

Indoor Playing Rules

Game Play

Duration of the game will be two equal periods of 25 minutes, with a maximum of 5 minutes rest at half-time.

Only players, coaches, managers and trainers may be on the team bench, and they must all be listed on the game sheet. All teams are required to provide a completed game sheet to the referee prior to the game. Game officials (referee and scorekeepers) must clearly print and sign their names on the game sheet where indicated.

All teams must bring a ball, pump, and pins to the game. The home team will supply the game ball.

Regular season games may end in a tie. Play-off games will go straight to penalty kicks if tied after regulation time.

Players

Game is a 6 v 6 format, including goalie. A minimum of four (4) players are required per team to start and maintain a game. Failure to meet this requirement on the part of an individual team will result in that team automatically forfeiting the game by a score of 1-0.

Unlimited, on-the-fly substitutions, exempting goalies. Substitutions for goalies must be made at stoppage time and with permission of the referee.

Substitutions must be made within five (5) metres of the halfway line running along the touch line where each team's bench resides.

Pickups are not permitted in the first half of the season. After one round of play, pickups are permitted to assist a team in need of subs. Teams are permitted to pick up a maximum of three (3) players to provide them a maximum of 3 subs for Indoor. All pickups must be added to the game sheet prior to the start of the game.

Players' Equipment

Team members must have complete uniforms: jersey with number, shorts, and socks. Players on a specific team will have identical uniforms, including the same colour jersey, shorts, and socks. Goalies for each team must wear a different colour than their team, the opposing team, and the opposing team's goalie. Goalies are not required to wear a numbered jersey. Players are required to wear shin guards that provide adequate protection. Players must wear either indoor flat or turf shoes. No outdoor cleats are permitted.

Players shall not wear anything which is dangerous to themselves or another player. This includes jewelry. All jewelry must be removed and taping of jewelry is not permitted. Players will be asked to leave the playing area by the Referee until the dangerous item(s) is removed.

The Start of Play

A coin is tossed and the team which wins the toss decides which goal it will attack in the first half of the game and kicks off in the second half of the game. The other team takes the kick-off to start the game. In the game's second half, the teams change ends and attack the opposite goals.

A goal may not be scored directly from a kick-off.

The kicker shall not play the ball a second time until it has been touched or played by another player. For any infringement of this 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, a free kick shall be taken by a player of the opposing team from the place where the infringement occurred.

When restarting the game after a temporary suspension of play, the referee shall drop the ball at the place where it was when play was suspended, unless it was within the penalty area at that time, in which case it shall be dropped on the penalty-area line at least one metre from the boards/goal-line, nearest to where the ball was when play was suspended.

Ball Out of Play

When the ball goes out of play, a free kick shall be awarded to the opposing team, below the point at which contact was made. When a player is taking a free kick, all of the opposing players shall be at least five metres from the ball. All free kicks are direct.

Goal Kicks may be taken anywhere in the penalty area.

Corner Kicks – ball must be placed on the corner marker, all of the opposing players shall be at least five metres from the ball

Kick-ins should be taken on the dashed perimeter line nearest to where the ball went out of play, all of the opposing players shall be at least five metres from the ball

Referees

The referee's powers of penalizing shall extend to offences committed when the ball is in play, the ball is out of play or play has been temporarily suspended. The referee's decision on points of fact connected with the play shall be final, so far as the result of the game is concerned.

Referees have the discretionary power to stop the game for any infringement of the playing rules and to suspend or terminate the game if they decide stoppage is deemed necessary.

Referees have the discretionary power to caution and show a yellow card to any player guilty of misconduct, bullying, swearing or unsporting behaviour, and any other behaviour deemed inappropriate.

Referees have the discretionary power to send off the field of play and show a red card to any player who is guilty of violent conduct, serious foul play, or the use of offensive, insulting, abusive language

and/or gestures, or is guilty of a second cautionable offence. If any type of misconduct is directed towards the referee, then the referee may abandon the game.

Fouls

A free kick is awarded to the opposing team from where the offence occurred. Free kicks are direct.

Offences include but are not limited to:

- Trips, kicks, strikes, pushes, holds, or spits at an opponent
- Charges an opponent, including forcing into the boards
- When tackling an opponent makes contact with the opponent before contact is made with the ball
- 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)
- Slide tackles or attempts to slide tackle
- Plays in a manner considered by the referee to be dangerous
- When not playing the ball, impeding the progress of an opponent, i.e., running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent, or using the boards or walls to delay play, trap, fend-off an opponent or support themselves so as to gain an advantage
- Charging the goalkeeper except when the goalkeeper: is holding the ball; is obstructing an opponent; has passed outside the goal area
- When playing as a goalkeeper and within the penalty area commits any of the following five offences: takes more than six seconds while controlling the ball with her/his hands, before releasing it from her/his possession; touches the ball again with her/his hands after it has been released from her/his possession and has not touched any other player; touches the ball with her/his hands after it has been deliberately kicked to her/him by a team-mate; touches the ball with her/his hands after she/he has received it directly from a kick-in taken by a team-mate; wastes time

Should a player of the defending team commit any of the above offences within the penalty area, the player shall be penalized by a penalty kick. A penalty kick can be awarded irrespective of the position of the ball, if in play, at the time an offence within the penalty area is committed.

Cautions & Cards

A player shall be cautioned and shown the **Yellow Card** if, in the opinion of the referee, the player:

- Is guilty of unsporting behaviour including bullying, swearing or disrespect of others
- 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 a 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 or directly returning to the team bench after serving a time penalty
- Slide tackles or attempts to slide tackle. Sliding without attempt to contact the opposing player shall not be considered a slide tackle.

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 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
- Abuses offensive, insulting or abusive language and/or gestures
- Receives a second caution in the same match.

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.

Time Penalties

- A player committing any offence may be given, at the discretion of the referee, a 2 minute time penalty
- A player who is cautioned shall serve a 2 minute time penalty
- When a player has been sent off the field, another player on the same team shall serve a 5 minute time penalty.
- If a team accumulates 6 fouls, they will serve a 2 minute time penalty. The coach/team decides who will serve the penalty.

Caution Codes

1. Delaying the restart of play
2. Dissent by word or action
3. Entering, re-entering or deliberately leaving the field of play without the referee's permission
4. Failure to respect the required distance when play is restarted with a corner kick or free kick
5. Persistent infringement of the LOTG / Laws of the Game (no specific number or pattern of infringements constitutes "persistent")
6. Unsporting Behaviour

Please refer to our **Code of Conduct** as needed

<https://s3.amazonaws.com/my.lfiles.com/00203835/TBWSC%20Code%20of%20Conduct%202025.pdf>