



# North York Cosmos SC

## House League Indoor Rules

### SUMMARY OF BASICS:

**Format:** 5v5, Goalkeepers + 4 outfield players.

**Ball:** Size 3, Futsal

**Referees:** Yes

**Parent On-Field:** No

**Offsides:** No

**Restart Play:** Kick-Ins

**Game Time:** 25 min halves

**Subs:** On Fly

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### Law 1. Field of Play

The field of play will be determined by the referee, based upon the specific facility in use for a given game. The referee will indicate the necessary markings on the field of play. The field of play may include walls or other surfaces off of which the ball may rebound and remain in play. These surfaces may, however, contain certain areas or objects where, if contacted by the ball, renders the ball out of play. These are at the discretion of the referee based upon the specific facility in use.

Current Winter Facility: Both touchlines and one sideline will be “in play”, where the wall and/or other surfaces are in play. The second touchline will be marked off by tape and will allow for a spectator seating section within the gymnasium. Full small-sided goals will be used for indoor matches. All matches will be played using an appropriate ball for the indoor facility.



## **Law 2. Players and Subs**

Each team will field five players (including the goalkeeper). If a team is unable to field the minimum by the scheduled kickoff time, the team is able to play with 4 players. defaults the match and the score is recorded as a 1-0 win for the opposing team. In the case of inclement weather, the referee may allow a reasonable grace period before kickoff, and play a shortened official match.

An unlimited number of substitutions are allowed, and may be made at any time during the match (does not need to be during a stoppage), with the exception of the goalkeeper. The referee must be informed of any change in goalkeepers, and such substitutions must be made during a stoppage in play. Play will not be stopped for substitutions to be made.

When a substitution is being made while the ball is in play, the substitute shall not enter the field of play until the player being replaced in within 5 feet of the bench area. Neither the substitute or the substituted player may interfere with play while both are on the field.


For any infringement of this law, the opposing team will be awarded a free kick from the spot where the ball was when the infringement occurred.

## **Law 3. Player Equipment**

Provided equipment consists of shorts, team socks, and numbered jersey. Players must purchase and play with proper shin guards & acceptable footwear. Goalkeepers must wear colours that are distinguishable from all other players and the referee. Footwear required: indoor soccer shoes (or light soled athletic shoes).

Players will not be permitted to play without shin guards under any circumstances. Long- sleeved garments may be worn, but only underneath the team jersey.

All items of clothing or equipment other than the basic equipment must be inspected by the referee and determined not to be dangerous. Players shall not wear anything that, in the opinion of the referee, endangers themselves or other



players, such as hard plaster casts. Jewelry (including earrings, studs, bracelets, necklaces and rings) may not be worn on the field of play unless the referee is satisfied that there is no risk to the player or anyone else on the field of play. Medic Alert bracelets are permitted, and stud earrings may be covered by tape at the referee's discretion (only if impossible to remove).

Eyeglasses may only be worn if the referee is satisfied that they do not pose a hazard to the wearer or any other player. For safety's sake, the wearing of sports goggles in place of potentially hazardous eyewear is encouraged.

A player who is asked to leave the field of play because of defective or dangerous equipment may not re-enter the field of play until the referee is satisfied that the equipment is permissible, and with the referee's permission.

#### **Law 4. The Referee**

Each match is officiated by an Ontario Soccer certified referee whose duties include, but are not limited to: enforcing the Laws of the Game; issuing cautions and dismissals; keeping time and score for the match; starting, stopping and re-starting play; and suspending or terminating a match if circumstances warrant.

The referee may not change a decision upon realizing that it is incorrect, if play has restarted or if the referee has signalled the end of the first or second half and left the field of play or terminated the match. All decisions made by the referee with regards to the match are final.

Decisions will be made to the best of the referee's ability according to the Laws of the Game and in the 'spirit of the game', and will be based on the opinion of the referee who has the discretion to take appropriate action within the framework of the Laws of the Game.

The referee will stop play if a player is, in his/her opinion, seriously injured and allow them to be treated, and ensure that any player who is bleeding leaves the field and does not return until the bleeding has stopped, any wound is adequately covered and any blood-stained clothing has been removed. The referee will allow play to continue until the ball is out of play if a player is, in his/her opinion, not seriously injured.

The referee is authorized to take action against coaches and team officials who fail to conduct themselves in a responsible manner and, at his/her discretion, expel them from the field of play and its vicinity, and will report to the Club Head Referee any disciplinary action taken against any players and/or coaches, and any incidents occurring before, during or after a match.

### **Law 5. Duration of the Game**

Each indoor game is allotted a time slot of one hour, which is comprised of a warm-up/practice session of 5 minutes, followed by two 25-minute halves, separated by a halftime period of not more than 3 minutes. The teams are required to switch ends of the field at halftime. The referee is the final authority on the completion time of the match. There will be no stoppage time added.

### **Law 6. Start of Play**


At the beginning of the match, the referee will toss a coin to determine possession. The winning team will decide whether it will kick off to start the first or second half.

To start a half or to restart following a goal, the ball will be placed at the centre of the field. The ball is in play once it is kicked by the appropriate team and moves. All players shall be in their own half of the field and all opposing players must remain 6 yards from the ball until it is in play. For any infringement, the kick-off is retaken. If the kicker plays the ball a second time before it touches another player, play is restarted with a free kick for the opposing team.

In situations not covered by any other method of restart, the ball will be dropped by the referee and is in play once it has touched the ground.

### **Law 7. In and Out of Play**

The ball is out of play when play is stopped by the referee, or when the ball has wholly crossed the goal line or touch line, in the ground or in the air, or has entered any area or touched any object which has been deemed "out of play" by the referee. The ball is also out of play if it comes to rest on top of a goal, or becomes lodged in the side or back of a goal; in this instance, play is restarted



with a goal kick or corner kick, as appropriate. When the ball enters an area or touches an object which has been deemed “out of play”, the play is restarted with a dropped ball or a free kick, as determined by the referee.

The ball is in play at all other times, including a ball that rebounds from a goal post, crossbar, the referee or any wall or surface (excluding areas or objects that have been deemed “out of play” by the referee).

No offsides will be used for indoor soccer.

### **Law 8. Method of Scoring**

A goal is scored when the whole of the ball has passed over the goal line, between the goal post and under the crossbar, on the ground or in the air, provided that the ball is in play and no infringement of these laws has occurred.

### **Law 9. Fouls, Free kicks AND Misconduct**


For any offences committed while the ball is in play (see Law 11), the referee will stop play and award a free kick to the opposing team.

The ball must be stationary when the kick is taken, and all opposing players must be the required number of yards away (or on their own goal line, between the goal posts). The ball is in play once it is kicked and moves.

Free kicks are either direct or indirect, depending on the nature of the stoppage in play. In Atom and below, all free kicks are direct kicks.

A goal may be scored if a direct free kick is kicked directly into the opponent’s goal. If an indirect kick is kicked directly into the opponent’s goal, no goal is scored, and a goal kick is awarded. If any free kick is kicked directly into a team's own goal, and a corner kick is awarded to the opposing team. The referee will signal an indirect kick by raising his/her arm above his/her head and lowering it once the ball has touched a second player or gone out of play.

If a team is awarded a free kick inside their own goal area, the kick may be taken from any spot within the area, and is in play once it leaves the penalty area. If an indirect free kick is awarded within the opponent’s goal area, the kick is taken from the edge of the goal area, nearest to the spot of the infringement.



If a team against whom an offence is committed would, in the opinion of the referee, gain a greater advantage by having play continue than by having it stopped to award a free kick, the referee will signal for play to continue. If, after several seconds, the advantage does not materialize, the referee will stop play and award a free kick from the original spot of the offence. ‘


A player may be cautioned or sent off for an offence not originally punished by a free kick under the advantage rule. A penalty kick is awarded against a team that commits one of the 10 fouls for which a direct free kick is awarded, inside its own penalty area and while the ball is in play.

- Any active player from the attacking team may take the kick. All players, with the exception of the player taking the kick and the defending goalkeeper, shall be outside the penalty area but within the field of play, behind the ball and at least the required distance away from the ball until it is in play.
- The goalkeeper must stay on his/her goal line, between the goal posts and facing the field of play until the ball is in play. Players may not make any sound or movements that, in the opinion of the referee, are intended as a distraction.
- The ball is in play once the referee has signaled the kick may be taken, the ball is kicked and moves forward. The player taking the kick may not touch the ball a second time until it has touched another player.

Any player who is sent off for serious foul play, violent conduct, spitting or using offensive language/gestures will be automatically suspended for the team's next match and may, pending disciplinary review, face further suspension based on the nature of the incident. NYCSC may suspend any player who receives a red card, pending review. Any player receiving three yellow cards in the same session will be suspended for one match, to be enforced within two games of the game in which the third yellow card is received. A player's accumulation of cautions is reset upon serving a suspension, or upon completion of the regular season.

#### **Law 10. Kick-In**

When the whole of the ball passes over the touch line, either on the ground or in the air, the opponent of the team which last touched the ball before it went out of play is awarded a free kick at the spot along the touch line where the ball went out of play. For kick-ins, the player taking a kick-in must face the field of play and



kick the ball from on, or behind, the sideline. The ball is in play once it enters the field of play. Opponents must remain 2 yards away until the ball is in play.

#### Law 11. **Goal Kick**

When the whole of the ball passes over the goal line (unless it rebounds from a wall or other surface that has been deemed “in play”) and/or enters an area or touches an object deemed “out of play” that is behind the goal line, having last been touched by a member of the attacking team, a goal kick is awarded to the defending team. The ball is placed at any point within the penalty area and play restarts in the same manner as a free kick taken from within the defending penalty area. A goal may not be scored directly from a goal kick.

There will be no corner kicks as both touchlines are in play off of the wall.


#### Law 12. **Ball Handling**

A player may not deliberately touch a ball in play with his/her hand or any part of his/her arm (“handle the ball”), except for a goalkeeper inside his/her penalty area. The goalkeeper may not handle the ball if it has been deliberately played to them by a teammate’s foot or throw-in. If the goalkeeper handles the ball inside his/her own penalty area after it has been deliberately played to them by a teammate's foot or throw-in, the opposing team is awarded an indirect free kick from the spot of the infringement. The referee, in determining whether the ball has been deliberately handled, will consider the movement of the hand towards the ball and the distance between the opponent and the ball. The position of the player’s hand does not necessarily mean there is an infringement.

#### Law 13. **Coaches and Spectators**

Coaches and Spectators No coach or spectator may enter the field of play at any time without the permission of the referee, with one exception: for the divisions that coaches participate on the field, please just ensure you don’t impede play. All coaches, substitutes, and spectators must provide adequate distance along all sidelines; may not be within five yards of, or behind, either goal; and may not interfere with any ball in play.

No one may position themselves behind either goal line during the match. Coaches must not position themselves on a sideline that is shared by two fields,



and must not position themselves in such a way that interferes with the game or members of the opposing team (coaches on-field should ensure they don't impede play). The referee is the final authority on where coaches and spectators may position themselves, and is authorized to expel from the field and its vicinity any person who interferes with play or does not comply with the referee's instructions and/or to abandon the match if necessary.