



# City of Brooks Co-Ed Soccer League

## League Rules

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### The Team Captain's Responsibilities

- Read and understand league rules prior to participation.
- Ensure team registration fee is paid in full by the end of the third scheduled week of games.
- Maintain control over his/her players and spectators in all circumstances, including disputes on the field.
- Have all players sign a waiver before playing their first game.

### Roster

- There is no limit to a team's roster.
  - If a player is added to the roster throughout the season, they must sign a waiver first.
- To be eligible to play in playoffs, players must have played at least 2 regular season games.
  - Players must ONLY play for the team they are rostered with during playoffs.
- All players must be at least 16 years of age. (Parental consent will be required for anyone under the age of 18).

### The Game

- All games will be played in the Fieldhouse at the JBS Canada Centre.
- A 1 hour time slot provides teams:
  - 5 minute warm-up
  - 2x 25 minute halves
  - 5 minute break at half-time
- Games will be played 8 vs. 8 (7 players + a goalie)
  - 2 females must be on the field at all times. If there is a female goal tender, there still must be 2 females out.
  - If a team has only 1 female when games start, they must play a player short.
- Games will start on schedule – no exceptions! Games are on a running clock with no stoppage of time.
  - Automatic forfeit will occur 10 minutes after scheduled game time if the team is not present or ready.
    - Any games starting later will have the time reduced to keep on schedule.
  - A minimum of 6 players are required to start a game to avoid a forfeit.

### The Ball

- Indoor size 5

### Players Equipment

- Shin guards are **highly recommended**, however not mandatory. If worn, must be covered by socks.
- In the event that both teams have the same coloured shirts/jerseys, the home team must wear pinnies. Pinnies will be provided.
- All jewelry, such as rings, necklaces, bracelets, and watches must be removed.
- All players must wear indoor shoes – no molded or metal cleats allowed at any time.

## Rules

- The winner of the coin toss will choose a goal they wish to attack, or to kick-off.
  - Kick-off: A kick off is the way of starting or restarting play:
    - 1) At the start of the game;
    - 2) After a goal has been scored;
    - 3) At the start of the second half of the game.
  - On kick-off, ball may be played forward or back
  - A goal may not be scored directly from a kick-off
- Free kicks are all indirect, except penalty kicks.
- Any ball that goes out of bounds must be kicked back into play. There are no throw-ins.
- You can't score directly from a kick-in or corner kick.
- Substitutions are made on the fly. Goalie substitutions must be made during a break in play and with the referee's permission.
- Slide tackling or sliding for the ball is strictly prohibited. No on the ground field play is allowed at all. Infringement will result in a 2-minute penalty or yellow card. Referees discretion.
  - The goalkeeper may slide ONLY in the penalty arc, and will be subject to penalties should he/she slide outside the arc. If a goalkeeper is charged with a 2-minute penalty, a field player may serve the penalty.
- The goalkeeper may retain possession of the ball with his/her hands for a maximum period of 5-seconds. Bouncing the ball is prohibited.
- There is no offside in indoor soccer.

## Kicking Procedures

- **Free Kick** – All free kicks are indirect (cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal). \*Penalty kicks are the only kicks that are considered direct.
- **Penalty kick** – A penalty kick shall be taken from the penalty spot by a player on the field at the time of the infraction.
- **Kick-in** – When the ball goes out of bounds, the opposing team is awarded a kick-in. The team defending a kick-in must keep a distance of 5 metres. A goal can't be scored directly from a kick-in.
- **Goal kick** – When the opposing team kicks the ball over the touch-line, the defending team is rewarded with a goal kick. The opposing team must be clear of the penalty area and 5 metres from the ball. A goal can't be scored directly from a goal kick.

## Fouls/Misconduct

YELLOW and RED cards are in effect for all games and the referees word is final. Fighting, racial slurs, and constant verbal abuse of the referees and/ or other players will not be tolerated. Teams who lose a player, during a game, because of 2 yellow cards or 1 red card, must play short handed for 5-minutes.

- **Cautionable Offences (Yellow Cards)**
  - Persistent infringes on the rules of the game
  - Showing by word or action, dissent with any of the referee's decisions
  - Sportsmanship behavior
  - Wasting time

- Obstruction involving dangerous bodily conduct
- Deliberately tripping an individual
- Adopting a threatening and aggressive attitude
- Reckless play
- Intentional use of hands
- Any other act deemed unsporting at the referee's discretion

\*\*\*All yellow card infractions will result in that player serving a 2-minute "time penalty". All time penalties will be served in their entirety, regardless of how many goals are scored by the opposing team.\*\*\*

- **Ejectionable Offences (Red Cards)**

- Guilty of serious foul play
- Guilty of violent conduct
- Use of foul or abusive language
- Guilty of two cautionable offences in a single game

\*\*\*All red card infractions will result in immediate ejection from the game. The player must then leave the facility. In addition, the team will serve a 5-minute "time penalty" during which time they will play short-handed. Depending on the severity of the offence, further action against the individual or team may be taken. The Program Coordinator will review the offence and decide if further consequences are necessary. In severe cases, individuals or an entire team may be removed from the league without refund.\*\*\*

### League Scoring

- A team shall be awarded 3 points for a win, and 1 point for a tie. In the event of a tie in the league standings at the end of the season, the tie will be broken according to the following:
  - 1) Points
  - 2) Goal difference
  - 3) Goals for
  - 4) Head to head
  - 5) Coin flip

**FIFA soccer rules will apply to all other situations not listed above.**

It is expected that all players demonstrate fair play, respect for others, and good sportsmanship throughout the duration of the season. If any issues or concerns arise, please contact Megan (Program Coordinator), at [msoldan@brooks.ca](mailto:msoldan@brooks.ca) as soon as possible.

Good luck to all, and have FUN!

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