

Registration information and forms can be accessed online at [www.vernonsoccer.ca](http://www.vernonsoccer.ca)

For further information please email the VISC Operations Manager Kai Tolpinrud at [indoorvernon@gmail.com](mailto:indoorvernon@gmail.com).

**IMPORTANT:** A player or member of the coaching staff is considered registered when their registration with waiver is fully completed, submitted and acknowledged by staff. **An unregistered player or member of the coaching staff must not enter the indoor turf area if they have not completed a waiver.** **ALL PLAYERS MUST COMPLETE A WAIVER.** For players registered through VU, TOFC and the adult league these waivers are included in your online registration.

- Street shoes must **not** be worn onto the playing surface.
- Molded sole footwear only.
- **Water only** inside the field house. **This means no food of any kind.** No Powerade, juice, energy drinks or coffee. NO GLASS. NO ALCOHOL
- No kicking or playing with balls or other sporting equipment in the foyer.
- Children **must not be left unattended** at any time in the foyer. Children are not permitted to sit out in the field house.
- Players and coaches only in the field house. A coach must be on the roster, have completed a waiver and be actively involved in coaching the game.
- Spectators are not allowed in the field house at any time DUE TO INSURANCE REQUIREMENTS. This includes PARENTS of PARTICIPATING CHILDREN
- Active participants/players and officials **must not wear jewelry. Head and facial piercings cannot be taped (FIFA rule 64).** In the case of a ring that cannot be removed it must be padded and taped to the satisfaction of referee.
- Bobby pins, hairclips etc. are not permissible.
- Shin guards are mandatory at all times.
- No spitting inside the field house.
- Footwear should be removed before leaving the field house and excess rubber dumped onto the field.
- **No alcohol may be consumed in the facility.**
- The upstairs will only be open for games and when there is an attendant on duty.

**PERSONS FOUND IN VIOLATION OF ANY OF THE ABOVE RULES MAY BE SUSPENDED FROM USING THE CENTRE.**

## PLAYING RULES

### Introduction

Indoor Soccer is a version of regular soccer as described in the FIFA Laws of the Game. All FIFA laws apply to Indoor Soccer unless otherwise indicated in this document.

### Law 1 – The Field of Play

- There is no goal area
- Other markings will be as laid out by the league.
- The centre circle has a 5-yard radius.

### Law 2 – The Ball

- No change.

### Law 3 – The Number of Players

- A team shall consist of 8 players, one of whom must be designated as a goalkeeper. Coed there must be 2 females on the field at all times.
- A match will not start if a team has fewer than five players.
- If the number of players on a team falls below five during the course of a match due to injuries, sending offs, or any other reason, the match will be abandoned.
- Substitutions
  - An unlimited number of substitutions are permitted.
  - Substitutions may take place at any time, whether or not the ball is in play.
  - Restarts will not be delayed in order to complete a substitution.
  - Players being replaced must leave the field in the substitution zone marked on the touchline in front of their bench.
  - Substitutes must enter the field in the substitution zone marked on the touchline in front of their bench.
  - Substitutes may not enter the field until the player they are replacing has completely left the field
  - Violations of the substitution procedure will be punished with an indirect free kick. Advantage may be applied. A member of a team may be cautioned for Persistent Infringement of the Laws of the Game in the case of repeated violations by an individual or a team.

### Law 4 – The Players' Equipment

- There are no changes from FIFA laws.
- Normal soccer cleats may be worn.
- Shin guards are mandatory.
- All visible piercings must be removed and cannot be taped.

#### **Law 5 – The Referee**

- There are no changes from FIFA laws.

#### **Law 6 – The Assistant Referee**

- There are no Assistant Referees in Indoor Soccer.

#### **Law 7 – The Duration of the Match**

- The game is divided into two equal halves.
- The time indicated on the schedule is the start time for the stated team's allotted game. This time allotment comprises of a warm up, halftime and the game. The referee will normally allow a five minute warm up while the participants of the prior game leave the field.
- There is no allowance for time lost due to injuries, substitutions or any other cause.
- Time shall be extended to allow the taking of a penalty kick.

#### **Law 8 – The Start and Restart of Play**

- At the kick-off all opponents must be 5 yards from the ball.
- **The ball does not have to be kicked into the opponents' half.**
- Special circumstances:
  - A free kick awarded to the defending team in their own penalty area may be taken from anywhere in the penalty area.
  - An indirect free kick awarded to the attacking team in their opponent's penalty area shall be taken from the point on the penalty area line closest to where the infraction occurred.
  - A drop ball in the penalty area shall be taken at the point on the penalty area line that is closest to where the ball was when play was stopped.

#### **Law 9 – The Ball In and Out of Play**

- The ball is out of play whenever it touches any part of the building or its appurtenances such as lights or heaters.

#### **Law 10 – The Method of Scoring**

- There are no changes from FIFA laws.

#### **Law 11 – Offside**

- There is no offside in Indoor Soccer.

#### **Law 12 – Fouls and Misconducts**

- Slide tackles are not permitted and will be punished with an indirect free kick.
  - A player may slide to play the ball as long as no other player is challenging for the ball.
  - **A goalkeeper may slide to play the ball with his hands or torso but not to play the ball with his legs or feet.**
  - If a more serious offence (kicking, tripping, contacting the opponent before contacting the ball) occurs when a slide tackle is made, the more serious offence will be punished with a direct free kick.
- Spitting on the playing surface (either inside or outside the boundary lines) is a cautionable offence.
- A player may be cautioned if he fails to respect the required distance when play is restarted with a kick-in, goal kick, corner kick or free kick.

#### **Law 13 – Free Kicks**

- All opponents must be 5 yards from the ball at the taking of a free kick.

#### **Law 14 – Penalty Kicks**

- **The ball is placed on the Penalty Area line in front of the goal and midway between the goal posts.**
- All players, other than the kicker and the goalkeeper, must be outside the penalty area, behind the ball and 5 yards from the ball.

#### **Law 15 – The Kick-In**

- When the ball wholly crosses the touchline, play will be restarted with a kick-in rather than a throw-in.
- When the ball touches the building or its appurtenances, play will be restarted with a kick-in by the opponents of the team that caused the ball to go out of play. The kick-in will take place from the point on a touchline that is closest to where the ball went out of play.
- At the taking of a kick-in all opponents must be at least 5 yards from the ball.

#### **Law 16 – The Goal Kick**

- A goal kick may be taken from anywhere in a team's own penalty area.
- All opponents must be outside the penalty area and 5 yards from the ball.

#### **Law 17 – The Corner Kick**

- All opponents must be 5 yards from the ball.