



*All games are to be played under the recognized FIFA Laws of the Game, which can be found at www.fifa.com/worldfootball/lawsofthegame.html. The North Shore Indoor Soccer League (the "League") considers it your responsibility to familiarize yourself with these rules before you participate in the League.

*The League rules listed hereunder are additions to FIFA’s Laws of the Game and have been specifically adapted for this facility and its indoor soccer leagues.

Equipment. Players are required to wear shin-guards at all times. Sweat pants / track pants may be worn instead of shorts, as long as they do not expose any metal or sharp objects, such as zippers, buttons or snaps. All jewelry / piercings must be removed. Referees have sole discretion to make the final call on the appropriateness of a player’s clothing and / or equipment.

Jerseys / T-Shirts. Each team must have a jersey or t-shirt of the same colour for each player on their team. It is strongly recommended that all teams carry a second colour with them, in the event there is a conflict in jersey / t-shirt colour.

Footwear. All soccer footwear and running shoes are permitted with the exception of six stud soccer cleats.

Number of Players – Men’s League. Each team will have a maximum of five players on the field during game play, which includes the goalie. A team must have a minimum of four players at the official start time of the game in order to be considered in attendance.

Number of Players – Coed League. Each team will have a maximum of six players on the field during game play, which includes the goalie — two of the six players must be female. A team must have a minimum of four players at the official start time of the game in order to be considered in attendance; these four players could be all male.

Length of Game. The game consists of two twenty-five minute halves, which is a total of fifty minutes of playing time. Half time is two minutes long.

Substitutions. Substitutions are unlimited and on the fly. Any player who is leaving the field must be within two metres of their team’s bench before their team mate can enter the field, or an illegal substitution will be declared and the player leaving the bench will face a three minute penalty. If the opposing team scores during the three minute penalty, the penalized player can return to the field.

Out of Bounds – Netting, Building Structure & Player’s Bench. The ball is considered to be out of bounds when it makes contact with the perimeter netting, building structure (which includes the lights and roof) or goes into the players’ bench area. If the ball has gone out of bounds in this manner, the play will be re-started with a indirect free kick from the point closest on the side of the field to where the ball went out of bounds. The opposition players must give a minimum of 3 meters (10 feet) for kick-ins. All free kicks will be taken by the non-offending team.

Out of Bounds – End Zone. If the ball is last touched by an offensive player and then makes contact with the facility’s building structure or netting behind the defending goal, the play will be started with a throw-out from the goal crease area by the goalkeeper of the defending team. The keeper may also play the ball with their feet, but the ball will be considered live. If a throw-out crosses the centre line in the air; a restart will be awarded to the opposition goal keeper. If the keeper plays the ball with their feet, the ball can cross the centre line.

If the ball is last touched by a defending player and then makes contact with the building structure or netting behind the defending goal, play will be restarted with a corner kick by the offensive team.

Goal Keepers. Goal keepers will have a maximum of six seconds to dispense of the ball once they have obtained possession. If a goal keeper does not dispense of the ball within six seconds, a corner kick will be awarded to the non-offending team. If a goal keeper takes possession of the ball outside of the designated goal area they may not dribble the ball back into the designated goal area and then use their hands. A goal keeper cannot punt, drop kick or throw the ball over the centre line without it first touching the ground or a player to re-start play. An indirect free kick will be awarded at centre; the referee may also award advantage and "play-on" if the opposition intercepts the ball. Once the goal keeper places the ball at his/her feet the ball is considered live and can play the ball like a regular player (including kicking it over the centre line in the air).

Goals. After a goal has been scored, you may begin play again from center field as soon as the referee has indicated to begin play. If the opposing team is not ready and does not get back to their own end of the field of play in time you may still play. The ball may be played forward or back.

Play-offs. In the event of a tie at the end of regulation time, each team will drop a player for 5 minutes (co-ed - female), if the game is still tied after 5 minutes, then a second player (co-ed - male) will be dropped until there is a result. Golden goal wins in overtime. If a team is down two players in overtime and received a yellow card, the player receiving the yellow card must sit off for 3 minutes. The team that received the yellow card will not be required to remove a third placer. In turn the opposition team will be allowed to add a player for 3 minutes.