

Indoor Rules

As of September, 2006

The FIFA Laws of the Game apply where not superceded by the rules below.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 should make every effort to call their own fouls liberally.

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.



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 and nets at any height, and off basketball nets. Balls entering the team bench area are out of bounds. The ball is put back into play on the field nearest when it went out, by the team which did not put it out of play.

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. Go out, play hard then go off.

Subbing has unfortunately been a point of much conflict. Players who refuse to sub as regularly and often as they should are resented and disliked by their teammates; don't be one of them.

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. Team shirts are mandatory because this is how we know who has registered.

Outdoor Footwear

All players and spectators must remove outdoor footwear at the gym entrance. No outdoor footwear is allowed past the entrance. Do not wear your 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, but that usually means less than 3 subs

Half Gym Rules

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. Use Coed's specially made 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.

Full Gym Rules

Seven-a-side

Play is with seven players, including a goalkeeper. The large 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.