whenever possible including when the keeper moves toward you. A ball within one step of the keeper is off-limits unless the keeper is playing with the feet from a pass-back.

Goalkeeper Sliding

Keepers may only slide or collapse if there is absolutely no player nearby and no risk of collision.

Pass Back to the Goalkeeper

The FIFA rule applies. A free kick is awarded if a goalie handles a ball which was deliberately passed back with the feet by a team mate. A pass off any other part of the body, or an accidental pass off a foot does not count.

- Players will uphold the good of the league over the good of their team.
- No referees. We are self-policing.
- No contact. (See our Special League Rules above.)
- Inverse logarithmic scoring to encourage more passing and better play. A player's first two goals count the most.
- In a large gym, a goal scorer must immediately play goalie for five minutes, or until the next person scores.
- Engineered teams. A balance is sought with regard to player effectiveness, gender and attitude. Two people can register on one form and be drafted to the same team. The league can not and will not put groups on teams by request.
- Adults 18 and over. Whitehorse Minor soccer has a U18 division in winter for players under 18.
- We keep score. This helps with sponsorship. Concerted efforts are made to get results into both papers, with sponsors' and scorers' names. Please help fill in the scoring sheet during the game.
- Players must be fair to their team mates and sub off when it is their turn. They should not delay until they think they are tired; doing so is frustrating for everyone.
- All players, especially those who have Coed experience, have a vital role in managing the attitudes of their team mates and maintaining a positive atmosphere in the gym. All players should actively support anyone taking on this role.
- At least one, almost always two, social events.
- One free game for newcomers to the league, so they may try out indoor soccer and decide whether to join.