

SSC TURF SOCCER LEAGUE RULES

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1. RECENT REVISIONS & UPDATES

Last Updated

January 15, 2009

- Defined and outlined the rules around the goal area and the penalty area
- Added penalty kicks and the rules around them.

2. SPORTSMANSHIP

The SSC encourages a fun-first, winning-second attitude in all leagues. All players are expected to abide by the SSC sportsmanship policies, any player or team who does not will be subject to suspensions or league expulsion.

ZERO TOLERANCE POLICY

In order to promote a safe and sportsmanlike environment for its players, the SSC has clarified its stance on unsportsmanlike behaviour. All players must understand the expectations for playing in SSC leagues. Team Captains are required by the SSC to ask players to leave the gym if they are involved with any of the following acts:

- Swearing directly at another player or the Coordinator.
- Intentionally pushing, shoving or making physical contact with another player.
- Making comments to instigate an altercation with another player.

In addition to being dismissed from the game, a one week suspension (or more) may be assigned by the SSC to the involved player or team.

SPORTSMANSHIP RATINGS

In order to encourage sportsmanlike play, each team must choose and report a rating for their opponent directly after the game.

- The sportsmanship rating for your opponent gets reported when the Team Captain submits the game results online.
- If a team captain does not report their score by 5pm the following day, their team will receive a 0 sportsmanship rating (unless their opponent has given them a -1) and the score will be processed as their opponent reported it.
- For a description of how to rate your opponent, see below.

Rating	Explanation
(+1)	The team was a lot of fun and made a genuine attempt to call their fouls.
(0)	This team was OK. 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 area.
(-1)	This team was not fun (too intense or aggressive) and generally did not follow the rules and call their own infractions/penalties.

The rating should combine "accountability" and "spirit of the game". Accountability is based on how you felt your opponent took responsibility for calling their own fouls. A team that does well on Accountability either: committed few or no fouls so it was not an issue, or committed several fouls and made a genuine attempt to call most of them. Spirit is based on how Fun your opponent was. A high rating would be for a team that appeared to put winning second and fun first, encouraged themselves and/or their opponent in a positive way.

Rating Sportsmanship: Each team will be given 3 sportsmanship ratings per game, one rating from the opponent and two ratings from the GC. The best rating you can receive per game is +3, the worst is -3. The rating refers to Spirit of the Game as well as Accountability for calling your own infractions and penalties. The GC will rate each of these areas as separate scores while the opponent will rate them together. The ratings work as follows:

"Accountability" Rating:

This rating is based solely on how you felt your opponent took responsibility for calling their own fouls. A team that does well on Accountability either: committed few or no fouls so it was not an issue, or committed several fouls and made a genuine attempt to call most of them.

"Spirit of the Game" Rating:

This rating is based on two criteria:

- How fun your opponent was. A high rating would be for a team that appeared to put fun first and winning second and encouraged themselves or their opponent in a positive way.
- The level of respect that the opponent displayed towards the GC.

Each team will be given 3 sportsmanship ratings per game, one rating from the opponent and two ratings from the GC. The ratings are added together and become your rating for the game. The best rating you can receive per game is +3, the worst is -3. If a GC is not present to monitor your game, your opponent rating is doubled. The rating judges **Spirit of the Game** as well as **Accountability** for calling your own infractions and penalties. The GC will rate each of these areas as separate scores while the opponent will rate them together. Please [click here](#) for more details about sportsmanship ratings.

REPORTING SPORTSMANSHIP CONCERNS

- If during the game you have a concern with the other team, address the issue respectfully with the team captain at the appropriate time (during play on the sidelines or at halftime).
- If at the end of the game you do not feel that the issue has been resolved, report the details of the issue to the SSC by 5pm the next day by using the online complaint form - [Click here](#).
- If you give a -1 and do not support the rating with a complaint form by 5pm the next day, SSC staff cannot properly act on the issue and the rating will be changed to a zero.

3. WAIVERS

- All players must sign a [waiver](#) every season before playing their first game. The waiver can only be completed online.
- Any player that subs in (even if only for one game) must fill out a waiver prior to playing. Captains are responsible to ensure that this is done.
- The waiver outlines the SSC's liability and sportsmanship policies.

4. WEATHER POLICY FOR INDOOR SPORTS

The SSC does not cancel any indoor games due to inclement weather. The only time that games would be cancelled and rescheduled would be if the facility is closed, teams will be contacted if this is the case.

5. DEFAULTS

- All teams are to be at the facility 15 minutes before their scheduled game time.
- At game time any teams not meeting the minimum player requirements will default the game.
- Defaults are recorded as a 7-0 score with the winning team getting +3 and the losing team getting -3 for spirit.

- If a team defaults, the fee is \$100.
- Teams must provide the fee before their next game.
- If a team fails to pay on time their next game will be played, but will be recorded as a loss to them with a score equal to the default score. The actual score of the match will be applied to their opponent; they will not be awarded a default win. The score of this match will not be changed once the team pays their default fee.
- Teams defaulted against will be refunded \$50 to the credit card that was used to register the team.
- If a team defaults on a second night, their status in the league will be under review.
- Singles players are not charged a default fee if their team defaults. If a singles team is defaulted against, they will receive a gift certificate to the Season Ending Party.

6. THE GAMES COORDINATOR (GC)

Games Coordinators (GCs) are SSC employees, they are not trained referees. They are there to encourage sportsmanlike play and to help to keep the games running smoothly. If players are not calling their own fouls the GC reserves the right to step in and call these fouls. The roles of a GC include:

GYM MANAGER

- Facility Liaison – Open the facility if required, coordinate with the caretaker, and uphold facility standards.
- Game Set-Up – Make sure all required equipment is ready for game time.
- Manage the Time –Start the clock at the scheduled start time and manage the time for the remainder of the game.
- Keep Score – Keep track of the score throughout the game using a score clock or score sheets. Team captains must confirm the final score and report a sportsmanship rating for their opponent to the GC before leaving the gym.

PLAYER LIAISON

- Pre-Game Meeting – Call in both captains for introductions, clarify sportsmanship/game play expectations and provide facility or league updates. Team Captains are to communicate their expectations to both the GC and their opponent. At the end of the pre-game meeting Team Captains are required to communicate all information with their players.
- Report Player Comments – Ensure that ideas and recommendations from players are communicated to the SSC staff.

MEDIATOR

- Halftime Meeting – Act as a mediator for the captains at half time for any discussions regarding play or sportsmanship. The GC will also provide feedback and re-establish expectations to both teams at this time. Team captains are expected to communicate all issues to their teammates.
- Enforce Sportsmanship Policy – The GC is required to eject players who are a threat to the fun or safety of their opponents. Players who jeopardize the safety or enjoyment of other players or the GC will not be allowed to continue playing and must leave the facility before the game will resume.
- Call Penalties – Call any violations that the players do not call themselves. All penalties are recorded on the game sheet and reported to the SSC.
- Disagreements – If there is a disagreement between teams during a game, both teams are expected to show respect to each other and the GC. Any disputes will be resolved by the GC if the teams cannot agree. Once the GC has made a call, play will resume without further discussion. If a player has a question regarding the rules, the team captain should address it with the GC either at the half or at the end of the game.
- Disputed Goals – If there is a disagreement as to whether a goal has been scored, a decision must be made quickly. A player from the team who was scored against should confirm whether any of his/her team mates saw the play. The GC will decide if the teams cannot agree.

GAME REPORTER

- Game Report – Submit game summary inclusive of the scores, sportsmanship ratings, notes on penalties, recommendations and comments regarding the sportsmanship of each team.
- Sportsmanship Ratings - A major focus of their report and the ratings they give each team is based on how well the team adjusted their style of play in the second half, after hearing the feedback at half-time.

WHAT THE GC DOES NOT DO

- The GC is not a trained referee. Therefore, they will not 'referee' the game - the players are expected to respect their opponents, the GC, and play by the rules of their sport. Players should call the GC by their name - teams that call the GC 'ref' may lose spirit points.
- In any dispute, teams are expected to act in a mature manner and resolve the issue between themselves based on the current rule book. If the GC needs to step-in, their say will be final and the dispute will be considered over. Arguing beyond the GC's decision may cause teams to lose spirit points as this is considered to be a lack of respect towards the GC.

WHAT HAPPENS IF THERE IS NO GC AT THE GYM

- If no GC is present at the game, players must keep time and score. Captains should confirm the score often during the game to make sure that there are no discrepancies.
- Team captains must e-mail in their scores and sportsmanship rating to gcscores@edmontonsportsclub.com by noon the next day.

7. SCHEDULES

- Schedules are posted online 48 hours prior to the first game.
- If the schedules are not posted you may assume the schedule has not been completed. Please do not contact the SSC regarding your schedule until after it has been posted.
- Games can be played anytime between 6:00pm-11:00pm on weeknights and 8:30am-11:00pm on weekends.
- Singles team names are assigned by the SSC office staff. All individuals' names will appear on the schedule with their team name.

8. ROSTERS & SUBS

- When registering a full team, there is no maximum limit to the number of players that you can have on the roster.
- A team that registered as a full team may add new players to their team that were not listed on the original roster. These players must fill out a waiver prior to playing.
- In the SSC Turf Indoor League, a full team consists of 6 players (one being a goalie) with a minimum of 2 females. If the goalie is female it does not count towards the female minimum.
- The minimum amount of players required in order to not default is: 4 total players including at least 1 female
- Any team may bring in subs (if they are short players for one game) that are not listed on the roster. They must fill out a waiver prior to playing.
- A sub-list can be requested from the office. If you recruit a sub, it is your responsibility to ensure they are ready to play (know the rules, will play at the proper level and have submitted a waiver).
- If you are playing in a league where there are other SSC teams playing before you, your team may borrow players under this condition: to increase your team to a minimum full line-up. The SSC considers it to be an unfair advantage if a team borrows players to bolster their line-up.
- In the spirit of sportsmanship, captains are expected to replace players with a person of a similar skill level. Bringing in "ringers" for regular season and particularly playoff games is discouraged.
- Teams may bring in subs for playoff games but these players must have played at least one game during the regular season with the team, unless the team would otherwise default.
- If a team's goalie is injured during the game then there will be a short (2 minute) timeout to replace the goalie with either another player or another goalie if there is one present waiting for the next game.
- Individual team rosters will be e-mailed out 48 hours prior to game one.

9. FACILITIES

- The SSC rents facilities from Parks and Recreation or private establishments. As tenants, players must respect the standards and rules of each facility.
- Alcohol is strictly forbidden inside schools or in parking lots.
- Players are expected to clean up after themselves, please do not leave any garbage behind.
- Any player who causes the SSC to receive a complaint regarding a facility will face a \$100 fine and may be ejected from the league.

- Facilities are chosen based on quality and location. Some leagues utilize many facilities; the SSC always tries to ensure a fair distribution of locations throughout the city in each division.
- The SSC asks all players to arrive 15 minutes prior to the game start time. This 15 minutes should be used to change shoes, stretch, set up nets, and any other pre-game preparations.
- Players are not allowed into the field until the start of the permit time so be patient.
- Players must wear clean non-marking running shoes. PLAYERS MUST BRING AN EXTRA SET OF GAME SHOES TO BE PUT ON AFTER ENTERING THE FACILITY - OTHERWISE, YOU MAY NOT BE ALLOWED TO PLAY.
- Players are responsible for property damage.
- The GC will acquire the change room key and will designate one room for male players and one for females. Please do not ask the facility staff for the key, as it is the GC's responsibility.

10. EQUIPMENT

- Each Player must bring a light and dark shirt to each game. Teams can also pick their own unique colour to wear in the games but are still required to bring a light and dark shirt. Teams will decide at the gym who is wearing light and who is wearing dark.
- Players who do not have shirts to match the rest of their team may be asked not to play by the GC or the opposing captain.
- The use of shin guards is recommended but not mandatory.
- Standard outdoor soccer balls will be used for all games. The GC will bring them to the game.

11. REPORTING RESULTS

- After the game, captains must confirm the scores with the GC and report the sportsmanship rating of their opponent.
- Teams who do not report to the GC will be given a 0 sportsmanship rating from their opponent and the score will be processed as the GC has recorded on the game report.
- Mercy will be called when one team gains a lead of 7 goals. The score will freeze and teams are encouraged to play the rest of the game for fun.

12. STANDINGS

For all SSC sports, scores are to be reported by the GC/EC/Team Captain (as applicable) to the office by 5pm the day after the game. The SSC admin staff will process scores and post the updated standings to the website within 72 hours of the games. Each set of SSC standings will display notes at the bottom outlining how the standings are calculated.

HOW TEAMS ARE RANKED FOR RECREATIONAL SOCCER

- 1st criteria: Total Points are derived from 2 points for a win and 1 point for a tie. Actual spirit points are then added to your points earned from wins and ties to result in your Total Points.
- PLS (Points lost due to spirit rating) can negatively affect your Total Points. Each time a team receives a -1 from two opponents over the season, they lose 1 point off their Total points.
- 2nd criteria: Differential of goals scored vs. goals allowed (Mercy rule in effect in each game).

HOW TEAMS ARE RANKED FOR RECREATIONAL PLUS SOCCER

- 1st criteria: Total Points are derived from 2 points for a win and 1 for a tie.
- PLS (Points lost due to spirit rating) can negatively affect your Total Points. Each time a team receives a -1 from two opponents over the season, they lose 1 point off their Total points.
- 2nd criteria: Actual spirit points earned.
- 3rd criteria: Differential of goals scored vs. goals allowed (Mercy rule in effect in each game).

13. PLAYOFFS

- All teams qualify for two playoff games/matches. The top 4 teams will play for the league championship.

- League champs receive T-shirts and need to attend the Season Ending Party to pick them up.
- Sportsmanship during the playoffs is very important – a team that wins their playoff game but has sportsmanship issues may have their win overturned and may not be allowed to continue this season or in future seasons.

If the score is tied with five minutes or less, a shootout will occur.

- Five players from each team will alternate shots from the penalty-mark at one end of the gym.
- The penalty-mark is 15 feet away from the centre of the net.
- When penalty shots are taken, the initial five players will have a three male maximum and after that, the shooting team must alternate males and females. If all females have shot once, they must shoot a second time.
- At the end of the ten shots if the score is still tied, then each team alternates shooters until the tie is broken per pair of shooters. A player is not allowed to take a second shot if there are players on his/her team that have not yet shot.

14. LEAGUE SPECIFIC RULES

EXPECTATIONS OF PLAYERS

All players participating in SSC co-ed leagues are expected to play with respect and a "fun first" attitude. In Indoor Soccer, there is an emphasis on the players to know the rules and manage their own actions on the floor.

- All players participating in SSC leagues are expected to play with respect for everyone at the gym and with a "fun first" attitude. Indoor Soccer can be an intense and physical sport however, the SSC Indoor Soccer leagues must be a fun, non-threatening environment.
- All players are expected to know the rules and manage their actions on the floor.
- Players are required to call themselves if they commit violations or penalties. Not calling yourself can be considered poor sportsmanship.
- Players should promote fun and safety throughout the game by: yelling "corner" to their own player when running into the corner; trying to control their kicks in front of vulnerable players; talking to their players who are not following the rules.
- Promote sportsmanship throughout the game. Let the GC know if you are enjoying an opponent, congratulate your opponent on fun and fair play throughout the game.
- Players that are concerned about a player on the opposing team are required to talk to their team captain so he/she can address the issue with the GC at the appropriate time.
- Players are expected to act in a respectful manner if approached by a GC or an opposing team captain regarding their style of play and to make any requested changes.
- Players should be mindful of how hard they kick the ball, especially if an opponent is directly in front of them. This applies to goalies when trying to quickly move the ball to the other team's end.
- At any time the GC may request your name or a name of someone on your team to record on the game report sheet. Providing a false name to the GC is a serious offense and will result in suspension from the SSC.
- Teams are expected to cheer for their opponents at the end of a game. It is also encouraged to give an additional cheer for the GC and thank them for GC-ing the game.
- Players can provide constructive feedback to the SSC as needed, regarding gym conditions, unsportsmanlike play, or helpful comments.

GAME TIMES

- Player should arrive 15 minutes prior to the scheduled game time.
- Players should only enter the gym at the appropriate time (when play is in the other end or play is stopped).
- The total floor time is 60 minutes. The clock starts at the scheduled game time and teams should warm-up for no more than 5 minutes. Each game must end exactly when the next one is scheduled to begin, regardless of what time your game actually started.
- Games consist of two 25 minute halves, with a 5 minute half-time.
- In regular season games, ties are allowed - no overtime or shoot-outs.
- The clock does not stop for any reason as each game must end on time.

GAME PLAY EXPECTATIONS

- Before the game, the captains will meet with the GC to introduce themselves, discuss gym specific restrictions and rules or sportsmanship issues that need to be emphasized.

- Team Captains are to communicate their expectations to both the GC and their opponent. At the end of the pre-game meeting Team Captains are required to communicate all information with their players.
- At halftime, the team captains meet with one another and the GC to discuss any issues that arose in the first half. It is the responsibility of each captain to communicate these issues to their teammates before resuming play.
- At the end of the game, all players shake hands and team captains meet up to discuss any issues with the game.

START OF PLAY

- The 'home' team will kick off, captains can flip a coin or do 'rock, paper, scissors' to determine who is the home team. The winner can decide if they want to kick-off and the loser can pick which end they would like to defend first.
- Teams will change ends after each half (if this is agreed upon by both captains at the beginning of the game) and alternate kick offs.
- A kick off will start the game and restart the game after a goal is scored. The team that was scored against will always get the kick off.
- Kick offs do not have to travel forwards, but may not be touched by the kicker again until the ball has been contacted by another player.
- A goal cannot be scored directly from a kick off. During any kick off the opposing team must stay 10 feet away from the ball until it has been put into play.

GENERAL PLAYING GUIDELINES

- **Ball Out of Play:** The ball is Out of Play when:
 - It makes contact with the ceiling.
 - It touches the netting or fully crosses the side boards
- **Ball in Play:** The ball is in play after a free kick or kick off and remains in play including when:
 - It rebounds back into the field of play off of the side boards or back wall
 - It touches the GC or a player exiting the field who makes no attempt to play the ball.
- **Heading the Ball:** This is allowed in SSC leagues; players must exercise caution.
- **Ball against the Wall:** Players are allowed to brace themselves on the wall with their hands and then play the ball with their feet. Defenders may attempt to take the ball.
- **Ball in the Corner:** When two players are chasing the ball into the corner, the leading player must be given possession of the ball with the opponent standing at least five feet away. The opposing player must not approach for 3 seconds and must count out '1, 2, 3' once the player has gained control of the ball. Teams should yell 'corner' to their own player, if this does not happen the GC will call it. Further clarifications:
 - If a player carries the ball into the corner, the 3 second rule does not apply but all other non-contact rules apply (e.g. no body contact).
 - If the ball moves into the corner from close proximity (less than 20 feet), the 3 second rule does not apply; the 3 second rule is set-up to avoid collisions when two players are running at fast speeds into the corner.
- **Substitutions:**
 - Substituting a goaltender can only occur during a stoppage in play.
 - Substitutions on all other players can happen at any time as long as the exiting player has entered the bench before the replacement player steps on the field of play.
 - Players may enter through either gate of the bench.
- **Pulling the Goalie:** Pulling the goalie for an extra player is not permitted.
- **The Goal Area: This is the small box in front of each goal, 16 feet wide and 5 feet deep.**
 - No player from either team is allowed to stand inside their own, or their opponents' goal area. Players can run through the goal area as long as the goalie is not interfered with and they do not touch the ball.
 - If a player is standing in the goal area, it is the GC's job to tell that player to move. If a goal is scored and the GC deems that an offensive player was interfering with the goalie, the goal will be disallowed.
 - If a goal is scored by a shooter that is not in the goal area while their teammate is moving through the goal area and a goal is scored, it will count as long as there was no goalie interference.
 - No player (with the exception of the goalie) is allowed to touch the ball while any part of their body is in the goal area. This also means that no player can score from inside the goal area.
 - If an offensive player touches the ball while any part of their body is in the goal area an indirect free kick from the edge of the goal area is awarded to the defensive team.

- If a defensive player touches the ball while any part of their body is in the goal area, they are given a minor penalty, and the offensive team is awarded a penalty kick.
- **The Penalty Area: This is the larger box in front of each goal, 30 feet wide and 25 feet deep.**
 - A goalie must have at least one part of their body in the penalty area in order to play the ball with their hands.
 - A penalty kick may be given if a defender commits a violation in this box.

GOALKEEPER RESTRICTIONS

- Players can pass a ball to their goalkeeper, who may choose pick it up with his/her hands as long as they are in the penalty area. The goalkeeper also has the option to kick or pass the ball.
- Goalies are allowed to come out of the penalty area to play the ball. The goalie cannot play the ball with their hands outside of the penalty area. Goalies cannot go over the half court line.
- Once a goalkeeper has gained control of the ball at any time, he/she must release the ball into play within 5 seconds.
- Releasing the ball in to play means: the goalie must either dribble the ball out of their penalty area where they can be challenged for possession, or they must attempt to pass the ball to another player on the court.
- If a goalie throws the ball, it cannot be thrown past their side of half.
- A goalie can score on the opposing team.

If any of the above restrictions are broken a corner kick will be awarded to the opposing team. If a goalkeeper commits a handball infraction while out of the penalty area, an indirect free kick will be awarded from where the infraction occurred.

RE-STARTING PLAY

Indirect Free-Kicks: A team is awarded a indirect free kick when the ball goes out of play off of the opposing player or when the opposition commits a violation (see violations section)

- The ball is in play when the player kicks the ball.
- The player taking the free kick may not touch it again until it has been touched by another player.
- All indirect free-kicks are to be taken from the point where a violation or penalty occurred, or where the ball went out of play.
- The ball must touch at least 2 players before it can be a goal (the kicker and 1 other, which could include the goalkeeper).
- If there is not 10 feet between the kicking team and the defending team's goal area then the defending team may place players on the edge of their goal area.

Goal Kicks: A goal kick is taken by a team after the ball goes out of play between the corner marks (along the back wall) after last touching an opponent.

- A goal kick may be taken from anywhere within the goal area by any player of the defending team.
- The ball is in play when the player kicks the ball.
- The player taking the free kick may not touch it again until it has been touched by another player.

Indirect Corner-Kicks: A team is awarded a corner kick in the instance where the ball goes out of play off of an opposing player between the corner marks (along the back wall) or a goalkeeper restriction is violated as listed above. The ball is awarded to the non offending team.

- The ball is placed within a one yard radius from the corner closest to where the ball went out of play.
- The defending team must stand at least ten yards away from the ball until it goes into play.
- The ball must touch at least 2 players before it can be a goal (the kicker and 1 other, which could include the goalkeeper).
- The kicker is not allowed to play the ball a second time until it has been touched by another player.

VIOLATIONS

Violations in SSC Indoor Soccer are plays that may or may not be intentional, but typically represent unsportsmanlike play and should be avoided. They do not result in a penalty unless they are repeated by the same player or team.

- If a player commits a violation, the player or their teammates are expected to call it.

- Players can call a violation by apologizing to their opponent and stepping back from the play. If a player has illegally taken the ball because of a violation, the play will stop and an indirect free kick will be awarded to the opponent from the spot of the foul.
- A GC can call a violation by blowing the whistle and stopping the play or by verbally warning the player and allowing the play to continue.
- If the GC notices the same violation being repeated by a team or player, he/she is obligated to issue penalties (minors, majors, or game misconducts). For example, if a player repeats a violation, it may become a minor penalty.
- Off-sides: there are no off-sides in indoor soccer, however the 3 line rule is in effect.
- **The Advantage Rule** refers to an instance when a violation occurs and the result is that the team fouled against is not disadvantaged by the play and therefore there are no consequences and the play continues. In regard to handballs, the Advantage Rule is in effect.

SSC List of Violations:

- **Handballs:**
 - A handball occurs when the ball touches any part of a player's arm from the bottom of the shoulder to the fingertips (except a goalkeeper within their own penalty area).
 - When a ball touches a player's hand and the opposing team was not adversely affected by the handball, play will continue. Please see below for further clarification of when the Advantage Rule would apply to a handball:
 - Defensive handball: Team A attempts to pass the ball to a teammate and a player from team B touches the ball with their hand but team A is in no worse of an offensive position.
 - Offensive handball: Team A attempts to pass the ball to a teammate and that teammate touches the ball with their hand but the ball ends up in the possession of team B.
 - Calling a handball:
 - It is the responsibility of the player who touched the ball with their hand to call 'handball', or else the GC will call it.
 - If the GC decides that the Advantage Rule applies, they should yell 'Play On' and the play will not stop.
- **Ball in the Corner:** When two players are chasing the ball into the corner, the leading player must be given possession of the ball with the opponent stopping at least five feet away. If one player does not stop, the GC will blow the whistle and re-start the play with the person who reached the corner first getting possession.
- **Too Many Players:** If a player comes onto the floor before a player has returned to the bench, the GC will stop the play.
- **Delay of Game:**
 - When using their hands to brace themselves against a wall, the offensive player cannot use this position as a delay tactic. The GC can turn the ball over if the offensive player does not attempt to move the ball within five seconds.
 - On all restarts of play, the ball must be put into action within five seconds. Failure to do so will result in a free kick for the opposing team at the point of the original kick.
- **Using the body to advance:** Players cannot shield the ball while moving. Players can shield the ball if they are stationary.
- **Three Line Rule:** A ball may not be kicked over 3 lines without it bouncing, or coming in contact with a player or the GC.

PENALTIES

Penalties in SSC Indoor Soccer are plays that may or may not be intentional, but they are dangerous and are considered to be serious offenses. When a penalty occurs, the play must stop and the player must serve time off.

- Penalties are categorized as **minor, major** or **game misconducts**.
 - **Minor** penalties result in the player sitting off for two minutes and the team is not shorthanded.
 - **Major** penalties result in the player sitting off for five minutes and the team is not shorthanded.
 - **Game misconducts** result in the offending player is ejected from the gymnasium and the player will be subject to a possible further suspension.
- If a player commits a penalty, the player or his/her teammates are expected to call it. If the player or his/her team does not call it, the GC will stop play and enforce the penalty.
- On all penalties, after the GC stops the play they should announce to the players why the play was stopped and who got the penalty.
- **After any penalty, an indirect free kick will be awarded to the opposing team from the spot of the penalty.**

- If the same penalty is being repeated by the same player(s), the GC has the discretion to rectify the situation as appropriate (e.g. stopping the game and talking to the team or calling a major penalty or a game misconduct in the next incident).
- 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 serve the penalty (i.e. you can't stop a goal by taking a penalty).
- In recent years, the SSC has become aware of smaller players being aggressive because they think that they are exempt from the rules. All players must abide by the same guidelines.

Penalty - Reckless Play

Reckless play results in a **minor** penalty and is the result of a player being overly careless or aggressive in a non-threatening manner.

- A player's first offense will result in a 2 minute minor penalty.
- A second offense by the same player will result in a major penalty.
- A third offense will result in a game misconduct.
- The following are examples of reckless play:
 - Incidental body contact: This can occur when a player makes contact with an opponent in a careless or aggressive manner. For example, if a player is running too fast or with their head down and brushes another player.
 - Tripping: Unintentional tripping occurs when a defender is pursuing a ball carrier and their feet accidentally result in the player falling.
 - Holding: using an arm or a hand to impede another player.
 - Kicking a player: If a player contacts an opponent with their foot while pursuing the ball and it is evident that it was an accident.
 - High kicking: If a player kicks or attempts to kick a ball that is above their own waist.
 - Boarding: If a player contacts an opponent, forcefully pushing them into the perimeter boards.
- In each of the three reckless play examples above, the GC has the discretion to call a **major** penalty or a **game misconduct** if they deem it was not an accident and/or the offending player does not acknowledge their action.

Penalty - Unsportsmanlike Play

Unsportsmanlike play is not tolerated in the SSC Indoor Soccer leagues and encompasses playing in an overly aggressive or intense manner, or showing a lack of respect to anyone at a game. The following items may cause a team to lose sportsmanship points from their opponent or the GC, and will result in a **major** penalty.

- A player's first offense will result in a 5 minute **major** penalty.
- A second offense by the same player will result in a **game misconduct**.
- Unsportsmanlike play includes:
 - Showing displeasure at a play by: throwing equipment in a non-threatening manner, kicking the ball or swearing out loud (not directed at another person).
 - Players attempting to make calls during a game: this can include players on the bench or floor trying to make calls against their opponent or petitioning the GC to make calls.
 - **Slide tackling** is not allowed in any SSC soccer league. Slide tackling includes any player, including the goalie, who leaves the ground in a feet-forward motion towards the ball or another player. Any sliding is a safety concern for yourself and your opponent and is considered reckless play.
 - Goalkeepers are allowed to make sliding saves inside their goal area, as long as their body does not travel outside of the goal area and they do so in a safe manner. Goalies that make sliding saves outside the goal area are considered dangerous and will receive a major penalty.
 - Contacting an opponent in a non-threatening manner where it appears to be intentional: for example, two players gaining position on the ball and one player pushes against their opponent with their back, hip or shoulder – it is clear that they are not trying to hurt their opponent but they are physically moving them away from the ball. Any use of the hands or more aggressive action will result in a **game misconduct**.
 - An intentional handball.

Penalty - Threatening Behaviour Towards an Opponent

Threatening behaviour is a serious offense in the SSC Indoor Soccer leagues and will result in a **game misconduct** and automatic further suspension upon review by the Club.

- A player's first offense will result in a **game misconduct**.

- Threatening behaviour towards an opponent includes:
 - Aggressive reaction to a play: throwing equipment in a threatening manner or verbally responding in a way that is inappropriate and compromises a fun and safe playing environment.
 - Verbally threatening an opponent: this includes swearing or yelling directly at an opponent or verbally challenging them to a confrontation.
 - Physically threatening an opponent:
 - Slide tackling, kicking, tripping, pushing or checking an opponent with a clear intent to injure or start an altercation.
 - Being involved in a physical altercation that includes pushing, punching, slapping, wrestling or any other physical misconduct.

Penalty - Disrespecting a GC

The SSC GCs are valuable assets to the sports programs and without them there would be no Indoor Soccer leagues. As with all other SSC participants, GCs should be treated with respect. Players may disagree with the way a GC is calling their game, but must refrain from challenging a GC during the game.

- A player's first offense will result in a **minor** or **major** penalty or a game misconduct depending on the severity of the actions. An automatic review will be done by the Club and further action may be taken.
- Disrespecting the GC includes:
 - Challenging calls: any player that disagrees with a call and tries to make the GC change their call. Once a GC has made a call, the play will resume with no further discussion.
 - Players on the sidelines discussing the GC in a negative manner.
 - Players questioning the integrity of the GC: all GCs are trained in the same manner and do not favour one team over another.
 - Swearing at a GC: this will result in an automatic game misconduct.
 - Physically threatening or confronting a GC: this will result in a game misconduct and automatic further suspension upon review by the Club.
 - Ignoring a GC as they are giving feedback or having a discussion: these conversations can happen before, after or during a game.

PENALTIES AND PLAYERS ON THE FLOOR

- Any time a player receives a **minor** or **major** penalty, they must stay off for the full duration, even if a power play goal is scored.
 - If a team is short players a penalized player may return to the game after a powerplay goal is scored, but only in the case where there are no other available substitutes.
- If a team has only two female players at the game and one of them receives a **minor** penalty, she will not serve the penalty because the team would be shorthanded, a male will serve the penalty for her.
- Anytime a female or male player receives a **major** penalty, they will serve it on the bench even if this will make the team short handed. The one exception to this is if the team only has one female playing; if she gets a penalty a male player would serve it for her.
- No team will be forced to play 2 players short due to **minor** or **major** penalties. Any penalties that would result in the team playing two players short will be served one after another.
 - If a player receives a **game misconduct**, they will always serve the misconduct - even if the team has to play shorthanded for the rest of the game. This applies even if the team is forced to play more than one player short.
- If a team only has the minimum amount of players to field a full team on the floor and one of their players receives a **minor** penalty, that player will serve the penalty and the team will play shorthanded.
- If a goalie gets a **minor** or **major** penalty, the goalie will serve the penalty and the GC will allow time for gloves to be changed.

Penalty-Kicks: This is a direct kick awarded when a player commits one of the following within their own penalty area:

- A handball
 - Kicks or attempts to kick an opponent
 - Trips or attempts to trips an opponent
 - Tackles an opponent but failing to make ball contact
 - Boards an opponent
 - Holds an opponent
 - Pushes an opponent
- A major or minor penalty may be assessed as well as the penalty kick if the infraction warrants it. If a goal is scored on the penalty kick the offending player must still serve their penalty time.

