

SOCCER7s

INDOOR SOCCER RULES AND PROCEDURES

All Coaches/Managers are required to read and explain these general rules to their Players.

General Facility Rules at the DOME and OLD COLISEUM

It is our goal that all Players, Coaches and Spectators entering The Coliseum Building have an enjoyable experience.

In order to provide this positive environment, the following rules should be adhered to by all:

1. Smoking is not allowed in the facility.
2. Profane, abusive, or foul language is not tolerated.
3. No spitting allowed.
4. Anyone caught fighting in The Coliseum Dome will be banned from the facility.
5. Climbing on any building structures or equipment (i.e. netting, benches, or goals) is not permitted.
6. Continuous disregard for the rules may result in a league expulsion or not being invited back next season.

Please enjoy the complex and if you have any suggestions on how to improve the facility, please provide your comments to the SOCCER7s Management.

Team and Player Registration

Each team must register a minimum of 8 players. A maximum of 25 Players can be registered per team.

Players can play on as many teams as they wish but not on teams in the same division. For example you cannot play in Old-timers I for two teams.

Any team found guilty of playing ineligible Players will forfeit the game(s) in question and also lose one point per game in the standings. The player too shall be disciplined a miss 3 games.

Players can be added to your roster until the 10th game. No roster changes can be made after 10 regular season games have been played.

Registration and Procedures

A team roster must be submitted to **Soccer7s** staff prior to the first game.

Re-scheduled Games

Re-scheduling games is the responsibility of the team requesting the change. This team is responsible for finding a mutually acceptable date and time with the opposing team. **SOCCER7s** is under no obligation to replay the game

Equipment

Absolutely **no jewellery** will be permitted on the field of play. Players will kindly remove all jewellery before they

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enter the field of play. A player that refuses to remove a piece of jewellery will not be eligible to play. It is the responsibility of the team coach and management to enforce this FIFA regulation.

All players must wear shin guards.

Only flat soled indoor, turf shoes, or multi studded outdoor shoes may be worn by Players in the dome. **Six studded outdoor shoes are allowed.**

Each team must have **numbered** uniforms. The numbers must be clearly visible. The goalkeeper must wear a shirt distinct (i.e. different colour) from that of his own team, as well as the opposing team's uniforms.

Before the start of the game, the home team must provide to the Referee a game ball that is properly inflated and in suitable condition to use for the game.

In the event that two teams have similar coloured uniforms, it is up to the **home team** to provide for an alternate strip. Pinnies are available from the Dome office.

A player wearing a wrist or arm cast must protect the cast to the satisfaction of the referee prior to the start of a game. . Knee braces are only permitted if they are well wrapped and the mechanics of the hinges pose no visible threat to the safety of others.

Game Scoring

Win = 3 points Tie = 1 point Loss = 0 points

In the event of a tie in the final standings, the following tiebreaker rules shall apply 1) Head to Head competition (Goal Differential, if both teams have the same number of wins in Head to Head competition). 2) Most Wins. 3) Goal Differential. 4) Most Goals Scored. 5) A coin toss.

If more than two teams are tied, Head to Head rules do not apply. The following tiebreaker rules shall apply: 1) Most Wins. 2) Goal Differential. 3) Most Goals Scored. 4) A coin toss.

A game that is forfeited will count as a 3-0 win for the non-forfeiting team.

Playoffs

All playoff games (i.e., Quarters, semi-finals and Finals) that end in a draw will be decided by penalty shots. Each team will take 3 shots, one (1) shooter at a time. The team that scores the most goals from their 3 shots wins the game. If the score is tied after each team has taken 3 shots, sudden death penalty shots will begin. The game concludes when one team scores and the other team does not.

Players do not have to be on the field at the end of regulation to take a penalty shot. Each Player on a team must take a penalty shot (including the goalie) before a Player can take his/her second penalty kick. If the game is still tied after all Players have taken one shot, the teams will once again shoot penalties in the same order.

Referee Decisions - Suspensions - Appeals

Any comments or concerns about the performance or actions of a Referee will be directed to **SOCCER7s**.

Please note: Any Players, Coaches, or fans that threaten or assault game officials, will be banned from the facility immediately, and could also face criminal/legal action from the assaulted official. Such actions will result in the immediate suspension of the registrant until such time as the Soccer7s discipline committee can

convene a discipline hearing.

Yellow Cards

Any Player receiving 3 yellow cards during the course of a season, will receive a one game suspension commencing the next game played by that Player's team. The Player is subject to a hearing.

Any Player receiving 5 yellow cards during the course of the season, will receive an additional two game suspension commencing the next game played by that Player's team. Any Player receiving 6 yellow cards will be suspended for three games, and each additional yellow card will result in a 3 game suspension. The **Soccer7s** staff will notify the suspended player.

The accumulation of yellow cards does not carry over into the playoffs, suspensions however, do.

Red Cards

All dismissals will be considered under the Discipline by Review by **Soccer7s** disciplinary committee unless the offending individual requests to be disciplined by the Discipline by Hearing (see below)

PLEASE NOTE: Any Player receiving two yellow cards in a single game will miss the duration of that game and their team shall play shorthanded for 5 minutes. A player who is ejected with a red card will leave the field of play and the facility and his team shall play shorthanded for 5 minutes.

Red card violations listed below will carry the following minimum suspensions:

Player Offences	1st Seasonal Offence	2nd Seasonal Offence
Received 2 cautions in the same game or		
Use of offensive, insulting or abusive language	1-3 games	5 games
Intentional hand ball to deny scoring opportunity.....	1 game	2 games
Intentional foul to stop scoring opportunity.....	2 games	4 games
Serious Foul Play.....	4 games	8 games
Serious Foul Play with intent to injure (DBH only).....	6-8 games	8-12 games
Spitting at opponent.....	6 games	8-12 games
Use of offensive, insulting or abusive language directed at the game official.....	3-5 games	10 games
Violent Conduct.....	4 games	8 games

Any offence, which is directed at the game official, will be heavily sanctioned. **Soccer7s** will tolerate absolutely no referee violence or abuse.

The **Soccer7s** Disciplinary Committee reserves the right to impose stiffer penalties, if warranted. The Referee's report will indicate the reason for the Red Card using the terminology stated above.

The Player will **not** be permitted to play, and is considered suspended, until the suspension is served. Any Player or Coach, caught playing **or Coaching** while suspended will be subject to further suspension. Their team will lose all points for every game in which a suspended Player or Coach participated, plus an additional point in the standings

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for each game.

Coach/Administrator Offences	1 st Seasonal Offence	2 nd Seasonal Offence
Persistent misconduct after receiving warning.....	1 week	3 weeks
Use of offensive, insulting or abusive language.....	4 weeks	6 weeks

Coach and/or Administrator offences must be reviewed through a hearing.

Any Player or Coach who receives a suspension and is participating in more than one division will be suspended from all divisions, in which they play or Coach.

Requesting a Discipline Hearing

If you are dismissed from a game you have 3 days to contact the league to request a hearing. Note that the letter must be hand delivered or sent by Registered mail and must be accompanied by a **\$50.00** request for hearing fee. If you appeal your sanction there are two choices.

Decisions by Review

If you refer to the Discipline Chart on Page 1 you will see that Decisions by Review occur for most of the Misconducts listed on this chart. If the Misconduct you have committed appears as being done by Review or has (DBR) beside it then you have the right to Request a Hearing. Please see above section on **Requesting a Discipline Hearing**.

If you choose to accept the penalty as indicated on the Discipline Chart on Page 1 then you are accepting the suspension or fine and your case will go to Decision by Review.

Decisions by Review are made by a three-person panel that will review the case and decide if the individual is guilty or not guilty. The Panel will advise the player's of their finding within two days of the meeting. If a suspension is handed down, the League will indicate the specific games which the accused will miss.

Note that you are not suspended unless you are notified by your league or the District.

Filing a Complaint

If you have a complaint against a Player, Coach, Referee, please forward the complaint to **Soccer7s** staff. We will then review the complaint and determine if it is within their ability to take action.

Suspensions

Please note that the only exception to being automatically suspended is **Game Official Assault**. If you have committed Game official Assault you are automatically suspended from all **Soccer7s** until your hearing.

Appeals

Anyone affected by a decision rendered by **Soccer7s** Discipline Committee has the right to appeal that decision. Only appeals submitted in accordance with the Rights of Appeal Information will be considered.

Any discipline related inquiries should be directed to Discipline Committee in writing at staff@soccer7s.ca or during operating hours at 613-986-0319.

League Rules

1. **Duration of Games:** 2 x 25 minute halves with 1 minute at half-time. Teams must be ready to play exactly at the scheduled game time. Any team more than 5 minutes late automatically forfeits the game. The Referees will be advised to strictly enforce this issue this year. Any team not showing up for more than two games during the regular season may be suspended for the remainder of the season. In the event of inclement weather, the **Soccer7s** will indicate to referees how much time beyond the 5 minutes will be added to accommodate late arriving teams and players.

2. **Number of Players:** Games are 7 v 7 (including goalkeepers) on the full fields. Teams must have a minimum of 5 Players (including goalkeepers) on the full field to start the game. No formal warm-up time is allotted.

COED: A minimum of 2 female players have to be on the field. A female goalie counts as one of the two players. If there is just one female player present, then she cannot play in nets and the team also has to play one player short.

3. **Ball out of Bounds:** Instead of throw-ins, Players will play "kick-ins" from out of bounds. All opposing Players must be a minimum of 15 feet (5 yards) from the ball. Ball out of bounds at either goal line will result in either a goal kick or corner kick. Goalkeepers **are not** permitted to pick up "kick-ins". Kick-ins are indirect.

4. **Offside:** There will be no offside in the game.

5. **Goal:** All field Players may score from anywhere **on** the field of play with the following exception: **A goal cannot be scored directly from a restart, from the centre-kick, indirect kick, kick-in, and goal kick. Goalkeepers cannot score by throwing the ball into the net. A goal can be scored from a goalkeepers punt or drop kick.**

6. **Free Kicks:** Direct and Indirect: Opposing Players must be a minimum of 15 feet (5 yards) from the ball in foul situations. Outstretched legs into the 15 feet area are considered encroachment and may result in a yellow card. A ball coming into contact with any part of the building structure while in play, will result in an indirect free-kick for the opposite team. If the ball hits the building structure within the penalty area either a goal-kick or corner-kick will be awarded depending on which team last touched the ball.

7. **Penalty-Kick:** A penalty kick will be awarded for a team Player (other than the goalkeeper) handling the ball within the box, tripping in the box, and any other infraction of the **Laws** that would result in the award of a direct free-kick inside the goalkeepers **penalty area** (based on F.I.F.A. **Laws**). All Players from both teams must stand 5 yards from the ball before the ball is kicked.

8. **Corner-Kick:** Corner-kicks are played on **all** fields. Corner-kicks are direct. All defending Players must be 15 feet (5 yards) from the ball. A yellow card can be shown to a defending Player for failing to observe the proper distance.

9. **Centre-Kick:** Will be awarded to the opposing team after every goal is scored and to start each half of the game. All opposing Players must be 15 feet (5 yards) from the ball.

10. **Pass-Back:** Regular pass-back rules to the keeper are in effect. If a goalkeeper picks up a ball passed from his/her own team, an indirect free kick will be awarded to the opposing team at the point in the penalty area where the GK touched the ball with his/her hands. If the goalkeeper touches the ball near the goal line, the Referee will place the ball 5 yards from the goal line for an indirect free kick. Goalkeepers **are not** permitted to pick up "kick-ins".

11. **Substitutions:** Substitutions are unlimited and may take place at any time including "on the fly" in all divisions. However, Players must substitute along the same touchline, on the same half of the field where their team bench area is located. An illegal substitution will result in an indirect free kick where the ball was last played. Repeated disregard will result in a caution to a Player who substituted illegally. A team who has a Player shown the yellow card for leaving the field of play illegally will have to serve a 2-minute penalty.

12. **Slide Tackles:** Sliding tackles are not permitted. A direct free-kick will be awarded to the opposing team. Sliding to save a ball from going out of bounds or in the goal, sliding to score a goal, sliding to block a shot, and the like do not constitute a "slide tackle" as per this rule. **Goalies may use the slide tackle within their own penalty area, however, they fall under the same rule as a field Player once they have exited their penalty area. All fouls for slide tackles, will be at the Referee's discretion.**

13. **Yellow Card:** A Player receiving a yellow card will leave the field for two-minutes (based on the Referee's time), forcing his/her team to play short handed for that time. If the opposing team scores before the two minutes has expired, the penalty is considered served and the Player can return to play.

If a defending Player performs an action, which is punishable by a penalty kick and also receives a caution, he/she will leave the field of play to serve a 2-minute penalty. The two-minutes will not commence until the penalty kick has been completed. If a goal is scored on the penalty kick, the two-minute penalty is considered served and the Player can return to the field of play. If the penalty kick is saved or misses the goal, the two-minute penalty will commence at this time and the player's team will play short handed. The Referee will signal when the two-minute penalty has been served.

Two players receiving yellow cards at the same time will serve the full 2 minutes regardless of whether a goal is scored.

If a Goalkeeper receives a yellow card, a Player on the field of play must leave and serve a two-minute penalty. The caution will be noted under the Goalkeepers name, and not under the name of the Player departing the field of play. If a Goalkeeper receives a second caution, this will result in a red card. He/she must leave the field of play, and their team may place another Goalkeeper in this position, but will play for 5 minutes with one less Player.

Team members who are sitting on the bench are considered Substitutes, not Players. If a Substitute is cautioned, their team will not have to play short handed or serve a two-minute penalty. The Referee will note the Substitute's name/number and offence.

14. **Red Card:** Any Player receiving a red card on the field of play, will leave the field and must leave the facility for the duration of the game. His/her team will play shorthanded for 5 minutes. A Coach, Team Official or Substitute who is ejected from the game must leave the facility for the duration of the game. If a Player, Coach or Team Official that has been dismissed disturbs the continuation of the game, the Referee can terminate the game immediately or request the assistance of the **SOCCER7s** Management. Actions of this nature will result in further disciplinary consequences.

A Referee shall terminate a game, if a Player on the field of play receives a red card when his/her team is using the minimum number of Players (5) allowable during a game.

Team members who are sitting on the bench are Substitutes, not Players. If a Substitute is dismissed, their team will not have to play short handed. The dismissed Substitute must leave the facility for the duration of the game.

15. The use of offensive, insulting or abusive language and/or gestures towards the Referee, any Player, team officials or spectators will result in a sending off and/or expulsion from the facility.

16. **FIGHTING**—Players that fight will be dismissed from the **Soccer7s** leagues. They may appeal this dismissal. If teams brawl then both teams irrespective of who started the melee will be dismissed from the leagues. Team fees will not be returned. Individual players who come forward will be heard and the team **MAY BE** reinstated. Any decision about fighting will be left to the Discipline committee.

All Coaches must make their Players aware of the RULES.