



The Rules of Indoor Soccer

The NWT Soccer Association has developed this document for the purposes of ensuring players, coaches, and officials are all familiar with and educated on a single set of rules governing indoor soccer within the NWT.

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Modifications

Provided the principles of these Rules are maintained, the Rules may be modified in their application for matches involving players under 12 years of age, women, over-35 players and players with disabilities.

Any or all of the following modifications are permissible:

- Size of the field of play
- Size, weight and material of the ball
- Width between the goalposts and height of the crossbar from the ground
- Duration of the periods of play
- Substitutions
- Provisions for stopped time

Further modifications are only allowed with the consent of the NWT Soccer Association.

Omissions

Any incidents or situations not covered expressly by the Rules of Indoor Soccer, will default to the current FIFA Rules of the Game, wherever possible.

Rule 1 - FIELD OF PLAY

Field Surface

Matches are played on artificial surfaces, according to the rules of the competition.

Field Markings

The field of play is defined by perimeter walls and their tops. The two longer walls are called touch walls. The two shorter walls are called goal walls. (Note: the terms “boards” or “boarding” is reserved for use with the penal offence – Rule 12)

The field of play is marked with lines. These lines belong to the areas of which there are boundaries.

The field of play is divided into two halves by a halfway line.

The centre mark is indicated at the midpoint of the halfway line. A circle with a radius of 15 ft is marked around it.

There is a defensive zone line in each half, 30 ft from the center line. The defensive zone lines extend vertically to the top of each touch wall. The restart mark is indicated at the centre of the defensive zone line.

Dimensions

The length of the touch wall must be greater than the length of the goal wall.



Length:

Minimum 150ft

Maximum 210 ft

Width:

Minimum 75 ft

Maximum 100 ft

Bench Area

A bench area off the field of play must be provided for each team. Substitutes and officials for the team must remain in the bench area.

Goal Area

Two lines are drawn at right angles to the goal line, 2 ft from the inside of each goalpost. These lines extend into the field of play for a distance of 5 ft and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

Penalty Area

Two lines are drawn at right angles to the goal line, 9 ft from the inside of each goalpost. These lines extend into the field of play for a distance of 25 ft and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area.

Within each penalty area a penalty mark is made 24 ft from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of 15 ft from each penalty mark is drawn outside the penalty area.

Restart Line

A broken line is drawn 3 ft inside the touch walls, going from corner mark to corner mark.

Corner Mark

The corner mark is drawn at the intersection of the restart line and the undrawn extension of the goal area line running parallel to the goal line.

A line will be drawn, extending vertically to the top of the wall, at a point that is an equal distance from the beginning of the corner curve at both the goal and touch walls.

Goals

Goals must be placed on the center of each goal line. The goal is recessed into the goal wall. Its goalposts and crossbar are flush with the goal wall.

The distance between the posts is 12 ft, and the distance from the lower edge of the crossbar to the field of play is 6 ft. A line will be drawn between the goalposts.



Nets may be attached to the goals and the floor behind the goal, provided that they are properly supported and do not interfere with the goalkeeper.

The field of play will be as per the markings that exist at the facility being used and outlined by the referee prior to the match.

Rule 2 - THE BALL

Qualities and Measurements

The ball is:

- Spherical
- Made of leather or other suitable material
- Of a circumference of not more than 70 cm (28 ins) and not less than 68 cm (27 ins)
- Not more than 450 g (60 oz) in weight and not less than 410 g (14 oz)
- At the start of the match of a pressure equal to 0.6 -1.1 atmosphere (600-1100g/cm²) at sea level (8.5 lbs./sq. in 15.6 lbs./sq. in)

Replacement of a Defective Ball

If the ball bursts or becomes defective during the course of a match:

- The match is stopped
- The match is restarted by dropping the replacement ball at the place where the original ball became defective, unless play was stopped inside the goal area, in which case the referee drops the replacement ball on the penalty spot.

If the ball bursts or becomes defective during a penalty kick or during kicks from the penalty mark as it moves forward and before it touches any player or the crossbar or goalposts:

- The penalty kick is retaken

If the ball bursts or becomes defective whilst not in play at a kick-off, goal kick, corner kick, free kick, or penalty kick:

- The match is restarted accordingly

The ball must not be changed during the match without the authority of the referee.

The ball shall be judged fit for play by the referee and shall not be changed during the game unless authorized by the referee. The size of the ball that will be used will be based on the age level of the players (size 3 for U9, size 4 for U9-U12, size 5 for older than 12yrs old).



Rule 3 - NUMBER OF PLAYERS

Number of Players

A match is played by two teams, each consisting of not more than six players, one of whom must be a goalkeeper.

A match may not start or continue if either team consists of fewer than four players.

Number of Substitutions

Unlimited substitutions shall be allowed.

Substitution Procedure

In all matches the game sheet listing the names of all of the players must be given to the referee prior to the start of the match. Any player or substitute whose name is not given to the referee at this time may not take part in the match.

To replace a player by a substitute, the following conditions must be observed:

- The player must first leave the field. A player is considered to have left the field when they're inside the restart line between the ends of their team's bench area, and as long as they're not interfering with play. The player must then leave the field through the gate of the team's bench.
- A player is also considered to have left the field if they have been given permission to do so by the referee, through an outside gate, for any reason.
- Once the player has left the field, the substitute may enter the field from the gate of the team's bench.
- Substitutes may be used in any match played and may either be 'on-the-fly' or made during a stoppage in play.

Guaranteed Substitution Opportunity

Play will be held up for reasonable time to allow teams to substitute:

- On a serious injury to a player
- After a goal has been scored

In these circumstances a team cannot be penalized for too many players.

Changing the Goalkeeper

Any of the other players may change places with the goalkeeper, provided that:

- The referee is informed before the change is made
- The change is made during a stoppage in the match

Infringements/Sanctions



If a substitute enters the field of play without a player having first left the field, or the player being replaced intentionally interferes with play after the substitute has entered the field:

- Play may be stopped (as long as the referee isn't taking away an advantage for the other team).
- play is restarted with an indirect free kick to the opposing team at the place where the ball was located when play was stopped.

If a player changes places with the goalkeeper without the referee's permission before the change is made:

- the referee allows play to continue
- the referee cautions the players concerned when the ball is next out of play

Players and Substitutes Sent off

A player who has been sent off before the kick-off may be replaced only by one of the named substitutes.

A named substitute who has been sent off, either before the kick-off or after play has started, may not be replaced.

Team Officials

The number of officials permitted to occupy the bench area is defined by the competition rules.

All officials must be listed on the game sheet given to the referee prior to the start of the match.

The coach may convey tactical instructions to the players during the match.

The coach and other occupants of the bench area must behave in a responsible manner and are subject to the authority of the referee.

Rule 4 – THE PLAYER'S EQUIPMENT

Safety

A player must not use equipment or wear anything that is dangerous to themselves or another player in the opinion of the referee (including any kind of jewellery).

A player wearing a rigid cast is not permitted to play. A player may be permitted to wear a brace at the referee's discretion.



Basic Equipment

The basic compulsory equipment of a player is:

- a jersey or shirt with sleeves. If undergarments are worn, the colour of the sleeve must be the same main colour as the sleeve of the jersey or shirt
- shorts – if undershorts or tights are worn, they must be of the same main colour as the shorts
- stocking
- shin guards
- footwear, suitable for playing surface

Shin Guards

Shin guards:

- are covered entirely by the stockings
- are made of rubber, plastic or a similar suitable material
- provide a reasonable degree of protection

Colours

The two teams must wear colours that distinguish them from each other, the referee and the assistant referee.

Each goalkeeper must wear colours that distinguish him from the other players, the referee and the assistant referee.

Infringements/Sanctions

For any infringement of this Rule:

- play need not be stopped
- the player at fault is instructed by the referee to correct his equipment
- the player leaves the field of play when the ball next ceases to be in play, unless he has already corrected his equipment
- any player required to leave the field of play to correct his equipment does not re-enter without the referee's permission
- the referee checks that the player's equipment is correct before allowing him to re-enter the field of play; this may be delegated to the assistant referee

The player who has been required to leave the field of play because of an infringement of this Rule and who re-enters the field of play without the referee's permission is cautioned and shown the yellow card.



Restart of Play

If play is stopped by the referee to administer a caution:

- the match is restarted by an indirect free kick taken by a player of the opposing side, from the place where the ball was located when the referee stopped the match (See Rule 13- Position of Free Kick)

Infringements/Sanctions

For any infringement of this Rule, the player at fault shall be instructed to leave the field of play by the referee, when the ball next ceases to be in play, unless by then there is no longer an infringement. Play shall not be stopped immediately for an infringement of this Rule. A player who is instructed to leave the field to adjust equipment or obtain missing equipment shall not return without first reporting to the referee, who must ensure that the player's equipment is in order. The player shall only re-enter the game at a moment when the ball has ceased to be in play.

Rule 5 - REFEREE

Each match is controlled by a referee who has full authority to enforce the Rules of Indoor Soccer in connection with the match to which they have been appointed.

Powers & Duties

The Referee:

- enforces the Rules of Indoor Soccer
- controls the match in co-operation with the assistant referee
- ensures that the ball meets the requirements of Rule 2
- ensures that the players' equipment meets the requirements of Rule 4
- stops, suspends or abandons the match, at their discretion, for any infringements of the Rules
- stops, suspends or abandons the match because of outside interference of any kind
- stops the match if, in their opinion, a player is seriously injured and ensures that they're removed from the field of play
- allows play to continue until the ball is out of play if a player is, in their opinion, only slightly injured
- ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the assistant referee or the referee themselves who must be satisfied that the bleeding has stopped
- allows play to continue when the team against which an offence has been committed will benefit from such an advantage and penalizes the original offence if the anticipated advantage does not materialize at that time



- punishes the more serious offence when a player commits more than one offence at the same time
- takes disciplinary action against players guilty of technical offences, cautionable and sending off offences. They're not obliged to take this action immediately but must do so when the ball next goes out of play
- acts on the advice of the assistant referee regarding incidents which they have not seen
- ensures that no unauthorized persons enter the field of play
- indicates the restart of the match after it has been stopped
- provides the appropriate authorities with a match report, which includes information on any disciplinary action taken against players and/or team officials and any other incidents which occurred before, during or after the match
- where there is a time limitation of 5 seconds as required in the Rules, must indicate both visually and verbally a count of 5 seconds
- takes action against team officials who fail to conduct themselves in a responsible manner, and may, at their discretion, expel them from the field of play and its immediate surrounds.

Decisions of the Referee

The decisions of the referee regarding facts connected with play, including whether or not a goal is scored, are final.

The referee may only change a decision on realizing that it is incorrect or, at their discretion, on the advice of the assistant referee, provided that he has not restarted play or terminated the match.

Decisions of the NWT Soccer Association

A referee or assistant referee is not held liable for:

- any kind of injury suffered by a player, official or spectator
- any damage to property of any kind
- any other loss suffered by an individual, club, company, association or other body, which is due or which may be due to any decision which he may take under the terms of the Rules of Indoor Soccer or in respect of the normal procedures required to hold, play and control a match.

Such decisions may include:

- a decision that the condition of the field of play or its surrounds are such as to allow or not allow a match to take place
- a decision to abandon a match for whatever reason
- a decision as to the condition of the field equipment and ball use during a match



- a decision to stop or not to stop a match due to spectator interference or any problem in the spectator area
- a decision to stop or not stop play to allow an injured player to be removed from the field of play for treatment
- a decision to require an injured player to be removed from the field of play for treatment
- a decision to allow or not to allow a player to wear certain apparel or equipment
- a decision (where they have the authority) to allow or not to allow any persons (including team or centre officials, security officers, photographers or other media representatives) to be present in the vicinity of the field of play
- any other decision which they may take in accordance with the Rules of Indoor Soccer or in conformity with his duties under the terms of league rules or regulations under which the match is played

Rule 6 - ASSISTANT REFEREES

Duties

An assistant referee is appointed whose duties, subject to the decision of the referee, are:

- to act as timekeeper
- to keep a record of the match

The assistant referee will also indicate:

- when the whole of the ball leaves the field of play
- which team is entitled to any restart
- when a player should be penalized for a 3-line violation
- when a team has made an illegal substitution
- when misconduct of any other incident has occurs out of the view of the referee
- when offences have been committed whenever the assistant referee has a better view than the referee (this includes, in certain circumstances, offences committed in the penalty area)

Assistance

The assistant referee also assists the referee to control the match in accordance with the Rules of Indoor Soccer.

The assistant referee will signal using a whistle to stop play, but the referee is the final judge of any action to be taken.

In the event of undue interference or improper conduct, the referee will relieve an assistant referee of his duties and make a report to the appropriate authorities.



The duties of an Assistant Referee may include those as outlined in Rule 6 of the FIFA Rules of the Game, and are ultimately up to the discretion of the referee.

Rule 7 - LENGTH OF THE GAME

The match will consist of 2 equal halves.

Periods of Play

- The match will consist of 2 equal halves, with a maximum of a five minute halftime. Any agreement to alter the duration of the periods of play (for example to reduce each half because of insufficient time left in the booking period) must be made before the start of play and must comply with competition rules.
- The running clock will be stopped by the referee, the assistant referee or timekeeper at the last 2 minutes remaining in each half.
- The referee will allow the last 2 minutes to be played without the running clock. Time permitting the referee at their discretion may add any acceptable amount of extra time in each half.

Half-Time Interval

Players are entitled to an interval at half-time. The half-time interval must not exceed 5 minutes. Competition rules must state the duration of the half-time interval.

The duration of the half-time interval may be altered only with the consent of the referee.

Provision for Stopped Time (When competition rules indicate)

The clock will not be stopped during the game for any reason except during the last minute of each half when the clock must be stopped whenever the ball is out of play.

Local competition rules may allow for some amount of stopped time, other than in the last two minutes, for very serious injuries or at the referee's discretion.

Penalty Kick

If a penalty kick has to be taken or retaken, the duration of either half is extended until the penalty kick is completed.

Abandoned Match

An abandoned match is replayed unless the competition rules provide otherwise.

The duration of any game will be extended to allow the taking of a penalty kick, even if the normal time has expired.



Rule 8 - THE START AND RESTART OF PLAY

- the referee tosses a coin and the team that wins the toss decides which goal to attack in the first half or to take the kick-off
- depending on the above, their opponents take the kick-off or decide which goal to attack in the first half
- the team that decided which goal to attack in the first half takes the kick-off to start the second half
- for the second half, the teams change ends and attack the opposite goals
- after a team scores a goal, the kick-off is taken by their opponents

A kick-off is the way of starting or restarting play:

- at the start of the game
- after a goal has been scored
- at the start of the second half of the game
- at the start of each extra period of extra time, when applicable

A goal may be scored directly from a kick-off.

Kick-Off Procedure: The referee having given a signal, the game shall be started by a player taking a place kick (a kick at the ball while it is stationary on the ground in the centre of the field of play) in any direction (forwards, sideways, or backwards) on the field of play. All players shall be in their own half of the field and every player of the team opposing that of the kicker shall remain not less than 5 metres (15 ft) from the ball until it is kicked. The ball is in play when it is kicked and moves. The kicker shall not play the ball a second time until it has been touched or played by another player.

Infringements/Sanctions For any infringement of this playing Rule, the kick-off shall be retaken, except in the case of the kicker playing the ball again before it has been touched or played by another player; for this offence, an indirect free kick shall be taken by a player of the opposing team from the place where the infringement occurred, subject to the over-riding conditions as described in Rule 13.

- The ball is dropped for the defending team goalkeeper in their penalty area if, when play was stopped:
- the ball was in the penalty area or
- the last touch of the ball was in the penalty area
- In all other cases, the referee drops the ball for one player of the team that last touched the ball at the position where it last touched a player, an outside agent or a match official



- All other players (of both teams) must remain at least 4 m from the ball until it is in play
- The ball is in play when it touches the ground.

Rule 9 - THE BALL IN AND OUT OF PLAY

The ball is out of play:

- when it has touched the side netting above the boards;
- when the game is stopped by the referee; and,
- when it comes in contact with the ceiling or any apparatus hanging from the ceiling.

When the ball makes contact with the netting on the sides of the pitch, an indirect kick will be taken from no further from the boards than the dashed white line.

When the ball makes contact with the ceiling or any apparatus hanging from the ceiling, an indirect free kick will be taken by the opposing team at the location on the pitch directly below where the ball contacted the ceiling.

The ball will be in play on all other occasions, from the beginning of the game until its end, including:

- if the ball bounces off one of the goalposts or crossbars;
- if it hits the referee when they are in the field of play;
- in the event of a supposed infringement of the Rules of the Game until a decision is given by the referee.

Rule 10 - METHODS OF SCORING

Except as otherwise provided by these Rules, a goal is scored when the whole of the ball has passed over the goal line between the goal posts and under the cross-bar, provided it has not been thrown, carried or intentionally propelled by hand or arm, by a player of the attacking side.

The team which scores the greater number of goals during the game will be the winner. If there is an equal number of goals or if no goals are made by either team, the game will be considered a tie.

For games ending in a draw that require a winner, the competition (League or Tournament) may state provisions involving extra time and/or the "*Taking of Kicks from the Penalty Mark*" (Appendix A) or other procedures to determine the winner of a game.

Rule 11 – THREE LINE VIOLATION (only applicable in the fieldhouse)

A three-line violation occurs:



- When the ball touches or is played by a player, including the goal keeper, in their own defensive zone; and
- When the ball completely crosses all three lines in the air without touching another player, the referee, the field of play, the touch walls or goal wall in the defensive zone from which it was played.

Where a game is played on a smaller playing surface such as a school gymnasium a goalkeeper may not propel the ball from his/her penalty area and completely cross over the half line without touching another player, the referee, the field of play, the touch walls.

Restart Procedure: To restart the play the ball is placed on the offending team's defensive third line where the ball left the zone and opposing team will be awarded an indirect free kick. For smaller playing surfaces such as small gymnasiums the ball will be placed on the marked location at least 10 feet from the penalty area, usually on the arc.

Rule 12 - FOULS AND MISCONDUCT

A player who commits any of the following six offences in a manner considered by the referee to be **careless, reckless or involving disproportionate force**:

- Kicks or attempts to kick an opponent.
- Trips or attempts to trip an opponent.
- Jumps at an opponent.
- Charges an opponent, including forcing into the boards.
- Strikes or attempts to strike an opponent.
- Pushes an opponent.

or who commits the following five offenses:

- When tackling an opponent makes contact with the opponent before contact is made with the ball.
- Spits at an opponent.
- Holds an opponent.
- Handles the ball deliberately i.e., carries, strikes or propels the ball with hand or arm (this does not apply to the goalkeepers within their penalty areas), or
- Slide tackles in an attempt to play the ball, whether touching an opponent or not (goalkeepers are only allowed to slide within their own penalty area in an attempt to play the ball as long as it is not done in a dangerous or reckless manner and remains within his/her penalty area).



Any of the above mentioned fouls shall be penalized by the award of a **direct free kick (and additional disciplinary sanctions at the discretion of the referee)** to be taken by the opposing team from the place where the offense occurred, subject to the over-riding conditions described in Rule 13.

Should a player of the defending team commit one of the above eleven offences within the penalty area, the player shall be penalized by a **penalty kick**, regardless of the position of the ball, as long as it is in play.

A player committing any of the six following offences:

- playing in a manner consider by the referee to be dangerous.
- charging, i.e. with the shoulder, when the ball is not within playing distance of the players concerned or using a disproportionate amount of force.
- when not playing the ball, impeding the progress of an opponent, e.g., interposing the body so as to form an obstacle to an opponent.
- moving with the goalkeeper while they're is holding the ball in an effort to prevent the goalkeeper from releasing it.
- when playing as a goalkeeper and within the penalty area commits any of the following offences:
 - takes more than six seconds while controlling the ball with their hands, before releasing it from his/her possession;
 - touches the ball again with their hands after it has been released from her/his possession and has not touched any other player;
 - touches the ball with their hands after it has been deliberately kicked to them by a team-mate; and
 - wastes time
- during a substitution on-the-fly, if a player enters the playing field before the player being substituted is within one metre of one another their team.

A player shall be cautioned and shown the yellow card if, in the opinion of the referee, the player:

- is guilty of unsporting behavior.
- shows dissent by word or action.
- persistently infringes the Playing Rules of Indoor Soccer.
- delays the restart of play.
- fails to respect the required distance when play is restarted with a corner kick or free kick.
- enters the field of play without the referee's permission other than in the act of substitution.



- deliberately leaves the field of play without the referee's permission other than in the act of substitution.
- slide tackles or attempts to slide tackle.

If the referee stopped play to administer the caution, a free kick shall be awarded to the opposing team from the place where the offence occurred, subject to the over-riding conditions imposed in Rule 13, unless a more serious infringement of the playing Rules was committed.

A player shall be sent off the field of play and shown the red card if, in the opinion of the referee, the player:

- is guilty of serious foul play.
- is guilty of violent conduct.
- spits at an opponent or any other person.
- denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within her/his own penalty area).
- denies a goal or an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick.
- uses offensive, insulting or abusive language and/or gestures.
- receives a second caution in the same match.

If a player is sent off after receiving a red card or two cautions in one match the player is to leave the field of play and must leave the immediate area (this includes the player's bench). The player is subject to further disciplinary action of the governing organization (i.e. tournament or league).

If play is stopped by reason of a player being ordered from the field of play for an offence without a separate breach of the playing Rule having been committed, the game shall be resumed by an **indirect free kick** awarded to the opposing team from the place where the infringement occurred, subject to the over-riding conditions described in Rule 13.

Sending-off Offences

A player is sent off if they commits any:

- serious foul play
- violent conduct
- boarding
- spitting at an opponent or any other person.



- denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area).
- denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick.
- using offensive, insulting or abusive language and/or gestures.
- receiving a second caution in the same match.

All cautionable offences must be recorded on the game sheet, including when the referee has applied the advantage clause.

Rule 13 – FREE KICKS

Direct Free Kick Fouls occurs when a player commits any of the following offenses:

- kicks or attempts to kick an opponent.
- trips or attempts to trip an opponent i.e. throwing or attempting to throw him by use of his legs or by stopping in front or behind him/her.
- jumps at an opponent.
- charges an opponent in a violent or dangerous manner (e.g. from behind);
- strikes or attempts to strike an opponent.
- holds an opponent with his/her hand or any part of his/her arm.
- handles the ball, i.e. carries, or propels it with his/her arm (this does not apply to the goalkeeper within his/her own area).
- slide tackles.

All of the above fouls shall be penalized by the award of a direct free kick.

Indirect Free Kick Fouls occur when a player commits any of the following offenses:

- kicking the ball which makes contact with the side netting above the walls or contacts the ceiling.
- placing his/her hand on the wall to gain unfair advantage, i.e. to push off.
- playing in a manner considered to be dangerous by the referee, i.e. attempting to kick the ball while it is held by the goalkeeper.
- charging, i.e. with the shoulder, when the ball is not within the playing distance of the players concerned and they are definitely not playing the ball.
- when not playing the ball, intentionally obstructing an opponent, i.e. between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent;



- when playing as a goalkeeper, indulges in tactics which are designed merely, to hold up the game and thus waste time and so give an unfair advantage to his/her own team; and
- obstructing the goalkeeper.

All of the above fouls shall be penalized by the award of an indirect free kick.

Position of a free kick

- When a player is taking a free kick inside their own penalty area, all of the opposing players shall be at least 5 metres (15 ft) from the ball and shall remain outside the penalty area until the ball has been kicked out of the area. The ball shall be in play immediately when it is kicked directly beyond the penalty area. If the ball is not kicked directly into play, beyond the penalty area, the kick shall be retaken.
- When a player is taking a free kick outside the player's own penalty area, all of the opposing players shall be at least 5 metres (15 ft) from the ball, until it is in play, unless they are standing on their own goal line, between the goal posts. The ball shall be in play when it is kicked and moves.
- If a player of the opposing team encroaches into the penalty area, or within 5 metres (15 ft) of the ball, as the case may be, before a free kick is taken, the referee shall delay the taking of the kick, until the playing Rule is complied with;
- The ball must be stationary when a free kick is taken, and the kicker shall not play the ball a second time until it has been touched or played by another player;
- Any free kick awarded to the defending team, within its own goal area, may be taken from any point within the penalty area.
- Any free kick awarded to the attacking team within its opponent's penalty area, which is not a penalty shot, shall be taken from the penalty-area line nearest to where the offence occurred.

Infringements/Sanctions:

- If the kicker, after taking the free kick, plays the ball a second time before it has been touched or played by another player, a free kick shall be taken by a player of the opposing team from the spot where the infringement occurred, subject to the above guidelines.

Rule 14 - PENALTY KICK

- A penalty kick is a free kick taken from the penalty spot on the playing field. At the moment of the kick, all players, with the exception of the goalkeeper and



the player taking the kick, should be inside the playing field, outside the penalty area, behind the ball and at least 5 metres (15 ft) from the ball.

- The defending goalkeeper must remain on the goal line, facing the kicker, between the goalposts, without touching the goalposts, crossbar or goal net, until the ball has been kicked.
- The player must kick the ball forward and shall not play the ball a second time until it has been touched or played by another player.
- The ball shall be deemed in play directly after it has been touched and moves. A goal may be scored directly from a penalty kick.
- When a penalty kick is being taken during the normal course of play, or when time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal shall not be nullified if, before passing between the posts and under the crossbar, the ball touches either or both of the goalposts, or the crossbar, or the goalkeeper, or any combination of these, providing that no other infringement has occurred.

Infringements/Sanctions

- For any infringement by the defending team, the kick will be repeated, if the kick did not result in a goal.
- For any infringement by the attacking team, if a goal is scored it will be disallowed and the kick retaken.
- For any infringement by the player taking the penalty kick after the ball is in play, a player of the opposing team shall be awarded an indirect free kick from the penalty spot.
- For an infringement by a member of both teams, the kick shall be retaken; or,
- For an infringement by the player taking the penalty kick, committed after the ball is in play, a player of the opposing team shall take an indirect free kick, subject to the conditions described in Rule 13.

Rule 15 - KICK-IN (indoor equivalent to throw-ins)

- When the ball touches the mesh on the side of the pitch, above the boards, play will be restarted with a kick-in by a player of the opposing team.
- The kick-in must be taken within the dotted touch-line (or within 3 feet) where the ball crossed the line.
- The player taking the kick-in shall not touch the ball a second time until it has been played or touched by another player.
- The players of the opposing team shall be no less than 5 metres (15ft) away from the point at which the kick-in is being taken.
- The ball is in play as soon as it is kicked or played.
- A goal cannot be scored directly from a kick-in.



Infringements/Sanctions

- If the kicker plays the ball a second time before it has been touched by another player, an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred, subject to the conditions of Rule 13.
- If an opponent unfairly impedes or distracts the kicker, that player will be cautioned for unsporting behavior.
- For any infringements made by the kicker during the taking of the kick-in, the kick-in will be given to the opposing team.

Rule 16 - GOAL KICK

- When the ball touches the netting or above the goal-line, excluding that portion between the goalposts, and having last been played by one of the attacking team, it shall be kicked by a player of the defending team.
- The ball must be stationary and is kicked from any point within the goal area by a player of the defending team
- The ball is in play when it is kicked and clearly moves
- Opponents must be outside the penalty area until the ball is in play
- A goal may be scored directly from a goal kick providing it does not completely cross all three lines in the air without touching another player, the referee, the field of play, the touch walls or goal wall in the defensive zone from which it was played. See Rule 11 OR a goal may be scored directly from a goal kick providing it is in accordance with Rule 11.

Infringements/Sanctions

- If the player taking a goal-kick plays the ball a second time after it has passed beyond the penalty-area, but before it has touched or been played by another player, an indirect free kick shall be awarded to the opposing team, to be taken from the place where the infringement occurred, subject to the conditions of Rule 13.



Rule 17 – CORNER KICK

- When the ball touches the netting behind and above the goal-line, excluding that portion between the goal-posts, and having last been played by one of the defending team, it shall be kicked by a player of the attacking team.
- The ball shall be placed on the dot in either of the corners in the defending team's end.



APPENDIX A ADDITIONAL INSTRUCTORS FOR REFEREES

Also consult the latest IFAB LOTG “Practical Guidelines for Match Officials”.

Rule 1 – The Field of Play

The purpose of the referee’s crease

- *The referee’s crease is designed to allow the referee to carry out their duties without interference by the players or team officials. For any breach of the rules regarding this area, an offending player shall be cautioned for unsporting behavior. Breach of the rule by a team official shall result in an initial verbal warning, and if continued, shall result in the team official being removed from the field.*

Rule 3 – The Number of Players

Players to continue

- *If a team is reduced to less than 4 players on the field of play for a timed penalty or an injury where the player is not expected back on the field of play in a reasonable amount of time then the game is abandoned.*

Eligible player

- *For this rule, an eligible player is a player, named on the game sheet and present at the field of play, who is not serving a time penalty. Any eligible player who arrives prior to the second half commencing will be allowed to play as long they wait for the permission of the referee to enter the field.*

Substitution Procedure

- *The substitute entering the field of play cannot enter “over the boards”. Likewise, a player leaving the field of play cannot leave “over the boards.”*
- *The substitute entering the field does not have to enter the field at the same gate that the departing player uses.*

Stoppages other than a Guaranteed Substitution Opportunity

- *At all times other than a guaranteed substitution opportunity, play does not have to be held up and a team must ensure they do not have more than 6 players on the field of play.*



Changing the Goalkeeper

- *Goalkeepers may not be changed “on the fly”. If a goalkeeper leaves the field of play without the referee’s permission and is replaced by a substitute who may or may not be dressed as a goalkeeper:*
 - *play is stopped*
 - *the goalkeeper leaving the field of play cautioned and shown the yellow card*
 - *play is restarted with a free kick to the opposing team at the place the ball was located when play was stopped (subject to the special circumstances in rule 8)*

Bench Personnel - Behaviour

- *A “tactical instruction” does not include verbal abuse aimed at any player, spectator or non playing personnel, referee or assistant referee, and does not include dissent of a referee’s or assistant referee’s decision.*
- *If, in the referee’s opinion, a coach or team official is behaving in an irresponsible manner, the official shall be verbally warned and, at the referee’s discretion, the coach or team official may be removed from the field.*
- *Any coach or non-playing personnel found spitting on the playing surface shall be removed from the field of play and its surrounds.*

Rule 4 – The Players’ Equipment

Non-Basic Equipment

- *A player must not use equipment or wear anything that is dangerous to himself/herself or another player*
- *Modern protective equipment such as headgear, facemasks, knee and arm protectors made of soft, lightweight, padded material are not considered to be dangerous and are therefore permitted*
- *New technology has made sports spectacles much safer, both for the players themselves and for other players*

Jewelry

- *All items of jewelry are potentially dangerous. The term “dangerous” can sometimes be ambiguous and controversial, therefore in order to be uniform and consistent any kind of jewelry has to be forbidden.*
- *Players are not allowed to use tape to cover jewelry. Taping jewelry is not adequate protection.*
- *Rings, earrings, leather or rubber bands are not necessary to play and the only thing they can bring about is injury.*



- *In order to avoid “last minute” problems, teams should inform their players in advance.*

Rule 5 – The Referee

Advantage

- *The referee is encouraged to use the advantage power where appropriate, particularly as he is able to stop play to punish the original offence if the advantage does not occur in the phase of play immediately following the infringement.*

Taking “Delayed” Disciplinary Action

- *This power is complementary to the power to apply the advantage in situations on the field. Referees should refer to Rule 12, and the “delayed penalty” for the mechanics related to a disciplinary action taken after the ball has gone out of play.*

Rule 11 – Three-line violation

Eligible players

- *For this rule, eligible players are the number of players entitled to be on the field, subject to the time penalty provisions of Rule 12.*

RULE 12 – Fouls and Misconduct

Penalty Kick awarded against a goalkeeper

- *A penalty kick is awarded if, while the ball is in play, the goalkeeper, inside his own penalty area, strikes or attempts to strike an opponent by throwing the ball at him.*

Possession by the Goalkeeper

- *The goalkeeper is considered to be in possession of the ball by touching it with any part of his hand or arms. Possession of the ball includes the goalkeeper deliberately playing the ball, but does not include the circumstances where, in the opinion of the referee, the ball rebounds accidentally from the goalkeeper, for example after he has made a save.*

Disciplinary Sanctions

- *A player who commits a cautionable or sending-off offence, either on or off the field of play, whether directed towards an opponent, a team-mate, the referee, an assistant referee or any other person, is disciplined according to the nature of the offence committed.*



Spitting on the playing surface

Any player found spitting on the playing surface must be cautioned.

Definition of Boarding:

- *Boarding is contact by a player that forces an opponent to hit the boards in a manner that endangers the safety of that opponent.*

Mandatory Instructions for Boarding Offences:

- *Any contact, legal or otherwise, by a player that forces an opponent to hit the boards in a manner that endangers the safety of that opponent will result in the offending player being sent off for boarding.*
- *Any player who attempts to deceive the referee by falling or making contact with the boards in an effort to gain an advantage by having an opponent sent off, will result in the offending player being penalized by a caution for unsporting behaviour.*

Attempt to deceive

- *Any simulating action anywhere on the field, which is intended to deceive the referee, must be sanctioned as unsporting behaviour.*

Sending-Off Offences – Goalkeepers

- *If a goalkeeper is dismissed, they can be replaced by any other player from that team who is not currently serving a time penalty. The goalkeeper must be replaced before play can be restarted. The referee may award a further time penalty against the bench, if the team delays replacing a dismissed goalkeeper.*

Careless, Reckless, using Excessive Force

Careless means that the player has shown a lack of attention or consideration when making a challenge or that he acted without precaution.

Reckless means that the player has acted with complete disregard to the danger to, or consequences for, his opponent

Using excessive force means that the player has far exceeded the necessary use of force and is in danger of injuring his opponent.



APPENDIX B PROCEDURE: Before Kicks from the penalty mark start

- Unless there are other considerations (e.g. ground conditions, safety etc.), the referee tosses a coin to decide the goal at which the kicks will be taken, which may only be changed for safety reasons or if the goal or playing surface becomes unusable
- The referee tosses a coin again, and the team that wins the toss decides whether to take the first or second kick
- With the exception of a substitute for a goalkeeper who is unable to continue, only players who are on the field of play or are temporarily off the field of play (injury, adjusting equipment etc.) at the end of the match are eligible to take kicks
- Each team is responsible for selecting from the eligible players the order in which they will take the kicks. The referee is not informed of the order
- If at the end of the match and before or during the kicks one team has a greater number of players than its opponents, it must reduce its numbers to the same number as its opponents and the referee must be informed of the name and number of each player excluded. Any excluded player is not eligible to take part in the kicks (except as outlined below)
- A goalkeeper who is unable to continue before or during the kicks may be replaced by a player excluded to equalise the number of players or, if their team has not used its maximum permitted number of substitutes, a named substitute, but the replaced goalkeeper takes no further part and may not take a kick
- If the goalkeeper has already taken a kick, the replacement may not take a kick until the next round of kicks



APPENDIX C Q & A FOR INDOOR SOCCER

Rule 1 – The Field of Play

Q: Are 'extra' or non-soccer markings permitted on the field of play?

A: Yes, many of the soccer facilities are 'multi-use,' so other markings can be expected. Wherever possible, these markings should be a different colour, or of such location and design that they are easily distinguishable from Indoor Soccer markings.

Q: If there are other problems with the field markings (missing or incorrect), should the game be played?

A: In most cases, yes, but the concerns should be brought to the attention of the facility staff as soon as possible.

Q: If there is blood on the field, what should be done?

A: Play should be stopped, and not started until the field has been cleaned.

Q: If there are any dangerous conditions (such as boards, gates, etc.) in poor repair, does the referee have the right to not allow play to proceed?

A: Yes, the referee has the right to do this. If the field is not safe for participants, facility staff should be informed of the concern.

Q: If a team spills water in the bench area, what should be done?

A: The facility staff should be called to mop up and dry the area, at the next interval (half time, full time). If the volume of water is such that it is not safe to continue play, the condition should be rectified before allowing play to continue.

Q: If a building alarm sounds, what should the referee do?

A: If it is obvious that the alarm is NOT false, the referee should instruct all participants to proceed to the NEAREST emergency exit without delay, and in an orderly fashion. Team should NOT collect belongings from the changing rooms under these circumstances.



Rule 2 – The Ball

Q: During the match, a ball enters the field from a team warming up for the next game. Should the referee stop play immediately?

A: The referee should stop play if the additional ball interferes with play. Play is restarted with a dropped ball at the location of where the match ball was when play was stopped. Otherwise, the additional ball should be removed at the earliest possibility.

Rule 3 – The Number of Players

Q: If a team has the minimum 4 players, should the game start?

A: Yes, the start should not be held up for players to arrive. Any late players can join their bench at the next stoppage in play.

Q: Should play be stopped immediately if a team has too many players on the field?

A: The Assistant Referee and/or the Referee should consider the advantage clause if possible, if the nonoffending team has possession of the ball, and call a 'delayed' penalty. Play should be stopped when the offending team gains possession of the ball.

Rule 4 – Players' Equipment

Q: The referee requests a player to remove jewellery. After a few minutes of play, the referee realises that the player is still wearing the jewellery. What actions does the referee take?

A: The player must be cautioned for unsporting behaviour. The player is instructed by the referee to leave the field to remove the jewellery.

Q: Are players allowed to wear tape to cover jewellery that is considered to be dangerous?

A. No.



Rule 5 – The Referee

Q: May the referee insist that spectators move away from the area that is adjacent to the field of play?

A: Yes, in fact, most facilities have their own signage stipulating this.

Q: May the referee directly tell spectators who are being abusive or interfering with the match, to leave the stands?

A: Referees are advised to contact the facility staff and have them handle this situation.

Rule 6 – Assistant Referee

Q: What type of calls is the Assistant Referee permitted to take during the match?

A: The Assistant Referee can make any calls, at the discretion of the referee, based on their pre-match discussion. The Referee will remain the final judge of any action to be taken.

Rule 7 – The Duration of the Match

Q: Under what circumstances may the halves be shortened?

A: (i) If games are running late, the facility may request that the halves be shortened, in order to get back on schedule. Competition rules for minimum legal game times should be considered when shortening halves.

(ii) If the start of the game is delayed to apply the 'grace period' for a team to have sufficient players to start, or for a game sheet or player cards to arrive, the referee may shorten the halves to allow the game to be completed before the end of the time slot. Again, competition rules should be kept in mind.

Q: If an error is made with the clock in the last minute of either half (not started or stopped correctly), what should be done?

A: The error should be corrected as accurately as possible, before play restarts if the clock was not stopped, or at the next stoppage of play, if the clock was not started.



Q: The game is stopped with 45 seconds left on the clock. The referee begins the count for the restart, when does the assistant referee start the clock?

A: The clock should be restarted when the ball is in play, according to the particular restart in question.

- When the ball is kicked and clearly moves, on a – free kick, corner kick, kick in or kick off
- When the ball is kicked and moves forward, on a penalty kick
- When the ball leaves the penalty area on a goal kick or free kick for the defending team within their own penalty area
- When the ball touches the ground on a dropped ball

Rule 8 – The Start and Restart of Play

Q: At a kick off, may a team have less than their number of eligible players on the field?

A: No, a team must have as many players as they are eligible to have on the field, at a kick off

Rule 9 – The Ball in and out of Play

Q: A substitute is leaning on the boards at the bench, and is hit by the ball, while it is still in play. What action should the referee take?

A: Play should be stopped. If it was obvious that ball would have left the field if not touched, play should be restarted with a kick in to the opposing team of that which played the ball last. If it was not obvious that the ball would have left the field, play should be restarted with a dropped ball at the point which it was touched by the substitute.

Rule 10 – The Method of Scoring

Q: If the ball enters the goal as the buzzer sounds to end the half or match, should the goal be counted?

A: The referee will judge whether the ball had completely crossed the goal line before the buzzer sounded. If it did, the goal will stand.



Rule 11 – Three Line Violation

Q: When the ball is being kicked on a restart from exactly on the near defensive line, and subsequently crosses the halfway line and far defensive line without touching another player, the referee, the field or the boards - is this a three-line violation?

A: No, the ball is considered partially across the defensive line while still touching the ground, so has not crossed all three lines in the air

Rule 12 – Fouls and Misconduct

Q: Are players allowed to place one or both hands on the boards while playing or attempting to play the ball?

A: Placing hands on the boards is not an offence in itself. However, if, in the opinion of the referee, the player uses hands on the boards to impede the progress of an opponent, or hold an opponent, he/she should be sanctioned accordingly.

Q: If a player pushes an opponent towards the boards, and the opponent exaggerates the contact with the boards, what action should the referee take?

A: The player who committed the 'pushing' offence may be sanctioned with a caution, if, in the opinion of the referee, his actions constituted 'unsporting behaviour', or a send off, if his actions constituted a boarding offence. The player who exaggerated the contact may be sanctioned with a caution, if, in the opinion of the referee his actions were an attempt to deceive the referee.

Q: If the goalkeeper does not release the ball from his/her possession within 5 seconds, must a time penalty be assessed to the goalkeeper?

A: Normally, the only sanction is a free kick to the opposing team. However, if the referee feels that the goalkeeper deliberately delayed the release for tactical gain, a 2-minute technical offence penalty may also be assessed.

Rule 13 – Free Kicks

Q: A free kick is awarded to the attacking team at the side of their opponents' penalty area next to the wall. Can a defender stand into the field of play but next to the goalpost for the restart?

A: No, the defender must stand on the goal line, between the goalposts, if this is less than 15 feet from the ball.



Q: A free kick is awarded, and the player decides to take it quickly. An opponent who is less than 15 feet from the kick intercepts it. What action does the referee take?

A: The referee allows play to continue.

Rule 14 – The Penalty Kick

Q: At the taking of a penalty kick, may the goalkeeper stand behind the line, inside the goal?

A: No, the goalkeeper must stand on the line, until the ball is kicked.

Q: May a team make a substitution when they are awarded a penalty kick, so that the sub may take the kick?

A: Provided that the substitution procedure is followed, and the restart is not delayed, the substitution should be permitted.

Rule 15 – Ball Out of Play, Ceiling or Side

Q: On a 'kick in' from the side, may the goalkeeper touch the ball with his/her hands, if it has been deliberately kicked by a team mate?

A: No, the goalkeeper is not allowed to touch the ball with his hands if it has been deliberately kick to them by a team mate

Rule 16 – The Goal Kick

Q: Does the opposing team have to be 15 feet away from the ball at the taking of a goal kick?

A: Yes, opponents must remain outside the penalty area and at least 15 feet from the ball, until the ball is in play.

Rule 17 – The Corner Kick

Q: Does the team taking a corner kick have the right to choose which corner spot the kick will be taken from?

A: No, the referee should indicate that the corner kick is to be taken from the corner mark closest to where the ball crossed the goal wall.