



# **INDOOR SOCCER LEAGUE RULES**

**Last Updated: Oct 7, 2014**

## ZERO TOLERANCE POLICY

In order to promote a safe and sportsmanlike environment for its players, GRAND RIVER SOCCER has clarified its stance on unsportsmanlike behaviour. All players must understand the expectations for playing in our leagues. Team Captains are required by GRAND RIVER SOCCER to ask players to leave the game/playing area if they are involved in any of the following acts:

- Swearing directly at another player or the League Coordinator.
- Intentionally pushing, shoving or making physical contact with another player.
- Making comments to instigate an altercation with another player.
- Spitting at an opponent

In addition to being dismissed from the game, a one game suspension (or more) may be assigned by GRAND RIVER SOCCER to the involved player or team.

## FAIR PLAY PHILOSOPHY

### **What is the co-ed rec fair play philosophy?**

The co-ed recreational soccer league was created in order to offer adults the opportunity to play soccer in a recreational environment, while at the same time offering a great social experience.

By nature, co-ed sports require that all male participants remember that male players may have strength and speed advantage over female players. As well, more skilled players (male or female) must remember to not be aggressive and instead be helpful, respectful and patient as you will be playing with beginners or less-proficient players. This is not a "win at all costs" league.

Our league expects that ALL participants demonstrate safe and fair game play, positive attitudes, team participation and good spirit to teammates and fellow players at ALL times. This will be referred to as playing with the "proper fair play spirit" of co-ed participation.

Please show your fair play spirit!

- 1) RECREATIONAL soccer for FUN and SPIRIT
- 2) Playing soccer for FUN, to LEARN the game, IMPROVE skills and SOCIALIZE with your teammates and other players
- 3) Act as a GOOD SPORT at ALL times
- 4) Be GENEROUS when you win; be GRACEFUL when you lose
- 5) SHARE your knowledge and experience with fellow players
- 6) Have *EVERYONE* on your team participate in the play
- 7) Maintain your SELF-CONTROL at all times and ensure SAFETY for fellow players
- 8) Show RESPECT for your opponents
- 9) Be a TEAM PLAYER not an individual (*even if you signed up by yourself...*)

***We expect all co-ed rec players to obey our fair play philosophy.  
Show your fair play spirit!***



## 1. SPIRIT RATINGS

In order to encourage sportsmanlike play, each team must choose and report a rating for their opponent after the game. The spirit rating for your opponent gets reported when the Team Captain or designate submits the game results online. If a team captain or designate does not report their score within 72 hours of the games completion, their team will receive a 2 spirit rating (unless their opponent has given them a 1) and the score will be processed as their opponent reported it.

### **Spirit rating = 5**

The other team was a great team and we really enjoyed playing against them. They showed up on time and really showed great spirit throughout the game. During the game they played by the rules, but if we had a dispute they were open to discuss the rules. This was one of the best spirited teams we have every played against, we are really looking forward to play against them again.

### **Spirit rating = 4**

The other team was a fun team and we really enjoyed playing against almost all of their players. They showed up on time and showed good spirit throughout the game. During the game they generally played by the rules, but if we had a dispute they were receptive to discuss the rules. This is a good spirited team.

### **Spirit rating = 3**

The other team was a fun team and we enjoyed playing against most of their players. They showed up on time and showed decent spirit throughout the game. During the game they generally played by the rules, but if we had a dispute they were pretty receptive to discuss the rules. Not a bad team to play against.

### **Spirit rating = 2**

The other team was an OK team and we enjoyed playing against only a few of their players. They showed up late and showed poor spirit throughout the game. During the game they really didn't play by the rules, and really didn't want to learn the rules. The captains should discuss what happened so it doesn't happen again. This wasn't a fun game.

### **Spirit rating = 1**

This wasn't a fun game. We did not enjoy playing against this team. They showed up late and showed horrible spirit throughout the game. During the game they really didn't play by the rules at all, and didn't want to learn the rules. This is the least spirited team we have every played against. Our captain is going to send a report into the league.

The rating should combine "accountability" and "spirit of the game". Accountability is based on how you felt your opponent took responsibility for calling their own fouls. A team that does well on Accountability either: committed few or no fouls so it was not an issue, or committed several fouls but made a genuine attempt to call most of them. Spirit is based on how fun your opponent was. A high rating would be for a team that appeared to have a fun-first, winning second attitude and encouraged themselves and/or their opponent in a positive way.

**To further encourage Fair Play and Good Sportsmanship, the League Management Committee will upon completion of the regular season award the top two teams with the highest spirit scores a \$100 gift card to a local eatery. Should a tie exist, the League Management Committee shall flip a coin to determine the winner(s).**

## **EXPECTATIONS OF PLAYERS**

All players participating in our co-ed leagues are expected to play with respect and a "fun first" attitude. In all Grand River Soccer leagues, there is an emphasis on the players to know the rules and manage their own actions on the field.

All players participating in our leagues are expected to play with respect for everyone at the field and with a "fun first" attitude. Soccer can be an intense and physical sport however, GRAND RIVER SOCCER leagues must be a fun, non-threatening environment.



All players are expected to know the rules and manage their actions on the field.

Players are required to call themselves if they commit violations or penalties. Not calling yourself can be considered poor spirit.

Players should promote fun and safety throughout the game by: calling themselves on fouls; trying to control their kicks in front of vulnerable players; talking to their own teammates who are not following the rules.

Promote spirit throughout the game. Let the opposing Team Captain know if you are enjoying their team, congratulate your opponent on fun and fair play throughout the game.

Players that are concerned about a player on the opposing team are required to talk to their Team Captain so he/she can address the issue with the opposing Team Captain at the appropriate time.

Players are expected to act in a respectful manner if approached by an opposing Team Captain regarding their style of play and to make any requested changes.

Players should be mindful of how hard they kick the ball if an opponent is directly in front of them. This applies to goalies when trying to quickly move the ball to the other team's end.

Players can provide constructive feedback to GRAND RIVER SOCCER as needed through their captains, regarding field conditions, unsportsmanlike play, or helpful comments/suggestions.

**Positive behaviour includes:**

- o Calling fouls on yourself.
- o Communicating with opposition in a friendly manner.
- o Exhibiting all-around good sportsmanship.
- o Avoiding unnecessary fouls or rough play.
- o Promoting friendly, fun atmosphere.

**Negative behaviour includes:**

- o Repeated or reckless fouls or rough play.
- o Failure to call fouls on yourself.
- o Making questionable calls on opposition.
- o Arguing calls or non-calls.
- o Attributing vicious motives to opposition.
- o Individuals exhibit "unsportsmanlike" behaviour.

**REPORTING SPIRIT CONCERNS**

If during the game you have a concern with the other team, address the issue respectfully with the opposing captain at the appropriate time (during play on the sidelines or at halftime).



If at the end of the game you do not feel that the issue has been resolved, report the details of the issue to GRAND RIVER SOCCER when reporting your scores.

## 2. GAME REQUIREMENTS & ROSTERS

**For 5v5 leagues: teams will have 4 players on the field plus the goalkeeper.**

Teams are required to have a minimum of 2 women on the field at all times (not including the goalkeeper)  
If a team has less than five (5) players they can play shorthanded  
If a team has less than four (4) players, they will 'default'

**For 7v7 leagues: teams will have 6 players on the field plus the goalkeeper.**

Teams are required to have a minimum of 3 women on the field at all times (not including the goalkeeper)  
If a team has less than seven (7) players they can play shorthanded  
If a team has less than five (5) players, they will 'default'

**For 8v8 leagues: teams will have 7 players on the field plus the goalkeeper. (COM-DEV)**

Teams are required to have a minimum of 3 women on the field at all times (not including the goalkeeper)  
If a team has less than eight (8) players they can play shorthanded  
If a team has less than six (6) players, they will 'default'

To avoid possible 'defaults', each team will be given a ten (10) minute grace period from the scheduled kickoff time to field a team with the minimum requirements as noted above. In the event of a default, a score of 5-0 will be issued and a spirit rating of 1 will be awarded. Teams are encouraged to participate in a friendly scrimmage in the event of a default. (with teams of equal numbers)

Teams can reduce the length of play but both captains must agree on a time before the game starts.

Captains should agree on one timekeeper prior to the start of the game. .

Games MUST end by 55 minutes after the hour mark.

There is no additional time added for injuries etc...

To diminish the risk of default games as much as possible. If a team cannot field a team, they are responsible for notifying the league who in turn will contact the opposing captain the day before the game. At that time, it can be discussed whether there are sufficient players interested in playing a practice game, and hopefully one can be arranged. Failure to provide proper notification prior to a default will result in the defaulting team receiving a 1 spirit point rating and a \$50 league fine.

## 3. FACILITY CONSIDERATIONS

GRAND RIVER SOCCER rents the fields on which we play. As tenants, players must respect the standards and rules of each facility.

Consumption of alcohol is not allowed at the fields; players caught violating this by-law are subject to fines from the facility and/or GRAND RIVER SOCCER.



Any player who causes GRAND RIVER SOCCER to receive a complaint regarding a field rented by GRAND RIVER SOCCER will face a \$100 fine and may be ejected from the league.

Teams are expected to clean up after themselves, please do not leave any garbage behind.

Any player who causes GRAND RIVER SOCCER to receive a complaint regarding a facility may be ejected from the league. GRAND RIVER SOCCER asks all players to arrive 15 minutes prior to the game start time. This 15 minutes should be used to change shoes, stretch and any other pre-game preparations.

NO SPITTING ON THE TURF!

Players are responsible for property damage.

#### 4. EQUIPMENT & TEAM SHIRTS

NO OUTDOOR CLEATS ARE PERMITTED AT CORE LIFESTYLE COMPLEX. THIS IS A FACILITY RULE.  
Only indoor/turf shoes are permitted at Core Lifestyle Complex.

Outdoor cleats are permitted at Com-Dev Soccer Park.

Solid metallic shoe studs are not permitted to be worn, nor are baseball-type cleats.

Braces and casts of any type must be completely covered with a protective sleeve.

A player cannot wear anything which is dangerous to another player. This includes earrings, hairclips, rings or other jewellery.

Shin guards are mandatory. The player must have them fully covered with socks.

Each team must bring a size 5 soccer ball to each game.

Team jerseys are permitted provided everyone wears jerseys of the same colour. **Each team member should have an alternate shirt colour in case of conflicts.** Home teams are responsible for changing shirts in case of a conflict.

Eg. Team "A" wear blue jerseys and is the home team. Their opponents, Team "B" wear black jerseys. Since the colours are similar, members of Team "A" should have 'white' colour shirts as alternates to avoid confusion. Similarly, if both teams had light colour shirts which are too similar, the home team should have alternates which are dark in colour.

#### 5. LEAGUE SPECIFIC RULES

##### GAME PLAY EXPECTATIONS

Before the game, the Captains will meet to introduce themselves, discuss rules or spirit issues that need to be emphasized. Captains WILL agree on a time keeper. Games MUST end by 55 minutes after the hour mark.

Team Captain's are the "head referees" and have the FINAL say on any decisions.



Team Captains are to communicate their expectations to each other. At the end of the pre-game meeting Team Captains are required to communicate all information with their players.

Players are required to call themselves if they commit violations or penalties. Not calling yourself will be considered poor spirit.

At halftime, the Team Captains can meet with one another to discuss any issues that arose in the first half. It is the responsibility of each Captain to communicate these issues to their teammates before resuming play.

At any time during a game, if the Team Captain(s) determine that the play is getting dangerous or too intense, they should call a one minute time-out to cool things down and discuss resolutions with each other. Play must have stopped for a time-out to be called.

At the end of the game, all players must shake hands and Team Captains meet to discuss any issues with the game and confirm the score.

## **GAME FORMAT**

Arrive 15 minutes prior to the scheduled game time to allow for warm-up.

Games consist of two 25-minute halves, with a 5 minute half time.

## **START OF PLAY**

To decide which team will have the first kick-off, team captains will either flip a coin or do 'rock, paper, scissors'. The winner can decide whether they want to kick-off or choose the end that they would like to start on.

To start the second half, teams will switch sides and the team that did not kick-off in the first half will have the will do so in the second.

After each goal, the team that was scored on will kick-off to re-start the game.

Kick-offs may be put into play only in a forward or backward direction and may not be touched by the kicker again until the ball has been contacted by another player.

## **SUBSTITUTIONS**

Substituting a goalkeeper can only occur during a stoppage in play.

Substitutions on all other players can happen at any time as long as the leaving player is on the sidelines before the replacement steps on the field of play. This is very similar to hockey's changing on the fly.

## **HANDBALLS**

A handball occurs when the ball touches any part of a player's arm from the top of the shoulder to the fingertips (except a goalkeeper within their own crease). See 'Fouls' section for associated repercussions.

Calling a handball:

It is the responsibility of the player who touched the ball with their hand to call 'handball'.

If an obvious handball occurs and is not called by the violating player, the opposition may stop play by yelling 'handball'. See below under 'Fouls' for consequences.



Unintentional hand balls should not be called. This is generally referred to as “ball to hand” rather than “hand to ball.” This typically happens when someone is trying to protect themselves from a shot to the face or other sensitive areas. If an unintentional hand ball occurs in the 18 yard box area and it is called, it is suggested that a corner kick be allowed as an acceptable compromise. If the unintentional hand ball is called outside the 18 yard box, an indirect free kick should be awarded.

If a handball is deemed intentional by a defender in his/her penalty area, a penalty shot should be awarded.

## **GOALKEEPER**

When a player passes the ball to their goalkeeper, the goalkeeper is not allowed to pick the ball up or use his/her hands on the ball in any way. If this happens, it will be considered a hand ball and the opposing team will be awarded an indirect free-kick from where it happened.

The goalkeeper can leave the crease to defend his/her goal or retrieve a loose ball. They may not touch the ball with their hands once they have left the crease.

A goalkeeper cannot throw the ball directly into the opponent’s goal.

The goalkeeper can leave the crease to play the ball up the field.

The goalkeeper can cross the centre line.

A goalkeeper is allowed to score.

## **BALL OUT OF PLAY**

The ball is out of play when it has wholly crossed the end-line or side-line, whether on the ground or in the air.

A kick-in will take place when the ball crosses the side-line by a player of the team opposite to that of the player who last touched it.

The kicker must not play the ball again until it has been touched by another player. A goal cannot be scored directly from a kick-in.

The defending team must stand at least 5 yards away from the ball until it goes into play.

The ball may be placed one ball length over the line due to obstructions from field partitions etc...

## **CORNER KICKS**

When the ball passes over the end-line and was last touched by a member of the defending team, a member of the offensive team will take a corner-kick.

The ball is placed within a one yard radius from the corner closest to where the ball went out of play.

A goal may be scored from a corner kick.





The defending team must stand at least 5 yards away from the ball until it goes into play.

The kicker is not allowed to play the ball a second time until it has been touched by another player.

## **GOAL-KICK**

When the ball passes over the end-line and was last touched by a member of the offensive team, a member of the defensive team will take a goal-kick.

The ball must be touched by a player other than the person taking the kick for it to be back in play.

Opposing players must stand a minimum of 5 yards away from where the ball is being kicked from.

A goalkeeper cannot receive the ball into his/her hands from a teammate's goal-kick.

## **FREE KICKS**

All free-kicks are to be indirect (except penalty kicks).

All indirect free-kicks are to be taken from the point where a foul occurred – see below 'Fouls' section for an explanation. This also applies to when the goalkeeper illegally plays the ball with their hands.

The ball must touch at least 2 players before it can be a goal (the kicker and 1 other, which could include the goalkeeper).

All opposing players (defence) of the team taking the free-kick must be at least five yards away from the ball, except when the ball is being kicked from a point closer than five yards from the goal mouth - in which case the defending players may stand on their end-line.

## **PENALTY KICK**

A penalty kick will be awarded anytime a foul (major or minor) is committed within the goal crease. It will be taken from the penalty-mark (or two yards from the outer goal crease line) with all other players outside of the penalty-area and at least 5 yards from the penalty mark.

The goalkeeper must stand (without moving his/her feet) on their own end-line, between the goal posts, until the ball is kicked; the kick must go forward and the kicker cannot touch the ball a second time until it has been touched by another player (goalkeeper).

## **MERCY RULE**

The game will be called when one team gains a lead of 8 goals. The score will freeze and teams are encouraged to play the rest of the game for fun.

## **GAME STOPPAGES**

If the ball comes in contact with the netting/roof, the play is stopped and the ball is taken to the sideline closest to where the contact occurred and a kick-in is awarded against the team that last touched the ball.



If the ball comes in contact with the steel wire directly above half, the ball is considered 'LIVE" and play continues on.

## OFFSIDE

There are NO offsides.

## 6. INFRACTIONS & FOULS

**Slide tackling is not allowed in any GRAND RIVER SOCCER co-ed leagues.** Slide tackling includes any player, including the goalie, who leaves the ground in a feet-forward motion towards the ball or another player. Any sliding is a safety concern for yourself and your opponent and is considered reckless play.

Despite best efforts, the following infractions may occur during a game. If they appear to be **unintentional** and not malicious in nature then they should result in an **indirect free-kick**. These infractions include:

- Accidentally tripping an opponent. A minor hold of an opponent.
- Bumping or minor contact with an opponent.
- Yelling at an opponent to distract him/her.
- An unintentional handball: When the player touching the ball gains advantage and the play is not in the goal crease.
- When a goalkeeper touches the ball with their hand after it has been passed to him/her from someone on their own team.

The following would result in a **10 minute major penalty** (the fouling player sits off for ten minutes, but the team is not short-handed). This also results in an indirect free-kick:

- Aggressive contact during the course of normal play (tripping, slide-tackling, pushing off, armbar), that could harm or injure an opponent.
- Unsportsmanlike behaviour: Excessive verbal abuse of your own team or throwing equipment to show displeasure at a play.

The following would result in a **penalty kick**:

- Any major penalty that occurred in the goal crease by a defensive player.
- Any intentional handball in the crease by a defensive player, unless a goal is scored on the play.

The following would result in a **game misconduct**:

- If any player receives (2) two 10 minute major penalties in a game, they will receive a game misconduct.
- Physical contact with an opponent that's violent or dangerous, and is clearly intentional.
- Profanity or verbal abuse directed at another player.
- Striking or attempting to strike an opponent.
- Spitting at an opponent.

In the event of a play that is witnessed by other players and is uncontested, and should result in a **game misconduct** it is the captain's responsibility to ensure that the player leaves the premises immediately before the game is resumed; and supplies the name of the player to the opponent to be reported to GRAND RIVER SOCCER with the Score and Spirit rating.

**If the teams are not in agreement over a play (the play is contested) that could lead to a game misconduct, the**



**captains must decide how to best handle the situation, and the incident must be reported to GRAND RIVER SOCCER for follow-up. At the very least, the player committing the foul should be sent off.**

**Grand River Soccer has implemented "Game Review Hearings" which allow league officials to meet with Captains where low spirit scores or aggressive behaviour was reported. A league convenor will be in attendance at most league sanctioned games.**

## 7. PLAYOFFS

**Teams maintaining a Spirit Score of 4.0 or greater during the regular season will be guaranteed playoff games while those teams that do not maintain a 4.0 Spirit Score will be subject to a review by the League Management Committee for playoff eligibility.**

There are no ties in the playoffs.

If the score is tied at the end of regulation time, penalty kicks will be taken.

When penalty kicks are taken, the initial five players will consist of a maximum of three males. Teams will alternate between male and females or vice versa. If all females have shot once, they must shoot a second time. Five players from each team will alternate shots from the penalty-mark at one end of the field (refer to the section on penalty kicks).

At the end of the ten shots (five by each team) if the score is still tied, then penalty-shots will continue with the remaining players on the team (a player is not allowed to take a second shot if there are players on his/her team that have not yet shot).

As soon as one team has a higher score and both teams have taken the same number of shots, that team will be the winner.

## 8. REPORTING SCORES & SPIRIT RATINGS

Team captains or designates are responsible to report the score of their game and the spirit rating of their opponent to GRAND RIVER SOCCER within 72 hours of the games completion.

All scores must be submitted using the online score report form : [Submit Your Score](#)

If for some reason the website is non-functional, please email you scores to: [info@grandriversoccer.com](mailto:info@grandriversoccer.com)

If a team captain does not report their score within the 72 hours, their team will receive a 2 sportsmanship rating (unless their opponent has given them a 1) and the score will be processed as their opponent reported it.

## 9. ROSTERS

To encourage fair play spirit and to prevent teams from bringing in 'ringers', all rosters will be locked after February 1, 2014. Captains are required to carry a copy of their final rosters with them in case they are challenged about the eligibility of a player. You may only challenge a players eligibility up until the start of the 2<sup>nd</sup> half of the game. Once the 2<sup>nd</sup> half starts, there can be no challenges.



Teams found using ineligible players will receive a spirit rating of 1 and will receive a written warning. A second violation of this rule will deem them ineligible for the playoffs.

If there is a genuine reason for needing to add players, please email the league at [info@grandriversoccer.com](mailto:info@grandriversoccer.com) and list the players names and the reason you are adding them after February 1, 2014. You must submit this request 48 hours prior to your next game. The league will review the request and advise you of their decision.

Questions, Suggestions or Concerns ?

Email: [info@grandriversoccer.com](mailto:info@grandriversoccer.com)

