



CPSC ADULT INDOOR SOCCER LEAGUE RULES and REGULATIONS

All coaches/managers are required to read and explain these rules to their players. Please enjoy the complex and if you have any suggestions on how to improve the facility or the league please provide your comments to the Carleton Place Soccer Club or the Adult League Convenors.

General Facility Regulations:

In order to provide a positive environment, everyone **MUST** adhere to the following rules:

1. Smoking, eating and drinking (other than water) are not allowed in the Indoor Soccer Facility. Drinking is allowed only in designated areas in the Recreation Facility. Smoking is allowed outside in the designated area.
2. Profane, abusive or foul language is not tolerated.
3. No spitting or chewing gum in the Indoor Soccer Facility is permitted.
4. Anyone caught fighting in the Indoor Soccer Facility will be banned from the facility.
5. Climbing on any building structure or equipment (i.e. netting, benches, or goals) is not permitted.
6. Continuous disregard for the rules may result in a league expulsion and not being permitted to play in the following season.
7. Spectators must stay in the spectator area.
8. Parents should be aware that balls traveling at high speed could enter the spectator area at any time and pose a significant risk of injury.
9. The Facility is monitored by supervisory staff. Anyone caught breaking the rules will be prosecuted.
10. A First Aid Kit is located in the Administration Office.

Team and Player Registration

- ⚽ Each team can register a maximum of 15 players.
- ⚽ A team representative is required to complete and submit the Team Registration Form in its entirety and a Player Roster Form. All players must complete and submit a Player Registration Form.
- ⚽ All fees (including division registration fees and insurance fees) must be paid before the start of each indoor session. If accommodations have not been made then a player whose fees have not been paid will not be allowed to enter the field of play until such time as the fees have been submitted. The Township of Beckwith must receive registration Forms, including Player Registration Form and OSA Form, at least 48 hours prior to the first match. Non-registered players will not be permitted to play. This time limit is not negotiable, as this is the OSA processing time period, not the CPSC's or AISL's.
- ⚽ The age for Men's old-timers is 35 and older; Women's master-age is 30 and older. In the divisions with age restrictions, a player will be eligible to participate if he or she is of that age before the end of the session in which they are registering, i.e. for Men's OT (35+) he/she must be 35 before Jan 27, 2011 to participate in Fall session (Sept 24, 2010 to Jan 27, 2011). Accommodations may be made.
- ⚽ Women can be registered in up to four divisions simultaneously – men can be registered in up to two divisions simultaneously. Men cannot play in the Women's divisions. Women may play in the Men's divisions, subject to request by the player and team, in addition to approval by the league convenors.
- ⚽ Fully registered players (see above) may be added to team rosters up to December 1 (Winter session) and March 31 (Spring session) of each year. Teams wishing to add players to their roster after this date must submit a letter to the Adult Indoor Soccer League Committee requesting permission and stating the reason for the request. The decision of the Committee is final.

Game Day Pre-Game Procedures

- ⚽ Each team is required to fill out a game sheet and provide it to the referee **prior** to the start of each match. The game sheet must be legible and include your team name, players' full names and shirt numbers, the date, and the name of the division.
- ⚽ Each team **must** have a copy of their team roster available if requested to ensure that the players listed on the game sheet are registered to their team.
- ⚽ If any team fails to comply with the above procedure, then it will forfeit the match. The forfeited match will be shown as a 2-0 win for the non-forfeit team.
- ⚽ Player eligibility check can only be requested **before** the match has begun, not during or after the match has commenced. If a team is unable to provide their team roster and proof of registration of the player(s) in question upon request, the referee shall note the matter on the game sheets and shall permit the game to be played. If it is confirmed that an ineligible player played, upon review by the League Convenors, the offending team will forfeit the match with a 2-0 loss.

Call-up Players

- ⚽ If a team is short players, they may call-up eligible players from other teams registered in the division (i.e. a co-ed player **can** be called up for another co-ed team; a player from the old-timers, who is **not registered in the co-ed division, cannot** play-up on the co-ed team).
- ⚽ A team is eligible to call-up players to a maximum of 2 substitutes on the sidelines.
- ⚽ The player substituting **must** be listed on the game sheet in the designated area, or the team will default the match if the name is not listed.
- ⚽ A player may be called-up to any team, in their division, for a total of 3 times per team up to a maximum combined total of 6 times during the course of a session.
- ⚽ Any player who receives two cautions or one dismissal across the course of the session will not be eligible to participate as a call-up for the remainder of the session.
- ⚽ **Exception:** If a co-ed team does not have the required number of female players, they are permitted to call-up a maximum of 2 female players within their division to complete their team even if they have 2 male substitutes on the sidelines.

Equipment

- ⚽ All players **must** wear shin guards that are fully covered by socks.
- ⚽ Only flat soled indoor, turf shoes, or multi-stud shoes may be worn by players (six studded outdoor shoes are not permitted).
- ⚽ Each team must have numbered uniforms. The goalkeeper must wear a distinct jersey (i.e. different colour) from that of his team mates as well as distinct from the opposing team's uniforms.
- ⚽ Any player wearing a wrist or arm hard cast will **not** be allowed to play because of the chance of injuring another player or aggravating their own injury. Knee braces will be permitted provided they appear safe, stable and meet the referee's approval. Watches and jewellery are **not** permitted during a match for safety reasons.

Scoring, Division Standings

- ⚽ 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, then the following tiebreaker rules shall apply:
 - 1) Most wins
 - 2) Goal Differential
 - 3) Most Goals Scored
 - 4) A coin toss
- ⚽ A match that is forfeited will count as a 2-0 win for the non-forfeiting team (with the exception of a match abandoned due to insufficient players, as found under *Time Penalties*).

Match Duration

- ⚽ All matches will consist of two 25-minute halves and a 2-minute half-time break.
- ⚽ Game time shall start running at the scheduled start time, at the discretion of the referee.
- ⚽ If either team is unable to have a minimum of 5 players on the field within 5 minutes after the scheduled start time, the match shall be forfeited, in favour of the team with the required number of players.

Substitutions

- ⚽ Substitutions are unlimited and may take place at any time including “on the fly”.
- ⚽ Players must substitute within 5 yards of their team’s side of the half line.
- ⚽ Not adhering to the 5-yard allowance will result in an indirect free kick against the infringing team from where the ball was at the time of the infringement as it is an illegal substitution.
- ⚽ Repeated disregard may result in a yellow card for unsporting behaviour.

Yellow Card (Caution)

- ⚽ For any player who has received a yellow card their team will serve 2-minute time penalty.
- ⚽ Any player receiving two yellow cards in a single match shall be shown the red card and dismissed, and their team shall play short for the duration of the match.
- ⚽ At the end of each session, any cautions received by a player will be wiped clean. There is no accumulation of cautions between the fall and winter sessions.
- ⚽ For discipline policy due to accumulation of cautions, please visit:
<http://www.ontera.net/~ndasc/Policy-9.0.pdf>

Red Card (Dismissal)

- ⚽ Any player receiving a red card must leave the soccer portion of the Beckwith Recreation Facility (boardroom, change rooms, meeting room etc.) for the duration of the match.
- ⚽ The team that receives the red card must play short-handed for the balance of the match.
- ⚽ Dismissals are accumulated from both the fall and winter sessions.
- ⚽ A coach that is ejected from a match must leave the “playing area” for the duration of the match.

Suspensions

- ⚽ All long-term suspensions (not including Red Card or Yellow Card infractions) from the outdoor season will be applied to players in the CPSC Adult Indoor Soccer League.
- ⚽ All suspended players must pay a \$25.00 fine, payable to the Carleton Place Soccer Club.
- ⚽ The player is suspended from all activities in the CPSC Adult Indoor Soccer League, until they serve their full suspension and pays the above mentioned \$25.00 fine. All suspensions and fines are carried forward to the summer program for all CPSC players. EODSA carries forward suspensions and fines.
- ⚽ Any player who is suspended for a game that, due to any circumstance, does not get played, will be given a new date for their suspension to be served – if the game is not played, the suspension is not served.
- ⚽ A suspended player will not be permitted to play until the suspension is served. Any player caught playing while suspended will be subjected to further suspension and the team they play with will forfeit every match in which a suspended player played, plus an additional point in the standings for each match in which a suspended player participated.
- ⚽ Any player or coach who receives a suspension and is participating in more than one division will be suspended from matches in which the incident occurred, until the suspension is served and penalties paid. In the event that a suspended player is playing in more than one division, that player must pay the fine for the suspension before playing in any other divisions. If the suspension is at the end of the season, it will carry over to the next season should the player register. Simply put, if a player in the co-ed division is given a two-game suspension and is registered in the old-timers division as well, the player must sit out 2 matches in the co-ed league, and cannot play in the old-timers league until the fine for the suspension is received.
- ⚽ For standard misconduct penalties (accumulation of yellow cards, red card suspensions), the Adult Indoor Soccer League will be referring to OSA standards, found at: <http://www.ontera.net/~ndasc/Policy-9.0.pdf>
- ⚽ CPSC Discipline Committee reserves the right to impose stiffer penalties than those indicated, if warranted, based on the referee's report.

Time Penalties

- ⚽ A player who is cautioned (yellow card) shall serve a 2-minute time penalty.
- ⚽ A player who has been sent off (red card) may not continue to play in that match.
- ⚽ Time penalties shall commence when the match is restarted.
- ⚽ A player on the field at the time of the offense may serve time penalties for goalkeepers.
- ⚽ The two-minute time penalty shall be served until the time penalty expires or the opposing team scores a goal, whichever comes first.
- ⚽ If a team has more than one player serving a time penalty when the opposing team scores a goal, the player with the least amount of time to serve may return to the match.
- ⚽ If both teams are short handed at the same time and one of the team's scores a goal, the time penalty must continue to be served entirely by both players.
- ⚽ In the event that a player receives a yellow card while a team mate is serving a cautioned time penalty, they must leave the field immediately, leaving their team two players short. However, the second penalty doesn't start until the first has been served. If one goal is scored during this time, the first penalty is considered served and the second penalty begins.
- ⚽ When a player has been sent off (red card), the team will continue to play unless there are fewer than 5 players, at which time the match shall be abandoned due to insufficient players. If 35 minutes or more have been played, the final score shall be recorded as either a defaulted 2-0 or the actual game score at the time of abandonment, if the team having insufficient players is losing. This final score selected will be the one that provides the greatest goal differential for the winning team (e.g. If the non-defaulting team is winning 5-1 when the match is abandoned, the final score will be recorded as 5-1 as the goal differential of +4 is greater than that of the defaulting 2-0).

Referee Assault

- ⚽ Referee assault will be dealt with by the CPSC Disciplinary Committee. The appropriate Special Incident or Referee Assault Report is to be filled out by the assaulted referee.

Officiating

- ⚽ The League Referee Assignor appoints all of our referees. We stand by and respect all the decisions made by our referees.
- ⚽ We do, however, monitor our referees and attempt to provide top quality officiating. Comments or concerns will be heard from participants if a referee is not performing in a professional manner. In the unforeseen circumstance that appointed referees are not available, the League Convenor reserves the right to appoint, at its discretion, a replacement referee.
- ⚽ Please note: Any players, coaches, or fans that threaten officials will be banned from the facility and further participation in the CPSC Adult Indoor Soccer League.

Appeals

- ⚽ Teams may protest based on the eligibility of a player. This protest can be based on a player playing while under suspension or not being registered. This must be done before the match (if player does not play then no protest is required).
- ⚽ For late player arrivals, if the eligibility of the player is questioned and they participate in the match, the team appealing is required to do the following:
 1. Submit the appeal in writing to CPSC Disciplinary Committee within 48 hours of the match in question.
 2. Provide a \$100.00 bond or cheque, payable to the Carleton Place Soccer Club, to the CPSC.
- ⚽ The CPSC Disciplinary Committee will hold a hearing, which will consist of three arbiters appointed by the CPSC Disciplinary Committee Chairperson.
- ⚽ If the appealing team is successful in their appeal, the match result will be altered (if necessary) and their \$100.00 bond will be returned. If the appealing team loses then the match outcome will stand and the \$100.00 bond will be retained by the CPSC.

Note: The hearing decision is final.

League Rules for the 2011-2012 Season

Unless mentioned otherwise below, league rules will follow FIFA's 2011/2012 Laws of the Game, as found here:

www.fifa.com/mm/document/affederation/generic/81/42/36/lawsofthegame_2011_12_en.pdf

1. Field of Play: The Beckwith Recreational Complex's soccer pitch dimensions and markings are to be followed.
2. Duration of Matches: 2 x 25-minute halves with 2 minutes at half time. Teams must be ready to play on time. Any team that is more than 5 minutes late shall forfeit the match. The match will be considered complete if it has been played for more than 35 minutes. No additional time will be added for stoppage or injury time.
3. Number of Players: Including the goalkeepers, teams must have a minimum of 5 players to start the match, and a maximum of 7 players on the pitch at all times. In the co-ed league, 3 female players must be on the field at all times, if 3 female players are not present then the team must play short by the number of female players that are missing.
4. Kick-off: Ball may be kicked in any direction. Kick-offs are considered to be a direct free kick. Therefore, a goal may be scored directly off the kick-off.
5. Free Kicks: Direct and Indirect: Opposing players must be 15 feet (5 yards) from the ball in foul situations. Outstretched legs into the 5-yard area are considered encroachment and may result in a booking. Ball coming into contact with any part of the building structure while in play will result in an indirect free kick for the opposing team. If the ball hits the building structure within the penalty area, it will either be an indirect free kick for the defending team from anywhere inside the penalty area, or an indirect kick for the attacking team at the top of and outside the penalty area, parallel to where the infringement occurred.
6. Kick-in: All kick-ins are indirect. Players will play "kick-ins" from out of bounds (instead of throw-ins). 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 permitted** to pick up "kick-ins". The ball is considered in play as soon as it is touched and moves. There are no re-tries.
7. Goal Kick: All goal kicks are **direct**. Goal kicks can be taken from anywhere within the penalty area.
8. Penalty Kick: A penalty kick will be awarded as per FIFA law, seven and a half yards from the goal line, one and a half yards from the top of the penalty area, centred between the goal posts. All players from both teams must be at least 10 feet (3 yards) from the ball and behind the ball before the ball is kicked. The goalkeeper is not allowed to move along the goal line until the ball is kicked (both feet must be stationary before the kick is taken). The ball **must** move forward.

9. Yellow Card: A player receiving a yellow card will leave the field for two minutes (based on the referee's time), forcing their 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. In the event that two players from the same team are given yellow cards, the first player must leave the field and serve their two minutes as stated above. When the second player gets a yellow card they must leave the field immediately, leaving their team two players short. However, the second penalty does not start until the first has been served. If one goal is scored during this time, the first penalty is considered served, and the second penalty begins.
10. Red Card: Any player receiving a red card must leave the soccer portion of the Beckwith Recreation Facility (boardroom, change rooms, meeting room etc.) for the duration of the match. The team that receives the red card must play short-handed for the balance of the match. A coach who is ejected from the match must leave the "playing area" for the duration of the match.
11. Offside: There is no offside in this league.
12. Pass-back: Goalkeepers are allowed to handle a ball played deliberately from the foot of a team mate when played directly from a kick-in. If the goalkeeper handles a ball played deliberately from the foot of a team mate (or by means of circumvention) in any other situation, an indirect free kick will be awarded to the attacking team at the top of and outside the penalty area, parallel to where the infringement occurred.
13. Substitutions: Substitutions are unlimited and may take place at any time including "on the fly" in all league matches. However, players must substitute within 5 metres of their team's side of the centerline. An illegal substitution will result in an indirect free kick where the ball was last played and repeated. Disregard of this Rule could result in a yellow card.
14. Slide Tackling: No sliding tackles are permitted (including the goalkeeper). 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, which does not constitute a "tackle" or endanger an opposing player in any way, is permitted.
15. Challenges near touch line: Challenges from the side or behind within 2 yards of the touch line may be penalized, at the referees discretion, as dangerous play against the challenging player. This is done in an attempt to keep players safe from contact with outside walls.
16. General: During the course of the season, it may be deemed necessary by the CPSC and/or the Adult Indoor League Convenors to amend the rules and regulations pertaining to the Adult League. All coaches and referees will be notified of any changes that may arise.

It is the responsibility of the Coach/Manager to ensure that everyone on their team is familiar with these rules.