

# TURF SOCCER

## League Rules



## CONTENTS

<b>1. Facilities</b> .....	3
<b>2. Coordinators</b> .....	3
Roles of the GC .....	3
GC No-Shows or Absences .....	3
<b>3. Sportsmanship</b> .....	4
Zero Tolerance Policy .....	4
Sportsmanship Ratings.....	4
Reporting Sportsmanship Concerns .....	5
<b>4. Rosters</b> .....	5
<b>5. Subs</b> .....	5
Who Can Sub? .....	5
Requesting a Sub .....	5
Sub Policies For Regular Season .....	6
Sub Policies for Playoffs .....	6
<b>6. Defaults</b> .....	6
What is a Default? .....	6
What Happens When a Team Defaults? .....	6
<b>7. League Specific Rules</b> .....	7
Game Format.....	7
Scoring.....	7
Equipment.....	7
<b>8. General Playing Guidelines</b> .....	8
Starting & Re-starting Play .....	8
Goalkeepers.....	9
Free Kicks.....	9
Violations and Fouls.....	10
Penalties .....	11



## 1. FACILITIES

The ESSC rents all indoor turf facilities from private operators and the City of Edmonton recreation department. As tenants, players must respect the standards and rules of each facility:

- Alcohol and drugs are strictly prohibited inside any facility and in the parking lots
- Facility Operators and Caretakers should be treated with respect
- Outdoor footwear should be removed at the entrance
- Players are expected to clean up after themselves
- Players are responsible for any deliberate property damage within a facility
- When the permit time is up, players must leave the building promptly

**Any player who causes the ESSC to receive a complaint regarding a gymnasium or indoor facility rented by the ESSC will receive a \$100 fine and may be ejected from the League.**

## 2. COORDINATORS

A Games Coordinator (GC) is a part time employee hired by the ESSC to facilitate games. **The GC is not a trained referee.** Players are expected to respect the GC, their opponents and the rules of the sport.

### ROLES OF THE GC

- **Facility Liaison**
  - Act as the onsite contact, set-up and take-down required equipment
- **Game Facilitator and Mediator**
  - Start and end the game on time
  - Host pre-game and half-time meetings
  - Call violations and fouls that are missed by players, enforce the rules of the sport
  - Ensure both teams are abiding by the Sportsmanship policy, mediate disputes
- **Player Liaison**
  - Represent the ESSC and act as a link between the players and the league
- **Game Reporter**
  - Record and announce the score throughout the game, report back to the ESSC
  - Collect a sportsmanship rating at the end of the game from each team

### GC NO-SHOWS OR ABSENCES

Although the ESSC strives to have a GC present and on-time for all games, there could be rare instances where a GC is unexpectedly late or does not show up to their shift. If this occurs;

- Work with the facility manager or caretaker to find the required equipment
- Start, play, and end the game as scheduled
- Ensure that the facility is left tidy and unharmed
- Email the score and sportsmanship ratings to [info@edmontonsportsclub.com](mailto:info@edmontonsportsclub.com)



### 3. SPORTSMANSHIP

The ESSC encourages a fun-first, winning-second attitude in all leagues. All players are expected to abide by the ESSC sportsmanship policies, including:

- Controlling emotions and actions at all times
- Treating the facility, equipment, staff, other players, and coordinators with courtesy and respect
- Avoiding retaliation under any circumstance
- Providing feedback in a constructive manner to the GC and being open to feedback from the GC

#### ZERO TOLERANCE POLICY

The ESSC requires Games Coordinators to remove players from a game if they are involved with any of the following acts:

- Swearing directly at another player or the Games Coordinator
- Displaying disrespectful or threatening behaviour
- Intentionally pushing, shoving or making physical contact with another player
- Making comments to instigate an altercation with another player

If a player is ejected from a game they must vacate the facility immediately. The offending player will be subject to further follow-up from the ESSC, including possible suspension/expulsion from the League.

#### SPORTSMANSHIP RATINGS

- Spirit points are handed out by opposing team and the Games Coordinator at the conclusion of every game
  - **Recreational Division** – Spirit points are added to a team's points earned from wins and ties, factoring into a team's total points
  - **Recreational Plus / Intermediate Division** – Spirit points do not factor into a team's total points; however, they are used as the first tie-breaker in the standings
- Each team will be given three sportsmanship ratings per game:
  - Two ratings from the Games Coordinator:
    - **Accountability** – how responsible the other team was with regards to rules and calling their own fouls (+1, 0, -1)
    - **Spirit** – overall attitude and fun-first mentality of the team (+1, 0, -1)
  - A single rating from the opponent, combining the above two categories (+1, 0, -1)



Rating	Explanation
(+1)	The team was a lot of fun and made a genuine attempt to call their own fouls
(0)	The team was okay. There are two scenarios: (1) they were average in both fun and accountability; (2) they were strong in one area but weak in the other
(-1)	The team was too intense or aggressive, generally did not follow the rules or call their own infractions/penalties, and showed a low-level of ownership

- Teams can receive a maximum of +3 or -3 spirit points in any given game

#### REPORTING SPORTSMANSHIP CONCERNS

- If at the end of the game a team has an unresolved concern with respect to the other team's sportsmanship, report the details of the issue to the ESSC using the online complaint form
- If a team submits a sportsmanship rating of -1 for their opponent, the team is required to fill out a formal complaint form online by 5:00pm the day after their game, or the rating will be changed to a '0'**
- The ESSC reserves the right to change a rating if the GC believes a rating is not warranted and/or an appropriate representation of a team's play

#### 4. ROSTERS

League	Ideal Roster Size (F) = Female	Total # of Players Required on the Field	Total # of Females Required on the Field
6 on 6	11 – 13 (4 F)	5 + Goalkeeper	2

- Player requirements outlined above do not include goalies.
- Minimum female requirements are inclusive of anyone who identifies as a female (i.e. players who identify themselves as M and X will not count towards female minimums)
- If a goalkeeper is injured during the game the team will be given a short timeout to replace the goalkeeper with another player

#### 5. SUBS

For all ESSC Leagues, players are responsible for finding their own subs, it is not the ESSC's responsibility to find and/or provide subs for teams.

#### WHO CAN SUB?

- Anyone 18 years of age or older

#### REQUESTING A SUB

Recruiting a sub can be done in one of two ways:

- ESSC Subs List: 'Request a Sub' online through your MyESSC account to access players who have voluntarily signed up as subs



2. **Team Invites:** Invite a player not on the subs list to the online team roster, through the MyESSC account function (e.g. friends, family, co-workers, etc)

### SUB POLICIES FOR REGULAR SEASON

- Subs should be of a similar skill level to the player that they are replacing. Bringing out ringers could result in follow-up action from the ESSC
- All subs must know the rules, understand the level of play, and abide by all ESSC policies
- In cases where there are multiple ESSC games occurring in a row at a facility, a team can borrow players from the previous game only to increase their roster to the required number of players on the court/field

### SUB POLICIES FOR PLAYOFFS

- Teams that have qualified for a shot at the championship can only bring in subs who have played at least one regular season game with the team
- All teams who are not playing for the championship can bring in subs regardless of how many games they have played with the team
- Prior to the first playoff game, teams must have all players who are playing in the playoff game(s) displayed as part of the confirmed roster in MYESSC, otherwise they could receive an automatic loss and will not be eligible for the championship

## 6. DEFAULTS

### WHAT IS A DEFAULT?

A default occurs when, at the scheduled game start time, or at any time during the game, a team has fewer than the minimum number of required players. If a team chooses to leave early and quit the game for any reason, including a lack of players, the team will also be subject to the default rules.

The chart below outlines the minimum players required for each specific league in order to not default:

League	Minimum Players to Avoid Default	Default Score
6 on 6	4 (1 Female)	0-7

### WHAT HAPPENS WHEN A TEAM DEFAULTS?

- When a default occurs, the opposing captain must choose one of the following options:
  - Enforce the default fee and mercy score
  - Waive the default fee and enforce the mercy score
  - Waive the default fee and play a regular game, not enforcing the mercy score
- In all above scenarios, the team being defaulted against is responsible for stating to the GC and Team Captain of the defaulting team, which option they have chosen prior to the playing of any fun games



## 7. LEAGUE SPECIFIC RULES

### GAME FORMAT

- Players should arrive 15 minutes prior to the scheduled game time
- Teams will play one 60-minute game per night:
  - 5-minute warm-up
  - 5-minute half-time
  - 25-minute halves
- **Regular Season:** Ties are allowed
- **Playoffs:** Ties are not allowed
  - Halves are shortened to 23-minutes to allow for the possibility of an overtime
  - If a game is tied with 5 minutes (or less) remaining in regulation, the game proceeds to a shoot-out
    - 5 different players from each team will shoot, 2 of which must be female
    - If the score is still tied after 5 shooters, teams will alternate shooters until the tie is broken (sudden death, per pair of shooters)
    - Sudden-death shoot-out rounds will alternate between male and female shooters
    - A player can only shoot a second time once all players of that gender have shot

### SCORING

- Mercy is called and the score freezes if a team gains a 7-goal lead

### EQUIPMENT

- Players must wear clean, non-marking, indoor shoes
- **Cleats** are permitted at certain facilities as long as they do not have metal spikes:

Facility	Policy on Footwear
Commonwealth Foote Field Turf Training Centre	Indoor shoes or non-metal cleats
Phillet	Indoor shoes only, no cleats

Players should bring a light and dark shirt to each game

- Shin pads are not mandatory, but if used, must be fully covered by socks  
The Games Coordinator will provide the turf soccer balls



## 8. GENERAL PLAYING GUIDELINES

### STARTING & RE-STARTING PLAY

#### PLAYING AREA

- Turf Soccer is played on a lined field
- The ball is out of bounds anytime that it crosses the side or end lines
- **Goal Crease:**
  - A player can pass, shoot or dribble the ball while in the crease
  - Goals can be scored while in the crease
  - A player can remain stationary while in the crease, but cannot interfere with the goalkeeper

#### START OF PLAY

- Captains will use any suitable means to determine who starts the first half with the ball, or pick a side
- The team that does not kick-off to start the game will kick-off to start the second half

#### KICK OFFS

- Are used at the beginning of each half and to restart play following the scoring of a goal
- All opposing players must be a minimum of 10 feet from the ball until it has been put into play
- The ball does not need to travel forwards
- The ball may not be touched by the kicker again until another player has contacted the ball
- A goal cannot be scored directly from a kick off

#### THROW-INS

- Throw-ins are used to re-start play after the ball goes out on the sideline
- Defenders must be at least 5 feet from the ball
- The offensive player must put the ball into play within 5 seconds of gaining possession of the ball
- The thrower must have both feet on the ground, and both hands behind the head when throwing-in
- The ball may not be touched again by the thrower until another player has contacted the ball
- A goal cannot be directly scored from a throw-in

#### CORNER KICKS

- Are awarded to the offensive team when the ball crosses the end line (last touched by a defender)
- Are awarded to the opposing team after a goalkeeper violation (excluding handballs)
- Defenders must be at least 10 feet from the ball
- The offensive player must put the ball into play within 5 seconds of gaining possession of the ball
- The ball may not be touched by the kicker again until another player has contacted the ball
- A goal can be scored from a corner-kick





---

## GOAL KICKS

- Are awarded to the defending team when the ball crosses the end line (last touched by an attacking player)
- Any player on the team is permitted to take the goal-kick
- Opposing players must stand a minimum of 10 feet back from the spot of the goal-kick
- The ball is considered 'live' once the ball leaves the crease area

---

## SUBSTITUTIONS

- Substitutions can be made on the fly or during stoppages in play
- The player leaving the field must reach the bench before the replacement player enters the field
- A goalkeeper substitution can only be made during a stoppage in play
- Pulling the goalkeeper for an extra attacker is not permitted in ESSC Leagues

## GOALKEEPERS

- Can only use their hands to play the ball while inside of the crease area
- Must put the ball into play within 5 seconds of gaining possession of the ball
- May throw, kick or drop-kick the ball from their crease back into play
  - If the goalkeeper opts to throw the ball, and the ball crosses half before it is touched by any player, play will be blown dead and will result in an indirect free kick at half for the opposing team
- Cannot pick up a pass (with their hands) from a player on their team
  - This is considered a handball and the opposing team will be awarded an indirect free kick
- May not travel over the half-line
- Are permitted to score a goal

## FREE KICKS

---

### INDIRECT KICKS

- All free-kicks are to be indirect (except penalty & corner kicks)
- All indirect free-kicks are to be taken from the point where the foul occurred
- Defenders must be a minimum of 10 feet from the ball
  - If there is less than 10 feet between the ball and the goal, defenders can stand on the goal-line
- The ball must touch at least one other teammate before it can count as a goal

---

### PENALTY KICKS

- A penalty kick is awarded anytime a foul (major or minor) is committed within the goal crease
- A penalty kick is taken from the penalty-mark
  - The kicker is only allowed to stand back a maximum of 5 feet from the ball before kicking
  - All other players must stand at least 10 feet from the penalty mark
- The goalkeeper must remain stationary on the goal-line until contact has been made with the ball



- The ball is live off the penalty kick
  - The kicker cannot touch the ball a second time until it has been touched by another player

## VIOLATIONS AND FOULS

Violations and fouls are intentional or unintentional rule infractions. Players are expected to call violations and fouls committed by themselves or their team. The GC will also call, confirm, or deny a violation or foul against a player or team.

- If the GC confirms a call, the violating team will lose possession and the opposing team will be awarded an indirect free-kick

## ADVANTAGE RULE

- The advantage rule allows play to continue when the team fouled against was not adversely affected or put at a disadvantage by the play
- The advantage rule can be called by the team fouled or at the GC's discretion
- If the GC decides that the Advantage Rule applies, they will yell 'Play On'

## HANDBALL

- When a player deliberately handles the ball, or gains a favorable outcome as a result of the ball touching any part of the arm
- Includes the top of the shoulders to the fingertips

## USING THE BODY TO ADVANCE

- Advancing in any direction, backside-first, in an attempt to shield defenders from the ball
- Players are allowed to shield the ball temporarily if moving, with the ball, in the direction that they are facing
- Stationary players are only allowed to shield the ball for up to 5 seconds
  - The GC will call a violation if the offensive player fails to turn around within 5 seconds

## SHOULDER-TO-SHOULDER CHALLENGE

- Players cannot challenge opponents with their shoulder

## TOO MANY PLAYERS ON THE FIELD

- When a player enters the field to their advantage, before the replacement reaches the sideline

## DELAY OF GAME

- When a player or team intentionally shoots the ball out of bounds, or impedes the play from re-starting in anyway
- The GC can call a delay of game on any re-start in which the offensive team does not put the ball back into play within 5 seconds



## PENALTIES

Penalties temporarily or permanently remove players from the game who are contributing to an intense, unsportsmanlike or dangerous environment. Players and teams are expected to call their own penalties, although the GC will also confirm and deny penalty calls. **Although most first-time offences result in a minor penalty, GC's may use their discretion to call a major penalty or game misconduct at any time, if a serious or malicious infraction occurs.**

- **Warning:**
    - Given for very minor offences or first-time occurrences (new players)
  - **Minor Penalty:**
    - 1<sup>st</sup> offence, results in the player sitting off for **two minutes**
    - The team is not short-handed
  - **Major Penalty:**
    - 2<sup>nd</sup> offence, results in the player sitting off for **five minutes**
    - The team is not short-handed
  - **Game Misconduct:**
    - 3<sup>rd</sup> offence, results in the player being ejected from the game
    - The team is not short-handed
- 
- An indirect free kick will be awarded to the opposing team from the spot of the penalty
  - A **penalty kick** is awarded should there be a defensive violation, foul or penalty that occurs in the crease area, including a handball
  - If a team calls a penalty against themselves and a goal is then scored on the play, the goal will stand, and the player will still serve the penalty

## RECKLESS PLAY

- Incidental body contact, tripping, holding, high-kicks

## SLIDE TACKLING

- No player (goalkeeper included) can slide feet first at the ball or another player
- The first offense will result in a **major penalty**
- The second offense will result in a **game misconduct**

## UNSPORTSMANLIKE CONDUCT

- The first offense will result in a **major penalty**
- The second offense will result in a **game misconduct**
- Examples of unsportsmanlike conduct:
  - Attempting to make calls for the opponent, petitioning the GC to make calls, swearing, throwing equipment

## THREATENING BEHAVIOR

- The first offense will result in a **game misconduct**
- Examples of threatening behavior:
  - Verbal abuse, physical threats, fighting, instigating, retaliation, intent to injure



## DISRESPECTING THE GC

- Depending on the severity, the first offense can result in a **minor or major penalty, or a game misconduct**
- Examples of disrespecting a GC include:
  - Challenging calls, negatively discussing the GC while on the court or bench, swearing at the GC, questioning the integrity of the GC, ignoring GC feedback

---

## PENALTIES & PLAYERS ON THE FLOOR

- For both **minor** and **major** penalties, the offending player is required to sit off for the full duration of the penalty, regardless of whether a goal is scored or not
  - The offending player will be replaced on the field by another player at the time of the penalty
  - **Minor Penalties:**
    - If the team is playing with the minimum female roster requirement, a player of the opposite gender may serve the penalty to prevent a short-handed situation
    - If the team is playing with the minimum roster requirement overall, they will be forced to play short-handed while the offending player serves the penalty
  - **Major Penalties and Game Misconducts:**
    - The offending player (including goalkeepers) must serve the penalty, even if it will result in a short-handed situation
- No team will be forced to play two players short due to penalties
  - Penalties that would result in a team playing two players down will be served one after the other
  - The exception is if a team is already playing short-handed (minimum roster requirement) and receives a penalty

