

SOCGER PLEX II - INDOOR SOCCER RULES 2020-2021

- **RULE 1 THE FIELD OF PLAY**

- **RULE 2 THE BALL**

- **2.1 APPROVED BALL SPECIFICATIONS:** The ball to be used must bare symbols from approved FIFA Quality or International Match Standard, (IMS) and adhere to the following specifications:
 - Spherical
 - Made of suitable material
 - The circumference of the ball shall not exceed twenty-eight inches (28") and shall not be less than twenty-seven inches (27"). The weight of the ball at the start of the game shall not be more than sixteen (16) ounces nor less than fourteen (14) ounces. The pressure shall be equal to 9.0-10.5 lb/sq. inch.
- **2.2 BALL CHANGE:** The ball shall not be changed during the game unless authorized by the Referee.

- **RULE 3: PLAYERS AND SUBSTITUTES AND COACHES**

- **3.1 TEAMS:** A game shall be played by two (2) teams, each consisting of not more than six (6) nor fewer than four (4) players on the field, one of whom must be the goalkeeper. If multiple time penalties are being served, there shall be a minimum of four (4) players per team, including the goalkeeper, on the field of play. Players and/or coaches are not permitted to **sit or stand** on the dasher boards during live play.

- **3.2 Non-Playing Bench Staff** – (includes coaches, trainers, equipment managers) Who must be listed on the Game Sheet shall be subject to the authority and jurisdiction of the Referees. Suspended players and/or coaches shall not be permitted in the team bench area.
- **3.3 Unlimited Substitution - : *Playing with Too Many Players (“Too Many Men”)*:**
During dynamic play, substitutions may be made at any time on an unlimited basis, provided the player substituted for is within the touchline at his own bench area, or off the field of play within his own bench area, before the substitution is made. Neither the player entering the field nor the departing player may participate in play or gain an advantage during a period of time when they are simultaneously on the field and the ball is in play (even if within the touchline). Such violation shall result in a 2-minute team power play penalty. It shall be the Coach’s choice as to which player serves the two (2) minute power play penalty which shall not accrue against that player for purposes of multiple accumulated time penalty ejection.
- **3.4 GOALKEEPER SUBSTITUTION:** Any teammate may change place with the goalkeeper at any time as per regular substitution procedures during stoppages, provided that the goalkeeper wears a jersey that distinguishes him from the other players and the Referees. A goalkeeper who is substituting during dynamic play has to be within the dashed touchline when the substitution is for a “6th attacker”. The goalkeeper must make a move towards the team bench and after doing so may no longer participate in play or interfere in any way. **A Violation shall be considered Too Many Players resulting in a 2-minute Team power-play penalty.**
- **3.5 GUARANTEED SUBSTITUTION:** During guaranteed substitution occasions, teams shall be allowed fifteen (15) seconds to complete all player substitutions. The restart of play will be delayed to allow completion of substitution(s) on the following occasions: (a) After a goal has been scored. (b) After a time penalty has been assessed. (c) Injury timeout. (d) At any unusual stoppage acknowledged by a Referee.
- **RULE 4 PLAYERS’ EQUIPMENT**
 - **4.1 USUAL EQUIPMENT:** The equipment of a player (during the entire game) is a shirt, shorts, socks, shin guards, and indoor soccer footwear. Numbers shall be required to appear on the back of the shirt. Socks are to be pulled to the knee, thereby covering the shin guards. Protruding apparel under the shorts, if worn, must be of the same color as the dominant color of the team’s shorts or each player to have the same colour worn under the shorts.
 - **4.2 FOOTWEAR:** A player’s footwear must conform to the following standards: Flat soled shoes or other footwear designed for artificial surfaces must be worn. No footwear with fewer than thirty (30) molded mini-studs shall be permitted. A player who loses a shoe during the normal course of play may continue to participate until the next stoppage in play. Under no circumstances may a player leave the bench without shoes to participate.

- **4.3 SHIN GUARDS:** All players must wear shin guards during play. Shin guards are defined as protective equipment that is commercially available and made of suitable material to provide reasonable protection to the shins. A player who loses a shin guard during the normal course of play may continue to participate until the next stoppage in play at which substitutions are guaranteed. Under no circumstances may a player leave the bench without shin guards to participate. Players not conforming to League standards will be asked to leave the field until corrective action is taken.
- **4.4 GOALKEEPER: Uniform and Equipment:** The Goalkeeper's uniform should feature different colors than his teammates', opponents' and the game officials' uniforms. The goalkeeper's dominant jersey color(s) shall be completely different than his team's jersey color(s) and that of the opponents. While the goalkeeper's shorts and socks may be the same as the rest of his team, it is strongly recommended the goalkeeper to wear an entire outfit that completely contrasts that of his team's. Each team should carry an extra, unnumbered goalkeeper jersey for a player not normally a goalkeeper who is substituted at goalkeeper for whatever reason. Any field player who replaces the goalkeeper must wear a goalkeeper jersey.
- **4.5 DANGEROUS EQUIPMENT:** Players shall not be permitted to wear any kind of jewelry, (necklaces, chains, rings, or bracelets... etc.) at any time during the playing of the game. No casts, either of plaster or fiberglass, can be worn. If a Referee finds that a player is wearing articles not permitted by the Rules and/or constitutes a danger to him or other players, he shall order the player to properly pad or remove the dangerous articles.
- **Rule 4 INFRINGEMENT:** For any infringement of these rules, the player at fault shall be sent off the field of play to adjust his equipment and he shall not return without first reporting to a Referee, who shall be satisfied that the player's equipment is in order. The player shall only enter at a guaranteed substitution. **A 5-minute Misconduct non power play penalty shall be assessed to the offender who enters the game in breach of the conditions of this Rule having failed to carry out the equipment adjustment as ordered.**
- **RULE 5 REFEREES**
 - **5.1 REFEREES:** One (1) Referee and one (1) Time keeper (Assistant Referee), shall officiate each game. The authority of the Referees commences when they enter the arena. The Referees are responsible for the record of the game, the control of the timekeeper.
 - **5.2 POWERS:** Referees' decisions on points of fact connected with play shall be final so far as the result of the game is concerned. The Referee's power to assess penalties, and maintain control of the game, extends to violations of these Rules which are committed during play, during stoppages, and as players and other team personnel proceed to and from the field of play. The Referee has the power to:
 - **5.3 WARN/PENALIZE/REPORT /CAUTION/EJECT:** From the time the Referee enters the arena, they have the authority to penalize or report any team, player,

or bench personnel, as required by these Rules, for fouls, time penalties, warnings, including all Yellow, and Red Card offenses, regardless whether the ball is in play. Should a player simultaneously commit two (2) or more different violations, the Referee shall penalize the most serious violation. (a) Apply Advantage: The Referee allows play to continue when the team against which an offense has been committed will benefit from such an advantage and penalizes the original offence if the anticipated advantage does not ensue at that time. (b) Exercise Discretionary Power: The Referee has discretionary power to stop the game for any violation and to suspend or terminate the game by reason of the elements, interference by spectators, or other causes deemed necessary. (c) Prohibit Entry Onto Field: The Referee ensures that no unauthorized persons enter the field of play. Bench personnel may enter the field of play at their team bench at halftime. (d) Restart Signal: The Referee signals the restart of the game after all stoppages. **A whistle is required for a Corner Kick, Penalty Kick, Shootout, Kick Off, 5 - second violation, and restarts at the Free Kick Mark Line.** (e) Ball Approval: Decide that the balls provided for a match meet with the requirements of Rule 2.1. (f) Halt Play Due To Injury: The Referee may stop the game, if a player has been injured, and have the player removed from the field of play, in accordance with Rule 3.12. (g) Non-Player Discipline: Penalize or eject, as set forth under Rule 12 any coach or non-playing team personnel who enters the field of play without Referee permission, except: (1) During game stoppages officially designated and acknowledged by the Referee. (2) During an injury timeout when acknowledged by the Referee. (3) Between quarters and overtime periods. (4) In cases of a goalkeeper injury at which time the coach and/or other nonplayer team personnel may attend to the injured goalkeeper with the permission of the Referee.

- **5.4 GAME REPORT:** The Referee shall file a Game Report that includes information on any disciplinary action taken against players, and/or team officials and any other reportable incidents that occurred before, during, or after the game.

- **RULE 6 ASSISTANT REFEREE AND OTHER OFFICIALS :** None at this time

- **RULE 7 DURATION OF THE GAME**

- **7.1 DURATION:** The duration of a regulation game shall be two halves (25) minutes each for a total of sixty (50) minutes. The referee shall keep official time even with the use of the score clock.
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- **7.2 INTERVAL BETWEEN HALFS:** A maximum of 3 minute halftime intermission. **A one minute warning buzzer will start prior to the start of the game and start of the 2nd half.** Game clock will start counting down 1 minute after the warning buzzer sounds. This is to ensure games stay on time.

- **RULE 8 THE START OF PLAY**

- **8.1 BEGINNING THE GAME:** The home team shall decide the choice of ends, and the visiting team shall take the kick off. After the Referee has whistled, the game shall be started by a player taking the kickoff. Every player of the team opposing that of the kicker shall remain not less than fifteen feet (15') from the ball. Players from both teams shall remain in their own halves of the field until the ball is in play. The ball shall be deemed in play when it has been played (touched) in any direction. The kicker shall not play the ball a second time until another player has touched it. Playing the ball twice includes instances where a player taking the kick plays the ball off the perimeter wall to himself, before it has been touched by another player. **A goal can be scored directly from a kick off.**
- **8.2 AFTER A GOAL HAS BEEN SCORED:** The game shall be restarted in like manner (Rule 8.1) by the opposing team.
- **8.3 AFTER THE FIRST HALF:** Kick-off will be taken by the team that did not kick off the previous half.
- **8.4 PUNISHMENT:** 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 by another player. For this offense, a free kick will be awarded to the opposing team at the point where the infraction took place.
- **8.5 RESTART - CAUSE NOT MENTIONED:** In any situation where a team has clear possession of the ball when play was stopped for any cause not mentioned in the rules, the team with possession shall be awarded a free kick. When restarting the game after a stoppage of play for any cause not mentioned elsewhere in these Rules and neither team was in possession, the Referee shall drop the ball at the place where it was when play was stopped and it shall be deemed in play when it has touched the ground. When restarting the game after a stoppage of play, which occurred while the ball was inside the penalty area, the Referee shall drop the ball at the Free Kick Mark. Once the ball has touched the ground, it is in play. A player shall not play the ball until it has touched the ground. If this Rule is not complied with, the Referee shall again drop the ball.
- **8.6 FIVE SECOND PLAY REQUIREMENT:** Failure by a team to put the ball into play within FIVE (5) seconds after the Referee has signaled the ball ready for play or by the blowing of the whistle, shall result in a possession turnover to the opponent. **A whistle to restart play is required after a five second play requirement violation.**

- **RULE 9 BALL IN AND OUT OF PLAY**

- The ball is in play at all times from the start of the game to the finish, including:
 - (a) If it rebounds from a goalpost, crossbar, perimeter side wall into the field.
 - (b) If it rebounds off a Referee when he is on the field of play, unless a clear advantage is given to any player, restart with an uncontested drop ball to the team that played the ball last before it contacted the referee.

- (c) In the event of a supposed infringement of the Rules until a decision has been made by the Referee.
 - **9.2 BALL OUT OF PLAY:** The ball is out of play:
 - (a) When it has wholly crossed the perimeter wall.
 - (b) When it has made contact with any part of the building superstructure above the field of play. For such contact, a Free Kick will be awarded to the opposing team at the nearest hashed perimeter line where the ball was last played.
 - (c) When the game has been stopped by the Referee.
 - (d) When the ball makes contact with anyone who is on the team bench.
 - (e) If the ball is deflected by any defending player (*including the Goalkeeper*), directly above the goal area and the ball makes contact with any structures above, a Free Kick shall be taken by the attacking team on the designated **Free Kick Mark** on the field. **Referee will signal the restart with a whistle.**
- **RULE 10 METHOD OF SCORING:**
 - **10.1 LEGAL GOAL:** a goal is scored when the whole of the ball has passed over the goal line prior to the start of the buzzer sounding, between the goal posts and under the crossbar, provided it has not been thrown, carried or intentionally propelled by hand or arm, by a player of the attacking side.
 - **10.2 SCORING:** All goals shall be of equal value, one (1) point each goal.
 - **10.3 DETERMINING A WINNER/TIEBREAKERS:** The team scoring the greater number of goals during the game shall be declared the winner. Regular season games may end in a tie. Play-off games will go straight to Kicks From the Mark if tied after regulation time. **See Law 14.**
 - **10.4 OUTSIDE INTERFERENCE:** A goal cannot, in any case, be allowed if the ball has been touched and/or prevented by some outside agent from passing over the goal line. Refer to Laws of the Game 2020* for restart.
- **RULE 12 FOULS AND TIME PENALTIES**
 - ***Any time penalty issued, will be served for the entire duration by the player serving it.***
 - **12.1 FOULS:** A player who commits any of the following offenses against an opponent in a manner considered by the referee to be careless, reckless or using excessive force, while the ball is in play shall be penalized by a free kick to the opposing team, to be taken at the point of the infraction
 - (a) Kicks or attempts to kick an opponent
 - (b) Trips or attempts to trip an opponent

- c) Reckless Tackle (which endangers the safety of an opponent) (sliding is permitted, but the **slide tackling is not**. A player cannot initiate contact with the opposing player, and/or slide towards a player in a careless, reckless, or excessive manner. Players will be Cautioned (Yellow Card) and **A (2) minute power play time penalty must be assessed to any player committing a slide-tackle.**
- (d) Two-footed Tackle - **Player will be Cautioned or a Dismissal (Yellow Card or Red Card),** depending on the severity of the infringement. **A two (2) minute power play time penalty must be assessed to any player committing a two-footed tackle, regardless of whether or not they win the ball in the process of the tackle (this also applies to goalkeepers when tackling for the ball outside of the penalty area).**
- (e) Jumps at an opponent
- (f) Charges an opponent from behind unless the latter is shielding the ball in a legal manner or Charges fairly at an improper time (playing with the shoulder, when the ball is not within playing distance of the players concerned)
- (g) Charges an opponent in a dangerous manner. If a player deliberately turns his back to an opponent when he is about to be checked, he may be charged by an opponent but not in a dangerous manner
- (h) Strikes or attempts to strike an opponent (**including head-butt - Dismissal**) Player receives a Red Card. **A two (2) minute Power Play time penalty must be assessed for striking or attempting to strike.**
- (i) Contact above the shoulder – elbows or attempts to elbow an opponent, Player receives a Caution (yellow card). **A two (2) minute power play time penalty must be assessed to the player** contacting an opponent in the head, face or neck area unless the force was negligible, regardless of player intent.
- (j) Holds an opponent
- (k) Pushes an opponent
- (l) Handles the ball deliberately (except for the goalkeeper within their penalty area)
- (m) Boarding - Propelling an opponent into the perimeter wall. There is no charging of a player, **even legally**, who is within the **dashed perimeter line**. Players committing the offence can be Cautioned or Dismissed depending on the severity of the infringement. **A two (2) minute Power Play time penalty must be assessed for boarding**
- (n) Playing in a dangerous manner
- (o) Impedes an opponent. (when not playing the ball, running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent)

- (p) Unsportsmanlike Conduct – A player who acts with Unsportsmanlike Conduct during mass confrontations or dead ball situations must be cautioned. **A two (2) minute Power Play time penalty must be assessed**
- **12.2 TIME PENALTIES:** Time penalties shall be classified and noted as follows:
 - **2-MINUTE POWER PLAY PENALTIES HIGHLIGHTED IN BLUE**
 - **HIGHLIGHTED YELLOW 5-MINUTE MISCONDUCT: (NON-POWER PLAY)**
 - **DISSENT 12.6**
 - **TECHNICAL OFFENSES REPORTABLE ADMINISTRATIVE OFFENSES**
 - **EJECTIONABLE OFFENSES: HIGHLIGHTED RED**
- **12.3 PENAL TIME PENALTIES:**
 - **A two (2) minute Power Play time penalty may be assessed against players for committing any of the offenses outlined in Rule 12.1 (a) – (p) committed while the ball is in or out of play when deemed by the Referee to be severe, tactical, or blatant in nature. A time penalty must be assessed for incidents of: boarding, contact to a player’s head, neck or face area, elbowing, spitting, striking, and two-footed tackling (regardless if the player gets the ball). These penalties shall be administered by the showing of a Yellow Card by the Referee and shall be two (2) minutes in length.**
 - In situations of a foul or incident being so severe as to warrant an Ejection (**Red Card**), **a two-minute Penal time penalty accompanies the ejection and is served by a teammate (Coach’s choice) of the player ejected.**
 - Any two (2) minute penal power play time penalty, with the exception of any Ejectionable Offenses, assessed to the goalkeeper, shall not be served by the goalkeeper but rather served by a teammate (Coach’s choice).
- **12.4 ADDITIONAL POWER PLAY PENALTIES:** As delineated elsewhere in the Rules, **a two (2) minute Power Play Penalty shall be issued for the following:**
 - **(a) Playing with Too Many Players. No card shall be issued to the player.**
- **12.5 MISCONDUCT PENALTIES:**
 - ***The penalized player must serve the entire five (5) minute penalty***
 - **(a) A five (5) minute Misconduct Penalty shall be assessed against players who show disapproval (*Dissent*) , by word or action, of the decision by the Referee or other Game Officials or acts in a severe Unsportsmanlike Manner.** These penalties shall be administered by the showing of a Yellow Card and shall be five (5) minutes in length. **As no power play is awarded to the opposing team, the offending player may not exit the penalty box until the first guaranteed substitution or when the ball goes over the perimeter wall and is out of play, after his penalty time has expired.** A misconduct penalty assessed to a goalkeeper shall not be served by the goalkeeper but rather served by a

teammate (**coach's choice**). A player whose misconduct penalty expires, does not have to report to the bench, he may go directly on the field as a player. T

- (b) **Ball Played or Thrown off the Playing Field:** During a stoppage of play immediately following a goal, should a player intentionally kick, throw or play the ball off the playing field, **such player shall be assessed a five (5) minute Misconduct non power play time penalty.**
- (c) **Delay of Game after Time Penalty:** A penalized player who does not immediately proceed to the penalty box will be assessed an additional five (5) minute Misconduct non-power play penalty. A teammate must serve the two (2) minute power play portion (Coach's choice).
- (d) **Simulation/Embellishment:** A Team Warning will be issued for a player who attempts to gain a foul or time penalty by faking or embellishing contact. A second violation by any player on that team will result in a caution and a five (5) minute Misconduct non-power play penalty.
- (e) **Entering Arena Seating:** Players and/or coaches are strictly prohibited from entering any fan spectator areas. This includes arena seating or open standing areas surrounding the dasher boards. Goal celebrations must be confined to the field of play within the dasher boards.
- (f) **Dissent by word or action, directed towards the Time Keeper:** This will result in a Caution (yellow card) and a five (5) minute Misconduct non-power play penalty.

○ **12.6 MISCONDUCT TECHNICAL INFRACTIONS:**

- (a) Player Violations. A player committing any of the following offenses: (1) Player leaves penalty box prior to expiration of time penalty. (2) Players interfere in shootout procedures (3) Encroachment, after a Warning. (3) Delay of Game: Players shall not engage in tactics that delay the restart of the game immediately following the Referee's whistle to stop play. **A Team Warning will be issued on each team's first occurrence. Subsequent violations will result in a five (5) minute misconduct penalty assessed against the guilty player.**

- **12.7 EJECTIONS (with Power Play):** A player or non-player shall be ejected and a two (2) minute Power Play Penalty awarded for incidents of: (a) Violent Conduct or Serious Foul Play. (b) Offensive, insulting, obscene or abusive language and/or gestures (c) Head Butting. (d) Third man into an altercation. (e) First man off the bench joining an altercation. (f) Leaving the penalty box and joining an altercation. (g) Spitting on or at an opponent or any other person. **Ejected Coach or Non-playing bench personnel restrictions (No Powerplay): No powerplay accompanies such ejection. An ejected coach or non-playing bench personnel may not, from the time of his ejection until the conclusion of the game, have any communication with his team's players in the arena, exclusive of his team's dressing room. This prohibition shall include any type of communication through gesticulation, radio, electronic device, or otherwise. The coach must leave the arena. The Referees shall report any such action to League Discipline Committee.**

- **12.8 DURATION/EXPIRATION OF TIME PENALTIES:** Two-minute Penal time penalties issued to players shall be subject to the following concerning duration and expiration of penalty time. A player whose time penalty has expired must immediately leave the penalty box, subject to other restrictions in this Rule.
 - (a) **Equal Number of Penalties:** In situations where an equal number of players from each team are serving time penalties and a goal is scored, no player shall be released and no time penalty voided, as it is not a Power Play goal.
 - (b) **Multiple Penalties (Same Team):** If a team is reduced to **two players less** than their opponents due to time penalties, and such team is scored upon by its opponent, then the player having the least amount of unexpired Penalty Time remaining may return. The first player into the penalty box is the first player out.
 - (c) **Multiple Penalties (Same Team):** There must always be a minimum of four (4) players on the field for each team. If a team has two (2) players serving penal penalties and a third player receives a power play penalty, the third player must go to the penalty box. He/she shall, however, be replaced by a substitute on the field since four (4) field players must be on the field. The penalty time for the third player will not begin until that of the first player has elapsed. The first penalized player shall not return to the field until the ball has left the field of play after the expiration of his penalty time.
 - (d) **Multiple Penalties:** For multiple time penalties assessed against a player in a single instance the following shall apply: 1. A player who is assessed a penal time penalty and a misconduct penalty (yellow card) in a single instance shall serve the entire accumulated time (5 minutes). He shall be joined by a teammate in the penalty box (Coach's choice), to serve a 2 minute penalty, who shall return to play at the conclusion of the power play time penalty as a field player. (e) **Penalty Box Exit:** Once a player enters the Penalty Box, he shall remain there for the duration of his penalty time; he shall not be released to join his team at the half-time interval.
 - A player shall **not leave the penalty box unless** released at one of these occasions:
 - (1) The expiration of his time penalty, provided that his release does not place too many players on the field (when three or more players are serving time penalties)
 - (2) A Power Play goal is scored against his team (and his penalty has the least remaining time among his penalized teammates, if any)
 - (3) Should a player leave the penalty box prior to the expiration of his time penalty to participate in play, this shall be considered a (5) five minute Misconduct Technical Infraction.
 - (4) Should a player leave the penalty box prior to the expiration of his time penalty to participate in dissent or an altercation, this shall be considered **Violent Conduct and he shall be ejected (Red Card)**. (f) **Penalty Box Decorum:** Penalized players must go directly to the Penalty Box immediately following the signal by the referee, a player failing to do so will be assessed a Delay of Game 5-minute Misconduct penalty. ***Penalized players are required to act in a professional manner and to remain seated until 10 seconds prior to release by the Time Keeper.***

○ **12.9 GOALKEEPING RESTRICTIONS:**

- During regular play the goalie is confined to his/her half of the field and can only use their hands within the penalty area. ***In the last five minutes of play, the “6 attacker, “ substitution can occur during dynamic play, see RULE 3.4.***

Infractions for (a), (b), and (c) shall cause the Referee to stop play and award a free kick to the opposing team as outlined below.

- a) **Ball Played to Goalkeeper’s Hands from Teammate:** A goalkeeper is not permitted to touch the ball with his hands if it has been deliberately kicked to the goalkeeper by a teammate. (A player may pass the ball to his own goalkeeper using his head or chest or knee, etc.). A player may not use a deliberate trick to pass the ball (including from a free kick) to the goalkeeper with the head, chest, knee, etc. to circumvent the rule. Free kick is awarded to the opposing team at the Free Kick Mark.
- (b) **Illegal Procedure Handling:** A goalkeeper who receives the ball outside of the penalty area from a teammate shall not handle the ball inside the penalty area. Free kick is awarded to the opposing team at the Free Kick Mark (**Centre Mark at the halfway line**).
- (c) **Handball Outside Penalty Area:** (a) Intentional handball violations committed by the goalkeeper outside the penalty area shall be interpreted to be "severe in nature" and a **two (2) minute Power Play Time Penalty must be assessed against the goalkeeper** who, in the opinion of the Referee, intentionally handles the ball to break up a promising attack or save a shot at goal outside of the penalty area regardless of the position of his body. **A Shootout will be awarded.** Situations whereby the goalkeeper first handles the ball within the penalty area but his momentum carries him outside the penalty area while handling the ball shall not be deemed "severe in nature" and no time penalty shall be assessed. The two (2) minute Power Play Time Penalty assessed to the goalkeeper shall not be served by the goalkeeper but rather by a teammate (Coach’s choice).
- d) **Goalkeeper Striking:** 1) If during play, the goalkeeper either intentionally strikes an opponent by throwing the ball at him or pushes him with the ball while holding it, **the Referee shall assess a two (2) minute power play time penalty. As a result a Penalty Kick will be awarded.** The two (2) minute power play time penalty assessed to the goalkeeper shall not be served by the goalkeeper but rather served by a teammate (Coach’s choice).
- e) **Goalkeeper Joining an Altercation:** In situations where there is an altercation, the goalkeepers of both teams must remain in their respective penalty areas, or retreat into their respective penalty areas during such altercation. **Any violation shall result in a five (5) minute Misconduct non power play penalty assessed against the offending goalkeeper.** The five (5) minute Misconduct penalty assessed to the goalkeeper shall not be served by the goalkeeper but rather served by a teammate (Coach’s choice). Referees may assess additional penalties based on players’ participation in the altercation.

- f) **Goalkeeper Delay:** If a goalkeeper or 6th Attacker is in possession of the ball in his team's own penalty area he must release the ball from his possession within five (5) seconds. The goalkeeper, after distributing the ball may receive the ball back from a teammate. For violation of this rule, the Referee shall stop play and award a free kick to the opposing team at the **(Centre Mark at the halfway line)**
 - **12.10 GOALKEEPER PRIVILEGES**
 - (a) **Obstructing Goalkeeper:** If a player intentionally obstructs the opposing goalkeeper in an attempt to prevent him from putting the ball into play, the Referee shall award a free kick. The kick can take place anywhere in the Penalty Area.
 - (b) **Charging Goalkeeper:** In cases of body contact in the Penalty Area between an attacking player and the opposing goalkeeper not in possession of the ball, the Referee shall stop the game if in his opinion the action of the attacking player was intentional, and award a free kick.
 - c) **Endangering the Goalkeeper:** A player who intentionally commits a foul against the goalkeeper which in the opinion of the Referee, falls short of serious foul play (ejection) **but nevertheless endangers the goalkeeper and considered to be the normal hazard of play shall be assessed a two (2) minute Power Play Time Penalty..**
 - (d) GK bouncing the ball while in possession in the penalty area is allowed.
 - e) **Goalkeepers are NOT allowed to punt the ball from their hands.** Violation of this rule shall result in in a Free Kick from the Free Kick Mark.
 - **12.11 PENALTIES ASSESSED TO GOALKEEPER:** The goalkeeper will not serve any time penalty assessed to him. Any two (2) minute Power Play Time Penalty assessed to the goalkeeper, shall be served by a teammate (Coach's choice). Any five (5) minute Misconduct Time Penalty assessed to the goalkeeper, shall be served by a teammate (Coach's choice).
- **RULE 13 RESTARTS:**
 - **13.1 DEFINITION:** A "Restart" is a manner of resuming play after a stoppage other than a kickoff. For a stoppage of play while the ball was in play on the playing field, the following are possible:
 - Free Kick
 - Penalty Kick
 - Drop Ball

- Kick In: For a stoppage to play because the ball left the playing field, the following are possible.
 - Corner Kick
 - Goal Kick
 - Kick from the Free Kick Mark
 - Shoot Out - from the Free Kick Mark
- **13.2 DEFINITION OF PLAYING FIELD:** For purposes of determining restarts, the playing field includes the team bench area.
- **13.3 RESTART REGULATIONS AND RESTRICTIONS:** If a team commits an infraction causing a stoppage of play, the opposing team is awarded a "free" kick restart. The Referee may allow a free kick to be taken from a point within a three-foot (3') radius of the point of infraction unless, in his opinion, a team gains an unfair advantage in which case the kick shall be retaken. Before a free kick is taken, ***the ball must be stationary and the kicker shall have five (5) seconds within which to play the ball after being spotted and signaled to play by the Referee.*** (a) ***A goal may be scored directly against the opposing team from ANY restart.*** (b) At the taking of a free kick taken, the Referee must signal the restart with a whistle. (c) Except for a Drop Ball, (d) if the kicker, after taking the free kick plays the ball a second time before another player has touched it; the opposing team shall be awarded a free kick. ***Playing the ball twice includes playing the ball on the rebound off the perimeter wall before being touched by another player.*** (d) During the taking of a free kick, all of the opposing players shall be at least fifteen feet (15') or 5 yards from the ball until it is in play. (e) Failure to put the ball into play within five (5) seconds of the Referee's signal will result in the restart being "turned-over" to the opponent. A whistle is required to restart play after a five second turnover violation.
- **13.4 BALL OVER PERIMETER WALL - KICK-IN:** When the ball is played over the perimeter wall along the touchline, it shall be kicked in from the point it crossed the perimeter wall on the marked white hash line by an opponent of the team who last touched the ball before it went out of play. **The Referee shall signal the commencement of the Kick-In.** If the ball touches a player or personnel on the bench, who is inadvertently extending into the playing field, or if the ball exits the field through an open bench door, the Kick-In shall be awarded to the opposing team.
- **13.5 BALL DEFLECTED BY DEFENDING TEAM ABOVE THE GOAL AREA - FREE KICK MARK:** If a ball is deflected out of bounds directly above the goal area by a defending player in their own penalty area, the opposing team will be giving a free kick from the **Free Kick Mark**
- **13.6 THE GOAL KICK:** If the ball is last touched by an attacking player over the goal line, ***(not between the two goal posts and crossbar)*** a goal kick will be awarded to the defending team from anywhere inside the goal area.

- **13.7 THE CORNER KICK:** When the whole of the ball having last been played by one of the defending team players passes over the goal line, excluding when a legal goal is scored, a member of the attacking team shall take a corner kick. A goal may be scored directly from such a kick. (a) Placement: The whole of the ball shall be placed on the corner mark at the nearest corner marking, and it shall be kicked from that position. (b) Whistle: The blowing of the whistle by the Referee shall take place prior to the taking of a corner kick.
- **13.8 DROP BALL RESTART:** If neither team has clear possession of the ball at a stoppage, the Referee restarts play with a Drop Ball where the ball was when play was stopped. A Drop Ball originating while the ball is inside a penalty area takes place at the **FREE KICK MARK (NEED TO ADD)**. Once the ball contacts the ground untouched the ball is “in play.” In situations where the ball becomes lodged between sections of glass or unplayable at the base of the perimeter wall, it shall be considered out of play and the Referees shall restart play with a Drop Ball. (a) The Referee may also stop play and restart with a drop ball in scenarios where there is an injury, (b) the ball is jammed up against the boards by two or more opponents and not moving, (c) the ball becomes defective or bursts.

- **RULE 14 PENALTY KICK AND SHOOTOUT:**

- **14.1 PENALTY KICK:** A penalty kick is a free kick from the Penalty Mark taken by a properly identified opponent against the goalkeeper without interference by other players. A penalty kick is awarded against a team, which while the ball is in play commits within its own penalty area (or area within the goal) one of the fouls listed in Rule 12.1 which in the opinion of the referee warrants a two (2) minute time penalty or denies an obvious goal scoring opportunity. A penalty kick can be awarded irrespective of the position of the ball at the time an offense is committed.
- **14.2 PLAYER POSITIONS DURING PENALTY KICK:** The Referee will not whistle for the taking of a penalty kick until the players are positioned in accordance with the following:
 - (a) All players, with exception of the properly identified player taking the kick and the opposing goalkeeper, shall be on the field on the **Free Kick Line** behind the kicker.
 - (b) The defending goalkeeper remains on his own goal line, facing the kicker, between the goal posts until the ball is kicked. Encroachment from this position to interfere with the kicker shall result in a Team Warning. Subsequent violations shall result in a five (5) minute Misconduct non-power play penalty.
- **14.3 BALL IN PLAY:** The player taking the kick must kick the ball forward. The ball shall be deemed in play after it has been played (touched).
- **14.4 INFRINGEMENTS/SANCTIONS:** If the Referee gives the signal for a penalty kick to be taken and, before the ball is in play, one of the following situations occurs:

- Violation by Kicker: The player taking the penalty kick infringes the Rules; the Referee allows the kick to proceed. (a) If the ball enters the goal, the kick is retaken. (b) If the ball does not enter the goal, the kick is not retaken.
 - Violation by Goalkeeper: The goalkeeper infringes the Rules; the Referee allows the kick to proceed. (a) If the ball enters the goal, the goal is awarded. (b) If the ball does not enter the goal, the kick is retaken.
 - Violation by Defending Team: A teammate of the goalkeeper crosses the yellow line, the Referee allows the kick to proceed. (a) If the ball enters the goal, the goal is awarded. (b) If the ball does not enter the goal, the kick is retaken.
 - Violation by Attacking Team: A teammate of the kicker crosses the yellow line, the Referee allows the kick to proceed. (a) If the ball enters the goal, the kick is retaken. (b) If the ball does not enter the goal, the kick is not retaken.
 - Violations by Both Teams: A player of both defending team and attacking team infringe the Rules: the kick is retaken.
 - For any infringement of Rule 14.4, the offender shall receive a Team Warning.
Subsequent violations shall result in a five (5) minute Misconduct Penalty (non-Power Play) assessed against that individual.
- **14.4 INFRINGEMENTS/SANCTIONS:** If the Referee gives the signal for a penalty kick to be taken and, before the ball is in play, one of the following situations occurs:
 - **14.5 VIOLATIONS AFTER THE PENALTY KICK IS TAKEN:** If after the penalty kick has been taken: (a) The kicker touches the ball a second time: a free kick is awarded to the opposing team from the place where the infringement occurred (b) An outside agent stops the ball, as it moves forward, the kick shall be retaken. (c) The ball rebounds into play from the goalkeeper, crossbar, goalpost, perimeter wall, or corner and is stopped in its course by an outside agent; the Referee shall stop play and restart by dropping the ball at the Centre Mark.
 - **14.6 PENALTY KICK IN EXTENDED PLAY:** Play shall be extended at the end of any half to allow a penalty kick to be taken or retaken. The extension shall last until the Referee has decided whether or not a goal is scored (a) Direct from the penalty kick. (b) Having rebounded from either goal post or crossbar directly into goal, or (c) Having touched or been played by the goalkeeper. (d) Or any combination of (b) and (c) The half shall terminate immediately after the Referee determines whether a goal has been scored. The provisions of all foregoing paragraphs shall apply in the usual way except that no players other than the kicker and the opposing goalkeeper shall be allowed on the field.
 - **14.7 SHOOTOUT:** A shootout shall be awarded for any of the following fouls committed by a defending player in his defensive half of the field which denies the attacking team of an Obvious Goal Scoring Opportunity. **A two minute penalty will be served by the player committing the foul, except the Goalkeeper unless a dismissal (Red Card) is the result.** (a) A foul from behind against an attacking player, having control of the ball or the likelihood of gaining control of the ball; and one or no defensive players between himself and the goal. (b) Any foul by a defender where he is the last player on his team

between the attacking player with the ball and the goal. (A penalty kick shall take precedence if the foul occurs in the penalty area). (c) a team accumulates 6 fouls will result in their opponents being awarded a shootout.

▪ **APPLICATION OF SHOOTOUT:**

- (a) The ball is placed at the Shootout Mark (Dashed Line - Free Kick Mark) nearest the attacking goal.
- (b) All players of the attacking team stand behind the halfway line and outside of the center circle.
- (c) Players of the defending team stand behind the halfway line and inside of the Center Circle.
- (d) The goalkeeper has at least one foot on his goal line and may not move off of it until after the Referee whistles the Shootout to begin
- (e) Once the Referee whistles the Shootout to begin, from that moment, all of the players behind the halfway line may move into the attacking half of the field. The player taking the Shootout plays the ball forward using any legal manner to score (*direct shot on goal, dribbling and shooting, playing the ball off of the boards, passing to a teammate, etc.*)
- (f) The goalkeeper shall be restricted to goalkeeping privileges while inside the penalty area. Any foul (12.1) committed by the goalkeeper, regardless of field position, shall be penalized by an additional two (2) minute Power Play penalty and the taking of a Penalty Kick by a member of the offended team. The goalkeeper shall not serve the time penalty but rather served by a teammate (Coach's choice).
- (g) Any foul (12.1) committed by a defender during the shootout process, regardless of field position, shall be penalized by an additional two (2) minute Power Play penalty and the taking of a penalty kick by any member of the offended team.
- (h) If a shootout is awarded with less than 5 seconds remaining in any half, the game shall be extended to allow the shootout to conclude.
- (i) If any player from either team leaves the halfway line prior to the whistle being blown to start the shootout, the Referee should immediately whistle the play dead and the shootout retaken. The offending team will be issued a Team Warning and any subsequent violations will result in a five (5) minute Misconduct non Power Play penalty, served by a player of the offending team (Coach's choice), the penalty does not accrue against the serving player.

- **14.8 KICKS FROM THE MARK - DETERMINING A WINNER:** A shootout shall take place to determine a winner during playoff games.

- **APPLICATION OF KICKS FROM THE MARK:** One goal shall be determined by the referee for the shootout. A coin toss between team captains will take place at centre. The home team shall call the toss and the winner of the coin toss will elect to shoot first or second.

- **PROCEDURE** (a) Each team is responsible for selecting FOUR eligible players in the order in which they will take the kicks.
- (b) 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 the goalkeeper has already taken a kick, the replacement may not take a kick until the next round of kicks
- Only eligible players and match officials are permitted to remain on the field of play
- All eligible players, except the player taking the kick and the two goalkeepers, must remain within the centre circle
- An eligible player may change places with the goalkeeper
- The kick is completed when the ball stops moving, goes out of play or the referee stops play for any offence; the kicker may not play the ball a second time
- The referee keeps a record of the kicks
- The kicks are taken alternately by the teams
- Each kick is taken by a different player, and all eligible players must take a kick before any player can take a second kick
- If, before both teams have taken four kicks, one has scored more goals than the other could score, even if it were to complete its four kicks, no more kicks are taken
- If, after both teams have taken four kicks, the scores are level, kicks continue until one team has scored a goal more than the other from the same number of kicks
- The above principle continues for any subsequent sequence of kicks but a team may change the order of kickers
- Kicks from the penalty mark must not be delayed for a player who leaves the field of play. The player's kick will be forfeited (not scored) if the player does not return in time to take a kick