

Willows Sports Centre Indoor Soccer Rules – January 2007

1. The Game

- i. Games shall be 5-a-side (with a maximum of two substitutes) and shall be seventeen and a half minutes in duration each way.
- ii. Each half is started with a kick-off where the ball must be played backwards. The same restart will take place after a goal is scored.

2. Free Kicks

- i. All free kicks are direct.
- ii. Free kicks must be taken within three seconds of the ball being placed on the ground. Failure to do so will result in a direct free kick to the opposition.
- iii. All free kicks must be taken from where the offence/foul occurred.
- iv. Free kicks can be taken without the referee blowing their whistle to restart play.
- v. Free kicks will be taken at least one metre from the courts boundaries. ie. walls/nets.
- vi. Opposing players shall give the player taking the free kick no less than one metre to do so.

3. Free kick offences

- i. The ball may not be played higher than the top of the Arena wall and the white tape on the Wembley Court. (approximately 3 metres). A ball rebounding off a goalkeeper when they have made a save is not penalised. A ball rebounding off the post/cross bar above the permitted height will be penalised under this rule.
- ii. No sliding at all. This includes tackling, blocking, shooting and intercepting.
- iii. No loud swearing by a player. A free kick is awarded from where the player is standing.
- iv. A player may not use the court perimeter wall/netting to shield the ball from an opponent. Ie. Placing the ball between himself and the wall/netting in the corner of the court.
- v. A player may not intentionally enter or play the ball in the opposition's goal area. The referee may consider a player's momentum to be unintentional and providing he did not touch the ball, nor gain an advantage by being inside the area, not penalise the player.
- vi. A goalkeeper must return the ball into play within five seconds after it has entered the area and is deemed under control by the referee. Failure to do so will result in a direct free kick 1 metre outside the goal area.
- vii. Outfield players on receiving the ball direct from the goalkeeper may not pass the ball straight back to the goalkeeper. If they do so a direct free kick shall be awarded to the attacking team one metre from the area.
- viii. Players will be penalised more harshly when making aggressive challenges near to the perimeter walls. It may be that this will just result in a free kick which would not have been given had the same incident occurred in the middle of the court. Equally, over aggressive or reckless challenges close to the walls may result in the offending player being penalised with a Blue Card that would not have resulted from the same incident elsewhere on the court.

4. Penalty kicks

- i. Penalty kicks will be taken 12 inches outside the goal area and the penalty taker will be allowed a maximum of a two-stride run up.
- ii. Goalkeepers shall be as close as is practical to the goal line when facing a penalty.
- iii. Outfield players must not stand within 1 metre of the ball.
- iv. A player may not intentionally enter or play the ball in his own goal area. The referee may consider a player's momentum to be unintentional and providing he did not touch the ball, nor gain an advantage by being inside the area, not penalise the player.
- v. If a player intentionally fouls an opponent in the attacking half to prevent a clear scoring opportunity, a penalty kick shall be awarded.
- vi. A penalty kick will be awarded against a goalkeeper if he plays the ball outside of his goal area or deliberately steps outside of it. The referee may consider a goalkeeper's momentum to be unintentional and providing he did not touch the ball, nor gain an advantage by being outside the area, not penalise the goalkeeper.

5. Shin pads

- i. All outfield players must wear shin pads. Goalkeepers are exempt.
- ii. No games will be upheld due to players not wearing them.
- iii. Shin pads are available to hire from reception for a small refundable deposit.

6. Substitutes

- i. Teams may only use a maximum of two substitutes
- ii. Substitutions of outfield players may be made at any stage of the game with players already substituted able to return to the court at any stage.
 - ✓ On the ARENA a substitute shall wait by the arena entrance until the player they are replacing arrives at the entrance.
 - ✓ On WEMBLEY substitutes shall wait by the entrance that their team is defending and all substitutions shall take place at that end.
- iii. Any substitution infringing this rule shall concede a direct free kick to the opposition.
- iv. Goalkeepers may only be substituted at half-time (except in the case of injury when change or substitution may be made *at the referees discretion*).

8. Disciplinary Procedures

- i. Blue cards and sending offs shall be governed by the DCFA rules.
- ii. Blue cards have replaced yellow cards. Any player shown a blue card will be sin-binned from the court for a 5-minute period. A substitute player may not replace the sin-binned player during this time.
- iii. A sin-binned player may only re-enter the court when instructed to do so by the referee.
- iv. A player who receives a second blue card during the same game will be shown a red card and dismissed from the court for the rest of the game
- v. Willows Management reserves final judgement on the discipline of individual players or teams competing at the centre.

- vi. Violent conduct on or off the pitch will not be tolerated and individuals or teams involved will be liable to be banned from the centre. This includes spectators.
- vii. A player who receives two blue cards within a season will be reprimanded with a one-week suspension from ALL soccer at Willows Sports Centre.
- viii. A player who receives three blue cards within a season will be reprimanded with a three-week suspension from ALL soccer at Willows Sports Centre.
- ix. A player who receives a red card in any game will be reprimanded with a minimum one-week suspension from ALL soccer at Willows Sports Centre depending on the offence. For more serious offences the player may also be reported to the DCFA and be dealt with under their disciplinary code. In these circumstances, further suspensions and or fines may apply.

9. Players Attire

- i. Players shall not be allowed to wear caps, watches, rings, jewellery or anything that the referee may consider to be dangerous for other players.
- ii. It is preferred that teams wear matching tops.
- iii. Bibs are available for use from reception.
- iv. Players must play in sports attire ie. no jeans.
- v. All players must wear shirts.
- vi. Indoor trainers only. No multi-stud or 'blade' type boots may be worn. Footwear should be clean and unsoiled.

10. Cup Games

- i. Where cup games & play-offs finish level, a penalty shoot-out will take place. Each team will take four penalties and the team who score the most penalties will be deemed the winner. Only players who are on the pitch at the full-time whistle will be eligible to take penalties.
- ii. If it is undecided by this method then the goalkeepers will take a penalty kick.
- iii. If still undecided then it will revert to sudden death.
- iv. All substitutes and non-playing team members are to remain off-court during the taking of penalties.
- v. At the quarter final stage and any subsequent stage there after of any cup competition or play-off games, all players involved must be eligible and have played at least three league games for that team.
- vi. Any abuse of this rule will result in disqualification for the team concerned.

11. Players Short & Player Eligibility

- i. Any team short of players for league or cup games may only recruit players from outside their team's respective division.
- ii. Any team abusing this rule shall forfeit the match.
- iii. Any player playing for more than one team in the same division shall face disciplinary action from Willows Management that may include a ban from the centre.

- iv. Any protests about eligibility of any player shall be made to Willows Management prior to the start of the game, at half-time or immediately after the final whistle. The Willows Management based on facts supplied shall deal with protests and both teams will be notified of the decision that will be *final*.
- v. A team must have at least 3 of what is considered to be their 'normal' players for that game to be classed as a league game. The management's decision on this matter is final.

12. Team Requirements

- i. Teams are required to pay a match fee before each game. No game will start until both teams have paid their match fees.
- ii. An annual 'Membership Fee' is payable by all teams in order to play in a league. One month's notice will be given of the date that this payment is to be made. (Usually September 1st of each year)
- iii. Teams are required to arrive at least ten minutes in advance of the scheduled start time. Late arrivals may be penalised by disciplinary action taken by Willows Sports Centre or in some circumstances may be excluded from future participation.
- iv. Teams will be issued with a fixture list at the beginning of the season detailing match dates and times for the season ahead. Teams will be expected to fulfil fixtures as stipulated on the fixtures list unless notifying the centre of their desire to cancel a fixture.
- v. Teams who cannot raise enough players for a particular fixture **MUST** inform the centre at least 72 hours notice of the day of the game of their difficulties. If a team cancels a fixture it is not replayed and they will forfeit the points. Their original opposition will be required to play a game at the scheduled time against substitute opposition arranged by the centre. Their match fee remains payable in full. For the purposes of the league table, the offending team shall record a 0-5 defeat and the non-offending team a 5-0 victory.
- vi. Where teams cancel a game with less than 72 hours notice of the day of the game, they will be required to pay the relevant game fee in order to resume in the league the week after. Such penalty payments should be made within 48 hours of the scheduled fixture. If a team cancels a fixture in these circumstances it is not replayed and they will forfeit the points. Their original opposition will be required to play a game at the scheduled time against substitute opposition arranged by the centre. Their match fee remains payable in full. For the purposes of the league table, the offending team shall record a 0-5 defeat and the non-offending team a 5-0 victory.
- vii. Where a team wishes to cancel a fixture scheduled for the last game of the evening (10.40pm Mon-Thurs & 10.00pm Fri-Sun) the following will apply. If more than 72 hours notice of the day of the game is given, the offending team shall still be liable for the game fee. If less than 72 hours notice of the day of the game is given, the offending team will be required to pay both teams game fees. In the latter circumstances, once the offending team have paid the penalty fee, the non-offending team will be entitled to a match free of charge. If a team cancels a fixture it is not replayed and they will forfeit the points. Their original opposition will be required to play a game at the scheduled time against substitute opposition arranged by the centre. Their match fee remains payable in full. For the purposes of the league table, the offending team shall record a 0-5 defeat and the non-offending team a 5-0 victory.

13. League Organisation

- i. Leagues shall have a varying number of divisions, each of a certain amount of teams stipulated at the start of a season. The length of the season will also be dependant on the number of teams in a division. Teams will play each other between 1 and 4 times in a season depending on the number of teams in that division.
- ii. Point allocations for a game will be as follows; win – 2 points, draw – 1 point, defeat – 0 points.
- iii. League standings will be determined in the following way; points, goal difference, wins, goals scored.
- iv. At the end of a season promotion and relegation will occur with the top two teams being promoted and the bottom two teams relegated.
- v. If a team withdraws from a division mid way through a season, the centre will replace them as soon as is possible with a new team. In these cases the new team will enter the team on 'average points' that will be the equivalent to one point per game that they have missed (goal difference will be +/- 0). All results of matches played prior to the team's withdrawal will stand. No team will be entered into a division with more than two thirds of the season gone.
- vi. All disputes on results, league standings etc will be resolved by Willows Sports Centre Management and their decision will be final.
- vii. A Willows Sports Centre employee will referee all matches. The centre management will make the appointment of the referee. Teams are not permitted to request or refuse a certain referee for their game.

For further information on the above, please ask at reception.