



Alberta Soccer Association

The Rules of Indoor Soccer

2007/08

Rules of Indoor Soccer

MODIFICATIONS TO THESE RULES

These rules are a supplement to the ASA Rules of Competition. The 2007/08 Rules of indoor Soccer have minor rule changes compared to the 2006/07 season.

Rule changes are indicated with a vertical line in the left margin

Additional Instructions to Referees remain in effect for the 2007/08 season.

These Additional Instructions do not form part of the Rules of Indoor Soccer, but should be seen as definitive interpretations and/or decisions related to particular sections by the Alberta Soccer Association.

Note:

ASA provisions for time lost through injury are found within the ASA Competitions booklet. Local districts will make their own provisions for time lost through injury in their own rules of competition. They may also modify these rules in other respects for local league play.

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Notes

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Notes

Rule 16 – The Goal Kick

Q. Does the opposing team have to be 15 feet away from the ball at the taking of a goal kick?

A. No, the only requirement is that the opposing team is outside the penalty area.

Rule 17 – The Corner Kick

Q. Does the team taking a corner kick have the right to choose which corner spot the kick will be taken from?

A. No, the referee should indicate that the corner kick is to be taken from the corner spot closest to where the ball is.

RULE 1 – The Field of Play

Dimensions

The field of play must be as shown in the diagram, including the team benches and the penalty box.

The boundary lines and the goal lines are defined by a perimeter wall, which is part of the playing area.

Length: minimum 150 feet

maximum 210 feet

Width: minimum 75 feet

maximum 100 feet

Field Markings

All lines belong to the areas of which they are boundaries.

The top of the boards is a part of the playing area.

The field of play is marked with three lines:

- A line dividing the field into two halves. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of 10 feet is marked around it.
- A defensive zone line in each half, 30 feet from the center line. These lines extend vertically to the top of the perimeter wall.

Team Benches

An area off the playing surface must be provided for each team. Substitutes for the team must remain in the team bench area.

Penalty Box

An area off the field of play must be designated for players penalized by a time penalty. The assistant referee is stationed inside the penalty box. The penalty box may be on the same side of the field, separating the team benches, or on the opposite side of the field to the team benches.

Referee's Crease

A broken line with a radius of 10 feet is drawn around the penalty box. No team official or player may enter this space to discuss points of interpretation with the referee without the express permission of the referee.

The Goal Area

A goal area is defined at each end of the field as follows:

- Two lines are drawn at right angles to the goal line, 2 feet from the inside of each goalpost.
- These lines extend into the field of play for a distance of 5 feet and are joined by a line 16 feet long drawn parallel with the goal line.

The area bounded by these lines and the goal line is the goal area.

The Penalty Area

A penalty area is defined at each end of the field as follows:

- Two lines are drawn at right angles to the goal line, 9 feet from the inside of each goalpost.
- These lines extend into the field of play for a distance of 25 feet and are joined by a line 30 feet long drawn parallel with the goal line.

The area bounded by these lines and the goal line is the penalty area.

Within each penalty area a penalty mark is made 24 feet from the midpoint between the goalposts and equidistant to them.

An arc of a circle with a radius of 10 feet from each penalty mark is drawn outside the penalty area.

A dotted mark indicating 15 feet from the top of the arc into the penalty area.

The Restart Line

A broken line is drawn 3 feet inside the perimeter wall on each side of the playing surface, going from corner mark to corner mark.

A free kick or dropped ball restart, for a stoppage nearer to the boards than this line will take place on the restart line.

The Corner Mark

The corner mark is a 9" circle drawn at the intersection of the restart line and the undrawn extension of the goal area line running parallel to the goal line.

Q. A free kick is awarded and the player decides to take it quickly. An opponent who is less than 15 feet from the kick intercepts it. What action does the referee take?

A. He allows play to continue.

Q. A free kick is awarded and the player decides to take it quickly. An opponent who is near the ball deliberately prevents him from taking it. What action does the referee take?

A. The opponent is assessed a 2 minute minor misconduct penalty for failing to retire the required distance from a free kick taken by the opponents.

Rule 14 – The Penalty Kick

Q. At the taking of a penalty kick, may the goalkeeper stand behind the line, inside the goal?

A. No, the goalkeeper must stand on the line, until the ball is kicked.

Q. May a team make a substitution when they are awarded a penalty kick, so that the sub may take the kick?

A. Provided that the substitution procedure is followed, and the restart is not delayed, the substitution should be permitted.

Rule 15 – Ball Out of Play, Ceiling or Side

Q. On a 'kick in' from the side, may the goalkeeper touch the ball with his/her hands, if it has been deliberately kicked by a team mate?

A. Yes, provided the kick did not come from outside of the team's defensive zone.

Q. If the goalkeeper does not release the ball from his/her possession within 5 seconds, must a time penalty be assessed to the goalkeeper?

A. Normally, the only sanction is a free kick to the opposing team. However, if the referee feels that the goalkeeper deliberately delayed the release for tactical gain, a 2 minute minor misconduct (blue card) may also be assessed.

Q. Are players always released from the penalty box when their penalty time expires, or their team is scored upon while they are serving a penalty?

A. No – players' release from the penalty box is determined by manpower on the field at the expiry of the penalty, and also whether their team has additional penalty minutes to be served.

Q. If a player is assessed a Major penalty, his team plays short for 5 minutes stopped time, but nobody serves the penalty in accordance with the rules. How will the team know when they are allowed to increase their playing numbers by one?

A. The assistant referee should inform the team when the 5 minute penalty has expired.

Rule 13 – Free Kicks

Q. A free kick is awarded to the attacking team at the side of their opponents' penalty area next to the wall. Can a defender stand into the field of play but next to the goalpost for the restart?

A. No, the defender must stand on the goal line, between the goalposts, if this is less than 15 feet from the ball.

A line will be drawn, extending vertically to the top of the boards, at the point where the undrawn extension of the goal area line would intersect with the boards.

Goals

Goals must be placed on the center of each goal line.

Goalposts and the crossbar must be flush with the perimeter boards, and the goal recessed into the perimeter boards.

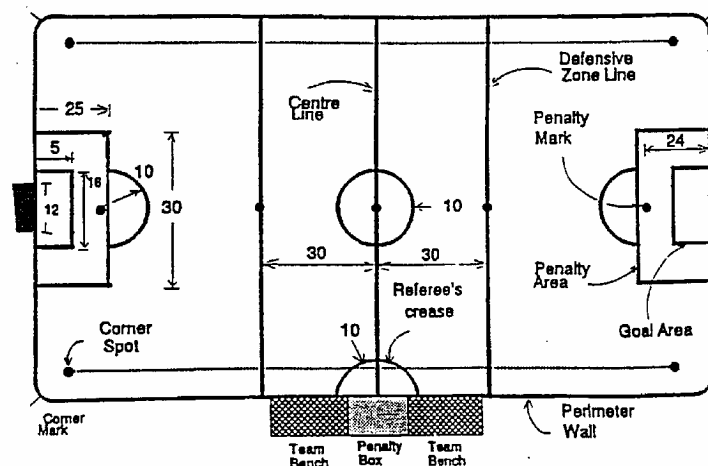
The distance between the inside of the posts is 12 feet, and the distance to the underside of the crossbar is 6 feet.

A line will be drawn between the goalposts.

The crossbar, both goalposts and the line joining them must all be the same width, not exceeding 5" in width.

Nets may be attached to the goals and the ground behind the goal, provided that they are properly supported and do not interfere with the goalkeeper (the suggested depth inside the goal is 5 feet).

Figure 1: Indoor Field of Play (All Dimensions in feet)



RULE 2 – The Ball

Qualities and Measurements

The ball is:

- spherical
- made of leather or other suitable material
- of a circumference of not more than 70 cm (28 ins) and not less than 68 cm (27 ins)
- not more than 450 g (16 oz) in weight and not less than 410 g (14 oz)
- at the start of the match of a pressure equal to 0.6 – 1.1 atmosphere (600 – 1100 g/cm²) at sea level (8.5 lbs./sq. in 15.6 lbs./sq. in)

If the ball bursts or becomes defective during the course of a match:

- the match is stopped
- the match is restarted by dropping the replacement ball at the place where the first ball became defective (subject to the special circumstances in rule 8)

If the ball bursts or becomes defective whilst not in play at a kick-off, goal kick, corner kick, free kick or penalty kick:

- the match is restarted accordingly

The ball may not be changed during the match without the authority of the referee.

RULE 3 – The Number of Players

Players

A match is played by two teams each consisting of not more than six players, one of whom must be a goalkeeper.

A match may not start if either team consists of fewer than **six** players. A match may not continue if a team is reduced to fewer than four players eligible to be on the field.

(Note – the minimum to ‘continue’ remains unchanged)

Substitutes

Teams may also dress up to 14 substitutes; a maximum of 20 named players on the team sheet.

A. The referee will judge whether the ball had completely crossed the goal line before the buzzer sounded. If it did, the goal will stand.

Rule 11 – Three Line Violation

Q. When the ball is being kicked on a restart from exactly on the near defensive line, and subsequently crosses the halfway line and far defensive line without touching another player, the referee, the field or the boards - is this a three line violation?

A. No, the ball is considered partially across the defensive line while still touching the ground, so has not crossed all three lines in the air

Rule 12 – Fouls and Misconduct

Q. Are players allowed to place one or both hands on the boards while playing or attempting to play the ball?

A. Placing hands on the boards is not an offence in itself. However, if, in the opinion of the referee, the player uses hands on the boards to impede the progress of an opponent, or hold an opponent, he/she should be sanctioned accordingly.

Q. If a player pushes an opponent towards the boards, and the opponent exaggerates the contact with the boards, what action should the referee take?

A. The player who committed the ‘pushing’ offence may be sanctioned with a caution, if, in the opinion of the referee, his actions constituted ‘unsporting behaviour’, or a send off, if his actions constituted a boarding offence. The player who exaggerated the contact may be sanctioned with a caution, if, in the opinion of the referee his actions were an attempt to deceive the referee.

Rule 8 – The Start and Restart of Play

Q. At a kick off, must a team have six players (if eligible to do so) on the field?

A. A team may restart the game with less than their eligible number of players, (to the minimum of 4), if they wish. The referee is advised to ask the team if this is their intention, before signalling the restart.

Rule 9 – The Ball in and out of Play

Q. A substitute is leaning on the boards at the bench, and is hit by the ball, while it is still in play. What action should the referee take?

A. Play should be stopped. If it was obvious that ball would have left the field if not touched, play should be restarted with a kick in to the opposing team of that which played the ball last. If it was not obvious that the ball would have left the field, play should be restarted with a dropped ball at the point which it was touched by the substitute*

Q. A substitute deliberately touches the ball from the bench, while it is still in play. What action should the referee take?

A. Play should be stopped. A 2 minute 'bench penalty' should be assessed to the offending team. If, in the opinion of the referee, the action constituted 'unsporting behaviour', the substitute should be cautioned, and a double minor penalty assessed and served.

Rule 10 – The Method of Scoring

Q. If the ball enters the goal as the buzzer sounds to end the half or match, should the goal be counted?

In all matches the team sheet listing the names of all of the players must be given to the referee prior to the start of the match.

Substitution Procedure

To replace a player by a substitute, the following conditions must be observed:

- the player must first leave the field. A player is considered to have left the field if he is inside the restart line between the ends of his team's bench area, and as long as he is not interfering with play.
- once the player has left the field, the substitute may enter the field from either gate to the team bench.
- a substitution is completed when the substitute enters the field of play.

All substitutes are subject to the authority and jurisdiction of the referee, whether called upon to play or not.

Guaranteed substitution opportunity

Play will be held up for reasonable time to allow teams to substitute:

- after a goal has been scored
- after a time penalty has been awarded
- on a serious injury to a player

In these circumstances a team cannot be penalized for too many players.

Changing the Goalkeeper

The alternate goalkeeper, or any other player, may change place with the goalkeeper at any guaranteed substitution, provided that the referee is notified before the change is made.

Infringements/Sanctions

If a substitute enters the field of play without a player having first left the field, or the player being replaced intentionally interferes with play after the substitute has entered the field:

- play is stopped.
- the team is penalized by a 2-minute minor-misconduct for 'too many players'
- play is restarted with a free kick to the opposing team at the place the ball was located when play was stopped (subject to the special circumstances in Rule 8)

If a colleague changes places with the goalkeeper without the referee's permission before the change is made:

- play continues
- both players concerned are cautioned and shown the yellow card when the ball is next out of play

Named Players Sent Off Before the Start of the Game

If a player named on the game sheet is sent off before the start of the game, the team will nevertheless start the game with 6 players.

No additions may be made to the team sheet to replace a named player who is sent off, whether before or after the start of the game.

Bench Personnel:

A maximum of three non-playing personnel may be on the bench.

All non-playing personnel must be listed on the team sheet given to the referee prior to the start of the match.

The coach may convey tactical instructions to the players during the match. He and the other team officials must remain within the confines of the bench area; they must behave in a responsible manner.

RULE 4 – The Players' Equipment

Safety

A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewellery).

Q. Under what circumstances may the halves be shortened?

A.

(i) If games are running late, the facility may request that the halves be shortened, in order to get back on schedule.

Competition rules for minimum legal game times should be considered when shortening halves.

(ii) If the start of the game is delayed to apply the 'grace period' for a team to have sufficient players to start, or for a game sheet or player cards to arrive, the referee may shorten the halves to allow the game to be completed before the end of the time slot. Again, competition rules should be kept in mind.

Q. If an error is made with the clock in the last two minutes of the second half (not started or stopped correctly), what should be done.

A. The error should be corrected as accurately as possible, before play restarts if the clock was not stopped, or at the next stoppage of play, if the clock was not started.

Q. The game is stopped at 1:45 left on the clock. The centre referee begins the count for restart, when does the assistant referee restart the clock?

A. The clock should be restarted when the ball is in play, according to the particular restart in question.

(i) When the ball is kicked and moves, on a – free kick, corner kick or kick in.

(ii) When the ball is kicked and moves *forward*, on a penalty kick or kick off.

(iii) When the ball leaves the penalty area on a goal kick or free kick for the defending team within their own penalty area

(iv) When the ball touches the ground on a dropped ball

Rule 5 – The Referee

Q. May the referee insist that spectators move away from the area that is adjacent to the field of play?

A. Yes, in fact, most facilities have their own signage stipulating this.

Q. May the referee directly tell spectators who are being abusive or interfering with the match, to leave the stands?

A. Referees are advised to contact the facility staff and have them handle this situation.

Rule 6 – Assistant Referee

Q. What type of calls is the Assistant Referee permitted to make during the match?

A. The Assistant Referee can make any calls, at the discretion of the referee, based on their pre-match discussion. The Referee will remain the final judge of any action to be taken.

Rule 7 – The Duration of the Match

Q. In a lop-sided game, may the clock be allowed to run without stopping in the last two minutes of the second half?

A. No, even if both teams agree, the clock should still be stopped whenever the ball is out of play, during the last two minutes of the second half.

A player wearing a rigid cast is not permitted to play. A player may be permitted to wear a brace at the referee's discretion.

Basic Equipment

The basic compulsory equipment of a player is:

- a jersey or shirt, tucked into shorts. The shirt must be numbered.
- shorts – if thermal undershorts are worn, they must be of the same main colour as the shorts; otherwise they must not be visible whether the player is stationary or in motion.
- stockings
- shin guards
- footwear, suitable for artificial surfaces, which must be either flat soled shoes or shoes with not fewer than 30 moulded rubber studs

Shin guards

Shin guards must:

- be covered entirely by the stockings.
- be made of a suitable material (rubber, plastic, or similar substances)
- provide a reasonable degree of protection

Goalkeepers

Each goalkeeper must wear colours which distinguish him from the other players, the referee and the assistant referee

Goalkeepers may wear track pants and/or kneepads.

Infringements/Sanctions

For any infringement of this Rule:

- play need not be stopped
- the player at fault is instructed by the referee to correct his equipment

- the player leaves the field of play when the ball next ceases to be in play, unless he has already corrected his equipment
- any player required to leave the field of play to correct his equipment does not re-enter without the referee's permission
- the referee checks that the player's equipment is correct before allowing him to re-enter the field of play; this may be delegated to the assistant referee
- if the referee has to check the player's equipment, the player may only re-enter the field of play when the ball is out of play

A player who has been required to leave the field of play because of an infringement of this Rule and who re-enters the field of play without the referee's permission is cautioned and shown the yellow card.

Restart of Play

If play is stopped by the referee to administer a caution:

- the match is restarted by a free kick taken by a player of the opposing side, from the place where the ball was located when the referee stopped the match (subject to the special circumstances in Rule 8)

RULE 5 – The Referee

The Authority of the Referee

Each match is controlled by a referee who has full authority to enforce the Rules of Indoor Soccer in connection with the match to which he has been appointed.

Powers and Duties

The Referee:

- enforces the Rules of Indoor Soccer
- controls the match in co-operation with the assistant referee
- ensures that the ball meets the requirements of Rule 2

Q. Should play be stopped immediately if a team has too many players on the field?

A. The Assistant Referee and/or the Referee should consider the advantage clause if possible, if the non-offending team has possession of the ball, and call a 'delayed' penalty. Play should be stopped when the offending team gains possession of the ball.

Q. If a player is released too early from the penalty box by the assistant referee, can the team be penalised for having 'too many players' on the field?

A. The team should not be punished for a mistake by the officials. Play should be stopped, the numbers should be rectified, and play restarted with a dropped ball, from where it was when play was stopped.*

Rule 4 – Players' Equipment

Q. The referee requests a player to remove jewellery. After a few minutes of play, the referee realises that the player is still wearing the jewellery. What actions does the referee take?

A. The player must be cautioned for unsporting behaviour. The player is instructed by the referee to leave the field to remove the jewellery.

Q. Are players allowed to wear tape to cover jewellery that is considered to be dangerous?

A. No.

Q. If a team spills water in the bench area, what should be done?

A. The facility staff should be called to mop up and dry the area, at the next interval (half time, full time). If the volume of water is such that it is not safe to continue play, the condition should be rectified before allowing play to continue.

Q. If a building alarm sounds, what should the referee do?

A. The referee or assistant referee should contact the control room and enquire if the building is to be evacuated. If it is obvious that the alarm is NOT false (smoke, fire etc.), the referee should instruct all participants to proceed to the NEAREST emergency exit without delay, and in an orderly fashion. Teams should NOT collect belongings from the changing rooms under these circumstances.

Rule 2 – The Ball

Q. During the match, a ball enters the field from a team warming up for the next game. Should the referee stop play immediately?

A. The referee should stop play if the additional ball interferes with play. Play is restarted with a dropped ball at the location of where the match ball was when play was stopped*. Otherwise, the additional ball should be removed at the earliest possibility.

Rule 3 – The Number of Players

Q. If a team has the minimum 6 players, should the game start?

A. Yes, the start should not be held up for players to arrive. Any late players can join their bench at the next stoppage in play.

- ensures that the players' equipment meets the requirements of Rule 4
- where there is a time limitation of 5 seconds for some action to be taken, as required elsewhere in these Rules, shall indicate both visually and verbally by counting these 5 seconds
- stops, suspends or terminates the match, at his discretion, for any infringements of the Rules
- stops, suspends or terminates the match because of outside interference of any kind.
- stops the match if, in his opinion, a player is seriously injured and ensures that he is removed from the field of play.
- allows play to continue until the ball is out of play if a player is, in his opinion, only slightly injured.
- ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped.
- allows play to continue when the team against which an offence has been committed will benefit from such an advantage and penalizes the original offence if the anticipated advantage does not materialize at that time.
- punishes the more serious offence when a player commits more than one offence at the same time.
- takes disciplinary action against players guilty of minor misconduct, cautionable and sending-off offences. He is not obliged to take this action immediately but must do so when the ball next goes out of play.
- takes action against team officials who fail to conduct themselves in a responsible manner by penalizing the team with by a 2 minute minor misconduct 'to the bench', and additionally, at his discretion, by expelling them from the field of play and its immediate surrounds.

- acts on the advice of assistant referees regarding incidents which he has not seen.
- ensures that no unauthorized persons enter the field of play.
- restarts the match after it has been stopped.
- provides the appropriate authorities with a match report which includes information on any disciplinary action taken against players, and/or team officials and any other incidents which occurred before, during or after the match.

Decisions of the Referee

The decisions of the referee regarding facts connected with play are final.

The referee may only change a decision on realizing that it is incorrect or, at his discretion, on the advice of the assistant referee, provided that he has not restarted play.

Applicable decisions of the IFAB, adopted for the purposes of these Rules

A referee or assistant referee is not held liable for:

- any kind of injury suffered by a player, official or spectator
- any damage to property of any kind
- any other loss suffered by any individual, club, company, association or other body, which is due or which may be due to any decision which he may take under the terms of the Rules of Indoor Soccer or in respect of the normal procedures required to hold, play and control a match.

This may include:

- a decision that the condition of the field of play or its surrounds are such as to allow or not to allow a match to take place.
- a decision to abandon a match for whatever reason

Questions & Answers for Indoor Soccer

These questions do not form part of the Rules of Indoor Soccer. They are designed to clarify some of the more common questions that have been asked from time to time.

Rule 1 – The Field of Play

Q. Are 'extra' or non-soccer markings permitted on the field of play?

A. Yes. Many of the soccer facilities are 'multi-use', so other markings can be expected. Wherever possible, these markings should be a different color, or of such location and design that they are easily distinguishable from Indoor Soccer markings.

Q. If there are other problems with the field markings (missing or incorrect), should the game be played?

A. In most cases, yes, but the concerns should be brought to the attention of the facility staff as soon as possible.

Q. If there is blood on the field, what should be done?

A. Play should be stopped, and not restarted until the field has been cleaned according to the published H.I.V/Blood policy.

Q. If there are any dangerous conditions (such as boards, gates, etc in poor repair), does the referee have the right to not allow play to proceed?

A. Yes, the referee has the right to do this, if the field is not safe for participants. Facility staff should be informed of the concern.

Definition of Boarding:

- Boarding is any contact by a player that forces an opponent to hit the perimeter wall that, in the opinion of the referee is careless, reckless or using excessive force.

Mandatory Instructions for Boarding Offences:

- Any contact by a player that forces an opponent to hit the perimeter wall that in the opinion of the referee is careless, reckless or using excessive force, will result in the offending player being sent off boarding.
- Any other contact by a player that indirectly results in an opponent hitting the perimeter wall will result in the offending player being penalized by a caution for unsporting behaviour.
- Any player who attempts to deceive the referee by falling or making contact with the boards in an effort to gain an advantage by having an opponent cautioned or sent off, will result in the offending player being penalized by a caution for unsporting behaviour.

Attempt to deceive

- *Any simulating action anywhere on the field, which is intended to deceive the referee, must be sanctioned as unsporting behaviour*

Sending-Off Offences - Kicking a player from behind:

- *An attempted tackle from behind, which is careless, reckless or using excessive force, with little or no attempt to play the ball will result in the offending player being sent off for serious foul play.*

Sending-Off Offences – Goalkeepers

- *If a goalkeeper is dismissed, he can be replaced by any other player from that team who is not currently serving a time penalty. The goalkeeper must be replaced before play can be restarted. The referee may award a further time penalty against the bench, if the team delays replacing a dismissed goalkeeper.*

- a decision as to the condition of the fixtures or equipment used during a match including the goalposts, crossbar, and the ball.
- a decision to stop or not to stop a match due to spectator interference or any problem in the spectator area
- a decision to stop or not to stop play to allow an injured player to be removed from the field of play for treatment
- a decision to request or insist that an injured player be removed from the field of play for treatment
- a decision to allow or not to allow a player to wear certain apparel or equipment
- a decision (in so far as this may be his responsibility) to allow or not to allow any persons (including team or centre officials, security officers, photographers or other media representatives) to be present in the vicinity of the field of play
- any other decision which he may take in accordance with these rules or in conformity with his duties under the terms of the league rules or regulations under which the match is played

RULE 6 – The Assistant Referee

Duties

An assistant referee is appointed whose duties, subject to the decisions of the referee, are to act as timekeeper and keep a record of the match, and to indicate:

- when the whole of the ball has passed out of the field of play
- which side is entitled to any restart
- when a player should be penalized for a 3 line violation
- when a team has made an illegal substitution
- when misconduct or any other incident has occurred out of the view of the referee

- when a player must be cautioned for committing a third offence punished by a minor misconduct time penalty.

Assistance

The assistant referee assists the referee to control the match in accordance with the Rules of Indoor Soccer.

The Assistant Referee will signal using a whistle to stop play, but the referee is the final judge of any action to be taken.

In the event of undue interference or improper conduct, the referee will relieve an assistant referee of his duties and make a report to the appropriate authorities.

RULE 7 – The Duration of the Match

Periods of Play

The match lasts two equal periods of 25 minutes, unless otherwise mutually agreed between the referee and the two participating teams.

Any agreement to alter the periods of play (for example to reduce each half because of insufficient time left in the booking period) must be made before the start of play and must comply with competition rules.

Half-Time Interval

Players are entitled to an interval at half-time.

The half-time interval must not exceed 3 minutes.

Competition rules must state the duration of the half-time interval.

The duration of the half-time interval may be altered only with the consent of the referee.

Provision for stopped time

The clock will not be stopped during the game for any reason except during the last two minutes of each match when the clock shall be stopped whenever the ball is out of play.

RULE 11 – Three line violation

Eligible players

- For this rule, eligible players are the number of players entitled to be on the field, subject to the time penalty provisions of Rule 12.

RULE 12 – Fouls and Misconduct

Penalty Kick awarded against a goalkeeper.

- A penalty kick is awarded if, while the ball is in play, the goalkeeper, inside his own penalty area, strikes or attempts to strike an opponent by throwing the ball at him.

Possession by the Goalkeeper

- The goalkeeper is considered to be in possession of the ball by touching it with any part of his hand or arms. Possession of the ball includes the goalkeeper deliberately parrying the ball, but does not include the circumstances where, in the opinion of the referee, the ball rebounds accidentally from the goalkeeper, for example after he has made a save.

Disciplinary Sanctions

- A player who commits a cautionable or sending-off offence, either on or off the field of play, whether directed towards an opponent, a team-mate, the referee, an assistant referee or any other person, is disciplined according to the nature of the offence committed.

Spitting on the playing surface

- Any player or team official found spitting on the playing surface must be punished by a 2-minute minor misconduct. This should normally be issued to the bench, but may be issued to the player at the discretion of the referee.

- *New technology has made sports spectacles much safer, both for the players themselves and for other players*

Jewellery

- *All items of jewellery are potentially dangerous. The term “dangerous” can sometimes be ambiguous and controversial, therefore in order to be uniform and consistent any kind of jewellery has to be forbidden.*
- *Players are not allowed to use tape to cover jewellery. Taping jewellery is not adequate protection.*
- *Rings, earrings, leather or rubber bands are not necessary to play and the only thing they can bring about is injury.*
- *In order to avoid “last minute” problems, teams should inform their players in advance.*

RULE 5 – The Referee

Advantage

- *The referee is encouraged to use the advantage power where appropriate, particularly as he is able to stop play to punish the original offence if the advantage does not occur in the phase of play immediately following the infringement.*

Taking “Delayed” Disciplinary Action

- *This power is complementary to the power to apply the advantage in situations on the field. Referees should refer to Rule 12, and the “delayed penalty” for the mechanics related to a disciplinary action taken after the ball has gone out of play.*

Penalty Kick

If a penalty kick has to be taken or retaken, the duration of either half is extended until the penalty kick is completed.

Extra Time

Competition rules may provide for two further equal periods to be played. The conditions of Rule 8 will apply.

Abandoned Match

An abandoned match is replayed unless the competition rules provide otherwise.

RULE 8 – The Start and Restart of Play

Preliminaries

The team listed as the home team has the right to decide which goal it will attack in the first half of the match.

The team listed as the visitors takes the kick-off to start the match.

The home team takes the kick-off to start the second half of the match.

In the second half of the match the teams change ends and attack the opposite goals.

Kick-off

A kick-off is a way of starting or restarting play:

- at the start of the match
- after a goal has been scored
- at the start of the second half of the match
- at the start of each period of extra time, if applicable

A goal may be scored directly from the kick-off.

Procedure

For the kick off:

- all players are in their own half of the field
- the opponents of the team taking the kick-off are at least 10 feet from the ball until it is in play
- the ball is stationary on the center mark

- the referee gives a signal
- the ball is in play when it is kicked and moves forward
- the kicker does not touch the ball a second time until it has touched another player

After a team scores a goal, the other team takes the kick-off.

Infringements/Sanctions

If the kicker touches the ball a second time before it has touched another player:

- a free kick is awarded to the opposing team to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8)

For any other infringement of the kick-off procedure:

- the kick-off is retaken

Dropped Ball

A dropped ball is a way of restarting the match after a temporary stoppage that becomes necessary, while the ball is in play, for any reason not mentioned elsewhere in these rules.

Procedure

The referee drops the ball at the place where it was located when play was stopped (subject to the special circumstances in Rule 8).

Play restarts when the ball touches the ground.

Infringements/Sanctions

The ball is dropped again:

- if it is touched by a player before it makes contact with the ground
- if the ball leaves the field of play after it makes contact with the ground, without a player touching it

Special Circumstances

A dropped ball to restart the match after play was temporarily stopped takes place on the penalty mark if the ball was anywhere inside the penalty area at the time of the stoppage.

Changing the Goalkeeper

- *Goalkeepers may not be changed “on the fly”. If a goalkeeper leaves the field of play without the referee’s permission and is replaced by a substitute who may or may not be dressed as a goalkeeper:*
 - *play is stopped*
 - *the goalkeeper leaving the field of play cautioned and shown the yellow card*
 - *play is restarted with a free kick to the opposing team at the place the ball was located when play was stopped (subject to the special circumstances in rule 8)*

Bench Personnel - Behaviour

- *A “tactical instruction” does not include verbal abuse aimed at any player, spectator or non playing personnel, referee or assistant referee, and does not include dissent of a referee’s or assistant referee’s decision.*
- *If, in the referee’s opinion, a coach or team official is behaving in an irresponsible manner, a 2-minute penalty to the bench may be awarded and, at the referee’s discretion, the coach or team official may be removed from the field.*

RULE 4 – The Players’ Equipment

Non-Basic Equipment

- *A player must not use equipment or wear anything that is dangerous to himself/herself or another player*
- *Modern protective equipment such as headgear, facemasks, knee and arm protectors made of soft, lightweight, padded material are not considered to be dangerous and are therefore permitted*

Additional Instructions to Referees.

RULE 1 – The Field of Play

The purpose of the referee's crease:

- *The referee's crease is designed to allow the referee to carry out his duties without interference by the players or team officials. For any breach of the rules regarding this area, an offending player will be assessed a 2-minute minor misconduct.*

Continued breach of the rule will result in the offending player being cautioned for unsporting behaviour. Breach of the rule by a team official will result in a 2-minute penalty to the bench and, at the referee's discretion, the official being removed from the field.

RULE 3 – The Number of Players

Eligible player

- *For this rule, an eligible player is a player, named on the game sheet and present at the field of play, who is not serving a time penalty.*

Substitution Procedure

- *The substitute entering the field of play cannot enter "over the boards". Should this occur the offending player must be assessed a 2 minute minor misconduct time penalty.*
- *The substitute entering the field does not have to enter the field at the same gate that the departing player uses.*

Stoppages other than a Guaranteed Substitution Opportunity.

- *At all times other than a guaranteed substitution opportunity, play does not have to be held up and a team must ensure they do not have more than 6 players on the field of play.*

A free kick awarded to the attacking team for a technical offence (any offence other than one of the eleven penal offences) committed inside the opponent's penalty area will be taken from the top of the penalty arc.

A free kick awarded to the defending team for an offence committed inside the team's own penalty area may be taken from any point within the penalty area.

A free kick to restart play awarded for any incident or stoppage of play closer to the side perimeter wall than the restart line, will take place on the restart line, or between the restart line and the boards, at the point nearest where incident occurred.

A dropped ball to restart play that would be closer to the side perimeter wall than the restart line will take place on the restart line at the point nearest the ball when play was stopped.

A free kick to restart play awarded for any incident or stoppage of play closer to the end perimeter wall than the undrawn line between the corner marks, will take place on that undrawn line at the point nearest where incident occurred.

A dropped ball to restart play that would be closer to the end perimeter wall than the undrawn line between the corner marks take place on that undrawn line at the point nearest the ball when play was stopped.

A free kick awarded if play is stopped because of an offence committed by personnel on the team bench will be taken at the place where the ball was when play was stopped, subject to the preceding paragraphs in this section.

In all cases in these rules, the restriction against a player touching the ball twice at any kick off or restart includes instances where the kicker touches the ball after it rebounds off the perimeter wall or the referee without the ball having been played or touched by another player.

On any start or restart, the team entitled to the kick has five (5) seconds to play the ball.

In the event of taking more than five (5) seconds, the kicker is penalized by a two (2) minute minor misconduct penalty for delaying the restart. However, that team remains entitled to the restart.

RULE 9 – The Ball In and Out of Play

Ball Out of Play

The ball is out of play when:

- play has been stopped by the referee
- it has wholly crossed the perimeter wall, or has touched the side netting
- it strikes the netting or any structure above or overhanging the playing surface

Ball In Play

The ball is in play at all other times, including when:

- it rebounds from the boards and remains in the field of play
- it rebounds from the referee on the field of play
- it touches a player who has technically left the field by being within the restart line and between the gates to the bench, and who is being replaced by a substitute, but who is in no way attempting to play the ball or interfere with play.

RULE 10 – The Method of Scoring

Goal Scored

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Rules of Indoor Soccer has been committed previously by the team scoring the goal.

Winning Team

The team scoring the greater number of goals during a match is the winner. If both teams score an equal number of goals, or if no goals are scored, the match is drawn.

CAST AND BRACE POLICY

To: Members Date: 9 April 1997

From: Executive Director

Re: A.S.A. Policy on Rigid Casts

This memo will advise that the A.S.A. Board of Directors at their April 5th meeting passed the following policy, which is in effect immediately:

Rigid casts may not be worn in any game under the jurisdiction of the Alberta Soccer Association.

Please pass this information on to your teams and referees.

P.S. Please note that a player wearing a knee brace is still at the referee's discretion as to whether or not it is potentially injurious to another player.

H.I.V. POLICY

Dealing with a bloody wound:

- a) If bleeding occurs where other participants may be exposed to blood, **the individual's participation must be interrupted until the bleeding has been stopped.** The wound must be cleansed with antiseptic and securely covered.
- b) All clothing soiled with blood should be replaced prior to the athlete resuming training or competition. Clothing soiled with blood and other body fluids must be washed in hot, soapy water.
- c) If an athlete leaves the field, has his/her injury treated and covered and wishes to re-enter the game in another, differently numbered jersey that replaces a blood-stained jersey, he/she may re-enter **only after the referee has been advised of the change of number.**
- d) All equipment and surfaces contaminated with blood and other body fluids should be cleaned with a solution of one part household bleach to nine parts water. This solution should be prepared fresh daily. **This is particularly important on the artificial turf of indoor arenas.**
- e) While cleaning blood or other body fluid spills, the following must be done:
 - Wear waterproof gloves.
 - Wipe up fluids with paper towels or disposable cloths.
 - Disinfect the area as described in (d) above.
 - Place all soiled waste in a plastic bag for disposal.
 - Remove gloves and wash hands with soap and water.

Other wounds must be reviewed by medical personnel, including abrasions and all skin lesions and rashes on athletes, coaches and officials. All wounds, skin lesions and rashes must be confirmed as non-infectious and be securely covered prior to the athlete starting or continuing participation.

Competition Rules

For matches ending in a draw, competition rules may state provisions involving extra time, or other procedures approved by the governing body to determine the winner of a match.

RULE 11 – Three line violation

Three line violation

A three-line violation occurs:

- when the ball touches or is played by a player in his own defensive zone, and
- the ball completely crosses all three lines in the air without touching another player, the referee, the field or the boards.

No Offence

When a team has 2 fewer players eligible to be on the field than the opposing team, any player on that team may propel the ball over three lines without being in violation of this Rule.

Infringements/Sanctions

For a three-line violation, the referee awards a free kick to the opposing team to be taken from the place where the ball crossed the first defensive line.

RULE 12 – Fouls and Misconduct

Fouls and misconduct are penalized as follows:

Penal offences

A free kick is awarded to the opposing team if a player commits any of the following seven offences in a manner considered by the referee to be careless, reckless or using excessive force:

- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- jumps at an opponent
- charges an opponent

- strikes or attempts to strike an opponent
- pushes an opponent
- boards an opponent

A free kick is also awarded to the opposing team if a player commits any of the following four offences:

- tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
- holds an opponent
- spits at an opponent
- handles the ball deliberately (except for the goalkeeper within his own penalty area)

Location of the Free Kick

A free kick is taken from where the offence occurred, (subject to the special circumstances in Rule 8)

Penalty Kick

A penalty kick is awarded if any of the above eleven offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

Technical offences

A free kick is awarded to the opposing team if a player, in the opinion of the referee, commits any of the following four offences:

- plays in a dangerous manner
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from his hands
- commits any other offence not previously mentioned in rule 12, for which play is stopped to caution or dismiss a player.

A free kick is also awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offences:

at any time when kicks from the penalty mark are being taken

7. Only the eligible players and match officials are permitted to remain on the field of play when kicks from the penalty mark are being taken
8. All players, except the player taking the kick and the two goalkeepers, must remain within the bench area, or inside the restart line and between the gates outside the team bench area.
9. The goalkeeper who is the teammate of the kicker must remain on the field of play, beside the perimeter wall behind the corner mark at the end of the field where the kicks are being taken
10. Each kick is taken by a different player, and all eligible players must take a kick before any player can take a second kick
11. The kicks are taken alternately by the teams
12. If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken
13. If, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, kicks continue to be taken in the same order until one team has scored a goal more than the other from the same number of kicks
14. Unless otherwise stated, the relevant Rules of Indoor Soccer and International F.A. Board Decisions apply when kicks from the penalty mark are being taken.

Kicks from the Penalty Mark

Taking kicks from the penalty mark is a method of determining the winning team where competition rules require there to be a winning team after a match has been drawn

Players eligible to take kicks from the penalty mark

All players, whether on the field or on the team bench at the end of the match (including extra time where applicable) are eligible to participate in taking kicks from the penalty mark.

Any player previously dismissed, or still serving a time penalty at the end of the match, or a player ruled ineligible by the team in the process of equalizing the number of penalty kick takers in accordance with point 1 below is not eligible, but any player serving a time penalty for another player who was ejected will be eligible.

If a goalkeeper has been penalized and still has time remaining on the time penalty at the end of the match, he is ineligible to take a kick from the penalty mark, but may participate in the procedure as a goalkeeper only. In this case the teams must be reduced to the same number of eligible kickers.

Procedure

1. Before the start of kicks from the penalty mark, the referee shall ensure that only an equal number of players from each team remain to take the kicks.
2. The referee chooses the goal at which the kicks will be taken
3. The referee tosses a coin and the team whose captain wins the toss takes the first kick
4. The referee keeps a record of the kicks being taken
5. Subject to the conditions explained below, both teams take five kicks
6. Any eligible player, including the designated alternate goalkeeper if any, may change places with the goalkeeper

- if a player deliberately passes the ball back to his own goalkeeper from any other zone of the playing field except the passer's own zone (between his defensive zone line and the goal line) and the goalkeeper handles the ball. This includes instances where a team makes a series of passes or a player dribbles the ball back to the goalkeeper across the defensive line into the defensive zone. However, the goalkeeper may play the ball in any other manner so long as he does not handle the ball.
- touches the ball again with his hands after it has been released from his possession and has not touched an opponent
- touches the ball with his hands at any time after having had the ball under control and unchallenged for more than 5 seconds
- having taken the ball in his hands, fails to release the ball within 5 seconds.

In all cases, the free kick is taken from where the offence occurred (subject to the special circumstances in rule 8).

Minor misconduct

In addition to a free kick, the referee may also penalize an offending player by showing the blue card to indicate a minor misconduct, a 2 minute time penalty.

A referee may assess a 2-minute time penalty to a player who, in the opinion of the referee, is guilty of a minor misconduct as a result of a penal or technical foul.

A 2-minute minor misconduct time penalty must be assessed for the following offences:

- a player delaying the restart of play
- a player failing to retire the required distance whenever play is started or restarted with kick taken by the opponents.

The restart for these offences above shall be the original restart prior to the time penalty being assessed.

- a team official or player for spitting on the playing surface

The restart for this offence above shall be a free kick to the opposing team at a point where the offence occurred (subject to the special circumstances listed in Rule 8).

Cautionable Offences

A player is cautioned and shown the yellow card if he commits any of the following six offences:

- is guilty of unsporting behaviour
- shows dissent by word or action
- persistently infringes the Rules of Indoor Soccer
- enters or re-enters the field of play without the referee's permission
- leaves the field of play without the referee's permission
- is assessed a 3rd minor misconduct time penalty.

For any of these offences, the offending player is assessed two 2 minute time penalties, a double minor misconduct.

• Sending-Off Offences

A player is sent off and shown the red card if he commits any of the following eight offences:

1. Is guilty of serious foul play.
2. Is guilty of violent conduct.
3. Boarding
4. Spits at an opponent or any other person
5. Denies an opponent a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
6. Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by any penal offence.
7. Uses offensive, insulting or abusive language and/or gestures
8. Receives a second caution in the same match

For any of these offences except the last, the offending player is sent off and assessed a 5 minute major time

RULE 17 – The Corner Kick

A corner kick is a method of restarting play.

A goal may be scored directly from a corner kick, but only against the opposing team.

A corner kick is awarded when:

- the whole of the ball, having last touched a player of the defending team, passes over the perimeter boards between the corner marks, and
- a goal is not scored in accordance with Rule 10.

Procedure

- the ball is placed at the nearest corner mark.
- opponents remain at least 15 feet from the ball until it is in play.
- the ball is kicked by a player of the attacking team.

The attacking team has five (5) seconds in which to put the ball into play, following the signal from the referee.

- the ball is in play when it is kicked and moves.
- the kicker does not play the ball a second time until it has touched another player.

Infringements/Sanctions

If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:

- if the kicker touches the ball with his hands inside his penalty area, and is not his team's goalkeeper, a penalty kick is awarded
- otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in rule 8)

For any other infringement:

the kick is retaken

RULE 16 – The Goal Kick

A goal kick is a method of restarting play.

A goal may be scored directly from a goal kick, but only against the opposing team.

A goal kick is awarded when:

- the whole of the ball, having last touched a player of the attacking team, passes over the perimeter boards between the corner marks, and
- a goal is not scored in accordance with Rule 10

Procedure

- the ball is kicked from any point within the goal area by a player of the defending team
- opponents remain outside the penalty area until the ball is in play
- the kicker does not play the ball a second time until it has touched another player
- the ball is in play when it is kicked directly beyond the penalty area

Infringements/Sanctions

If the ball is not kicked directly into play beyond the penalty area:

- the kick is retaken

If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:

- if the kicker touches the ball with his hands inside his penalty area, and is not his team's goalkeeper, a penalty kick is awarded
- otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in rule 8)

penalty. For a second cautionable offence, the player shall be sent off and assessed two 2-minute time penalties.

Management of Time Penalties

Types of time penalty:

A Minor Misconduct Time Penalty, which is 2 minutes in duration, is assessed for any offence, which, in the referee's opinion, warrants greater punishment than a free kick or penalty kick. The penalized player serves the penalty time.

A Double-Minor Time Penalty, comprising two separate minor time penalties, is assessed for any cautionable offence. The penalized player serves the penalty time, except in the situation where the caution is a second caution in the same match and the player is sent off, in which case a team-mate of the player sent off serves the penalty time.

A Major Time Penalty, which is 5 minutes in duration and is assessed for any sending-off offence except a second caution.

Players to serve the time penalty

If a player is assessed a minor misconduct, that player must serve the two minute time penalty.

If a player is assessed a double minor misconduct, that player must serve the two two-minute penalties, unless the double minor is the second caution of the game to the same player. In this case the player will be sent off, a two two-minute penalty assessed against the team, who must play with one less player on the playing field, subject to the provisions of Rule 12. A team-mate of the player must serve the penalty.

If a player is assessed a major time penalty, that player will be sent off, a five-minute major penalty assessed against the team, who must play with one less player on the playing field, subject to the provisions of Rule. A team-mate of the player does not have to serve the major time penalty.

If a goalkeeper is assessed a minor misconduct, or a double minor misconduct, a colleague must serve the time penalties.

Despite this, if a goalkeeper is sent off for a major time penalty, the goalkeeper must be replaced and the team assessed the time penalties. A team-mate of the goalkeeper does not have to serve the time penalties.

Timing of time penalties:

All time penalties shall be timed independent of the game time and shall be stopped when the ball is out of play.

Relief of the balance of a minor time penalty:

If a team has fewer players on the playing surface than the opponents, because one or more players are serving a minor time penalty, and that team is scored upon by an opponent, then:

- if the earliest unexpired minor time penalty is the last or only time penalty being served by a player, that player shall return to the field.
- if the earliest unexpired minor time penalty is the first of consecutive time penalties, the balance of the earliest unexpired minor time penalty shall be relieved, and next time penalty shall begin.

Only one unexpired minor time penalty will be relieved if the opponents scored a goal.

No relief for a major time penalty:

If a team is reduced to a lesser number of players on the playing surface than its opponent, and only major time penalties are currently being served, and that team is scored upon by an opponent, the remaining major penalty time is not voided. The affected team continues to play shorthanded.

Minor time penalty assessed when a penalty kick is awarded:

If a player concedes a penalty kick, and is also assessed one (or two) minor time penalties, and a goal is scored direct from the penalty kick,:

The ball is touched by an outside agent as it moves forward:

- the kick is retaken

The ball rebounds into the field of play from the goalkeeper, the crossbar or the goalposts, and is then touched by an outside agent:

- the referee stops play
- play is restarted with a dropped ball at the place where it touched the outside agent (subject to the special circumstances in Rule 8)

RULE 15 – Ball out of play: ceiling or side

A free kick is awarded when the ball:

- has wholly crossed the side perimeter wall, or has touched the side netting, other than for a goal kick or corner kick. In this case, play shall be restarted by a free kick to be taken by an opponent of the team that touched or played the ball last, on the restart line, or between the restart line and the boards, closest to the point where the ball crossed the perimeter wall.
- strikes the netting or any structure above or overhanging the playing surface. In this case, play shall be stopped and restarted by a free kick to be taken by an opponent of the team that touched or played the ball last, at the center of the defensive line closest to where the ball was last touched or played.

Procedure

- the ball is in play when it is kicked and moves

Infringements/Sanctions

If, after the ball is in play, the kicker touches the ball a second time before it has touched another player, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8)

The goalkeeper infringes the Rules of Indoor Soccer:

- the referee allows the kick to proceed
- if the ball enters the goal, a goal is awarded
- if the ball does not enter the goal, the kick is retaken

A team-mate of the player taking the kick enters the penalty area or moves in front of or within 10 feet of the penalty mark:

- the referee allows the kick to proceed
- if the ball enters the goal, the kick is retaken
- if the ball does not enter the goal, the kick is not retaken
- if the ball rebounds from the goalkeeper or the boards and is touched by this player, the referee stops play and restarts the game with a free kick to the defending team.

A team-mate of the goalkeeper enters the penalty area or moves in front of or within 10 feet of the penalty mark:

- the referee allows the kick to proceed
- if the ball enters the goal, a goal is awarded
- if the ball does not enter the goal, the kick is retaken

A player of both the defending team and the attacking team infringe the Rules of Indoor Soccer:

- the kick is retaken

If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:

- if the kicker touched the ball with his hands inside his own penalty area, and was not his team's goalkeeper, a penalty kick is awarded
- otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in rule 8)

- if the earliest unexpired minor time penalty is the last or only time penalty being served by a player, that time penalty shall be considered expired
- if the earliest unexpired minor time penalty is the first of consecutive time penalties, that time penalty shall be considered expired, and next time penalty shall begin

Only one unexpired minor time penalty will be relieved on the goal scored from the penalty kick.

No relief where teams are of equal playing strength:

In situations where both teams have the same number of players on the field and a goal is scored, no penalty time is nullified, regardless of whether the team conceding the goal has more unexpired time penalties than the other.

Co-incident minor time penalties:

In situations involving an equal number of minor or double minor time penalties arising from the same incident or at the same stoppage in the game, the players involved will go to the penalty box to serve the penalties.

The teams shall play with the same number of players on the field as there were when the coincidental time penalties were called.

The offending players shall be released from the penalty box at the first opportunity after the penalty time expires that play is held up, and with the referee's permission.

Coincidental minor penalties are not relieved by a goal being scored, even if the team is playing shorthanded and the coincidental penalty is the only minor time penalty being served.

Co-incident major time penalties:

In situations involving coincidental and/or simultaneous major penalties because of players from each team being sent off, an equal number of penalties (e.g. 1 or 2 from each team) shall cancel one another.

If, however, one team incurs more major penalties than the other team, each remaining 5-minute penalty must be assessed and served by the team playing shorthanded.

Limit on time penalties assessed to a player at a single stoppage in play:

When a player is assessed a series of minor time penalties in succession arising from a single incident or during the same stoppage in play, the time served by the team or player shall not exceed one double minor time penalty.

When a player is assessed a series of minor and major time penalties in succession arising from a single incident or during the same stoppage in play, and no time penalty is assessed to an opponent, the time served by the team or player shall not exceed one major time penalty.

When a player is assessed a series of minor and major time penalties arising from a single incident or at the same stoppage in play, and an opponent is also assessed one or more minor penalties, the player dismissed may be assessed both minor and major penalties, to a maximum of 5 minutes (a major penalty) more than the opponent.

No additional time penalties will be assessed against a player who commits further misconduct after having been assessed a major time penalty. Rather, the referee shall record and report the misconduct in writing to the appropriate league.

Multiple major and minor time penalties in the last 5 minutes of a match:

In the situation where a player is assessed both a major time penalty, and one or more minor time penalties, and there are fewer than 5 minutes remaining in the match, the team must play with two less players on the field, however, only the minor time penalty(ies) will be served. Major time penalties do not require a team-mate to serve the time penalty.

The time penalty (ies) will commence once other applicable time penalties currently being served have expired.

If only one player can begin serving a time penalty because one other player from the penalized team is currently serving a time penalty, the major penalty will be served first.

The defending goalkeeper remains on his goal line, facing the kicker, between the goalposts until the ball has been kicked

Position of the other players

All other players are:

- inside the field of play, and
- 10 feet away from the penalty mark, and
- no closer to the goal than the penalty mark.

The Referee does not signal for a penalty kick to be taken until the players have taken up position in accordance with the Rule decides when a penalty kick has been completed

Procedure

- the player taking the penalty kicks the ball forward
- he does not play the ball a second time until it has touched another player
- the ball is in play when it is kicked and moves forward

When a penalty kick is taken during the normal course of play, or time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing between the goalposts and under the crossbar:

- the ball touches either or both of the goalposts and/or the crossbar, and/or the goalkeeper

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:

The player taking the penalty kick infringes the Rules of Indoor Soccer:

- the referee allows the kick to proceed
- if the ball enters the goal, the kick is retaken
- if the ball does not enter the goal, the kick is not retaken

Free kick elsewhere:

- all opponents are at least 15 feet from the ball until it is in play, unless they are on their own goal line between the goalposts
- the ball is in play when it is kicked and moves
- the free kick is taken from the place where the infringement occurred (subject to the special circumstances in Rule 8).

Infringements/Sanctions

If, when a free kick is taken by the defending team from inside its own penalty area, the ball is not kicked directly into play:

- the kick is retaken

If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:

- if the kick was taken outside the penalty area, and the ball was then touched with the hands by a player other than the goalkeeper inside his own penalty area, a penalty kick is awarded
- otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in rule 8)

RULE 14 – The Penalty Kick

A penalty kick is awarded against a team which commits one of the eleven penal offences, inside its own penalty area and while the ball is in play.

A goal may be scored directly from a penalty kick.

Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of periods of extra time.

Position of the Ball, the kicker and the Goalkeeper

The ball is placed on the penalty mark

The player taking the penalty kick is properly identified

Time penalties assessed to a player already serving a time penalty:

When a player is serving one or more minor time penalties, and after play has restarted commits another offence warranting additional penalty time, that penalty time shall be in addition to the penalty time already assessed, and shall commence after all penalty time to the penalized player has expired.

However, if the additional penalty is a major penalty and there are fewer than 5 minutes remaining, or if the additional penalty is one or more minor penalties, then the team must reduce the number of players on the field (subject to the minimum) to serve the additional penalty.

Third (or subsequent) penalized player from the same team:

If a team has two players each serving one or more time penalties, and a third player of that team receives one or more time penalties, the third player must go to the penalty box.

If the time penalty resulted from a dismissal, a colleague of the dismissed player is not required to go to the penalty box.

The penalty time of the third player or third penalty shall not commence until all penalty time assessed to one of the other penalized player has elapsed. He must, however, be replaced by a substitute since four players must be on the playing field at all times.

If the non-offending team scores, having more players on the field, the earliest minor time penalty being served (if any) is relieved. If that completes all penalty time assessed to that player, he may return to the team bench. The penalty time assessed to the third player may then commence.

If all the penalty time assessed against one penalized player expires, because the non-offending team does not score, the penalty time assessed to the third player may commence. However, the player whose time penalty has expired may not be released from the penalty bench until

play has been stopped in accordance with the Rules. He may then go directly to the bench.

Injury to a penalized player:

If a penalized player is injured, a colleague may serve the time penalty for the injured player, who may go to the team bench for treatment.

The player originally penalized may not return to the playing surface until after all penalty time assessed to him has expired.

Time penalties assessed to a goalkeeper:

Any minor time penalties assessed against a goalkeeper may be served by any player on that team.

Delayed calling of time penalties:

Where an offence warrants a time penalty, but the referee wishes to apply the advantage clause, the referee will acknowledge the offence and signal by holding the blue card in the air, until one of the following occurs:

- the offending team gains possession of the ball. The referee will stop play, penalize the offending player, and restart by a free kick where the original offence took place (subject to the special circumstances in rule 8).
- the non-offending team scores a goal. The offence is recorded, but no penalty time is served as long as the offending team does not have two players currently serving major time penalties. Play is restarted with a kick off.
- either team commits any other offence. The referee will stop play, penalize the original offender and any other player, if appropriate, and restart play according to the nature of the offence.
- the ball goes out of play. The referee will penalize the original offender and any other player, if appropriate, and restart play accordingly for the stoppage.

Referees are advised to use discretion in the calling of delayed time penalties, to include only situations where

clear-cut advantages or goal scoring opportunities present themselves.

If during the delayed penalty the original offender is guilty of a further offence that warrants a time penalty, that time penalty will be assessed in addition to the time penalty for the original offence.

RULE 13 – Free Kicks

Types of Free Kicks

All free kicks are direct.

- if a direct free kick is kicked directly into the opponents' goal, a goal is awarded.
- if a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

For all free kicks, the ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player.

For all free kicks, the referee will give the signal for the taking of the kick.

The kicker shall have five (5) seconds to put the ball into play, and the referee shall indicate visually (gesture) and verbally the five (5) second count.

Procedure

Free kick to the defending team inside their own penalty area:

- all opponents are at least 15 feet from the ball
- all opponents remain outside the penalty area until the ball is in play
- the ball is in play when it is kicked directly beyond the penalty area
- the free kick may be taken from anywhere inside the penalty area.