

GYM SOCCER

League Rules



EDMONTON SPORT & SOCIAL CLUB

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1. 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

2. COURT REQUIREMENTS

League	Total # of Players Required on the Court	Minimum # of F Players Required on the Court	Maximum # of M/X Players Allowed on the Court
5 on 5	5 (4 + Goalie)	2	3

- The ESSC welcomes people of all gender identity or expression. Minimum female player 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 player minimums).
- If a goalkeeper is injured during the game the team will be given a short timeout to replace the goalkeeper with another player.

3. DEFAULT MINIMUMS & SCORES

League	Minimum Players to Avoid Default	Default Score
5 on 5	4 (1 Female Player)	0-7

4. FORMAT & EQUIPMENT

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)
 - 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
- **Recreational Plus and Intermediate Divisions Only:** In Playoff games, Mercy will not be called. Scores can be higher than a 7-point differential.

EQUIPMENT

- Players must wear clean, non-marking, indoor shoes
- Cleats are not permitted
- 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 gym soccer balls and nets at the facility

Outdoor Soccer Balls are prohibited inside of any City of Edmonton Recreation Facility (including warm-up)

5. GAME PLAY

PLAYING AREA

- Most areas of the gymnasium are considered to be live; although restrictions vary based on the facility
- The ball is considered dead, and possession is awarded to the team that did not last touch the ball in the following scenarios:
 - The ball hits the ceiling
 - The ball is trapped or makes contact with an obstruction in the facility
- If the ball gets caught up in a curtain, player bench, or other obstruction, the first player to arrive at the ball gains possession
 - The player will have 3 seconds to put the ball back in play
 - The defenders need to give at least 5 feet of space to the player
- Players are allowed to brace themselves along the walls by using their hands
- There are no off-sides in ESSC Gym Soccer Leagues

BALL IN THE CORNER

- For safety reasons, the ESSC has a 'corner-rule' in effect to prevent players from chasing a ball into the corner of a gym, or fighting for possession in the corners of a gym
 - When two players are chasing the ball into the corner from a far distance, the player leading within 5 feet of the corner will gain possession of the ball
 - Teams should yell 'corner' when their own player is awarded possession, if this does not happen the GC will call it
 - The trailing player must give their opponent 5 feet of space, and 3 seconds to put the ball back in play
 - If there is no clear leading player, the defensive player is always awarded possession
- The corner rule is not in effect in the following scenarios:
 - If a player willingly carries the ball into the corner
 - If the ball moves into the corner from close proximity

CREASE AREA

- Every facility will have a goal crease that is confirmed by the GC prior to the start of the game
- A goalkeeper may play the ball with their hands if at least one part of their body is in the crease
- No player from either team can remain stationary in the crease-area
- No player from either team can touch the ball while in the crease-area
 - **Goals must be scored from outside of the crease-area**
 - A goal can be scored while a teammate is passing through the crease-area, as long as the offensive player was not interfering with the goalkeeper
 - If an offensive player touches the ball while inside the crease, an indirect kick is awarded to the defensive team
 - If a defensive player touches the ball while inside the crease, the offensive team will be awarded a corner kick, and the defensive player will receive a minor penalty

NET OUT OF POSITION

- If the net is moved during play, the GC will decide whether to stop play and fix the net, or fix the net as play continues down the court
 - Goalkeepers are permitted to readjust their own nets
- A goal that enters the net while the net is out of position will be disallowed
 - The exception to this rule will be if the GC deems that the goalkeeper or defending team dislodged the net intentionally or accidentally during an active scoring opportunity by the offensive team

STARTING & RE-STARTING PLAY

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

SUBSTITUTIONS

- Substitutions can be made on the fly or during stoppages in play
- The player leaving the court must reach the bench before the replacement player enters the court
- 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

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

CORNER KICKS

- Are awarded to the opposing team after a defensive crease violation or goalkeeper violation
- The ball is placed one yard from the corner of the facility
- Defenders must be at least 10 feet from 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

- Any player on the team is permitted to take the goal-kick from within the crease area
- 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

GOALKEEPERS

- Can only use their hands to play the ball while inside of the penalty-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 a corner kick for the opposing team
- Can pick up a direct pass (with their hands) from a player on their team
- May not travel over the half-line
- Are permitted to score a goal

KICKING

All players in ESSC Gym Soccer Leagues should be mindful of how hard they kick the ball, especially if an opponent is directly in front of them and/or they are in a smaller facility.

INDIRECT KICKS

- All free-kicks are to be indirect (except penalty-kicks)
- Indirect free-kicks are also awarded after a foul, from the spot 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 crease-line
- The ball must touch at least one other teammate before it can count as a goal

PENALTY KICKS – PLAYOFF TIE-BREAKER

- There are no penalty kicks in ESSC Gym Soccer Leagues
- Penalty kicks only occur in the playoff rounds as a form of tie-breaker:
 - A penalty kick is taken from the 15-foot mark
 - The kicker is only allowed to stand back a maximum of 5-feet from the ball before kicking
- The goalkeeper must remain stationary on the goal-line until contact has been made with the ball

VIOLATIONS & 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

CORNER VIOLATION

- If the trailing player does not give the leading player possession and space in a 'corner-rule' situation

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:**
 - 1st offence, results in the player sitting off for **two minutes**
 - The team is not short-handed
 - Exception is a defender touching the ball inside of the crease-area
 - In this case, the team will play short-handed
- **Major Penalty:**
 - 2nd offence, results in the player sitting off for **five minutes**
 - The team is not short-handed
- **Game Misconduct:**
 - 3rd 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
- 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 is a **major penalty**
- The second offense will result in a **game misconduct**

UNSPORTSMANLIKE CONDUCT

- The first offense will result is 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