

A large, close-up photograph of a soccer ball occupies the middle section of the cover. The ball is white with black pentagonal panels. The background is a dark blue, smoky or ethereal texture. The bottom of the image is a solid blue horizontal band.

**OFFICIAL RULE BOOK  
2011 – 2012**

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## **BENEFITS OF ADULT INDOOR SOCCER LEAGUE MEMBERSHIP**

The AISL offers an extensive list of benefits to its members. The full range of products and services include:

- Online registration
  - Player sport accident insurance
  - Online stats, schedules and administration
  - Fantastic prizing
  - Online and in-facility contests and promotions
  - Balanced schedules
  - Divisional parity
  - Facility Championships
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## SECTION ONE: THE FACILITY

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### 1.1 ARENA / INDOOR FIELD PROPERTY

Any damage to the Arena / Indoor Field property will be paid for by the individual(s) responsible, prior to participation in further league games. Non-compliance constitutes automatic indefinite suspension from the League and possible legal action. If the individual(s) responsible for the damage cannot be identified, the Team will be removed from the schedule until the damages are paid in full.

Individuals using the facility do so at their own risk. The operator assumes no liability for any injuries or accidents, which may occur.

#### Canlan Ice Sports

Participants and Spectators are to be advised that Canlan Ice Sports is a private facility and anyone who does not act or behave in an appropriate manner can be disqualified from participation in our leagues and also barred from entering our property and premises. Any such decision to bar any individual from our facility will be the decision of the facility General Manager and is **non-appealable!**

### 1.2 ALCOHOL CONTAINERS AND SMOKING POLICIES

Alcoholic beverages and / or glass containers are prohibited in unlicensed areas of the facility. Failure to comply with this policy will result in disciplinary action against the offending individual(s), including possible suspension from the league. This rule applies to the dressing rooms, playing area, parking lot, grounds and restaurant / bar area (alcoholic beverages are not allowed to be brought into the restaurant / bar area). Due to liability issues and the potential to jeopardize our license with the liquor control boards across Canada and the United States, consumption of alcoholic beverages in unlicensed dressing rooms will result in stricter control by Canlan Ice Sports staff. Teams are to be out of the dressing rooms after their games by the specified time period as outlined in the facility. Teams in violation of this alcohol and smoking policy will be given a written warning for their first offence; a \$100 fine for their second offence that will be donated to a recognized charity of the team's choice; and should a third offence occur, the team will be immediately expelled from the League (no refunds will be issued). We remind all Canlan Indoor Soccer League Members that the consumption of alcohol in unlicensed locations is against the law and that serious liability issues may arise from this action.

Smoking is not permitted in some of our Canlan facilities due to Provincial / State laws. If the province or state that you play in prohibits smoking in public places, please adhere to the Provincial / State and facility requirements.

### 1.3 ILLICIT DRUG USE

Illicit drug use in Canlan facilities or any of our managed locations, including satellite locations, is strictly prohibited. Teams or

individuals found in violation of this policy will be suspended indefinitely. No refunds will be issued.

### 1.4 FOOD AND BEVERAGE

No food, beverages, chewing gum or tobacco products are permitted within the field area (water bottles are permitted on player benches). Please respect this rule as the makeup of the FieldTurf playing surface restricts excessive cleaning.

### 1.5 SPITTING ON THE FIELD

Spitting on the field is not permitted at any time. Please respect this rule as the makeup of the FieldTurf playing surface restricts excessive cleaning. Please respect the other user groups in the facility at all times!

### 1.6 PERSONAL PROPERTY

The league accepts no responsibility for lost or stolen personal property. We strongly suggest that no valuables be taken into the facility. Locks are not provided for dressing room doors so it is the team's responsibility to lock dressing rooms before going on the field.

### 1.7 NOTICES

All Players should check the League bulletin board and internet for any postings concerning game changes, standings and league news. Team Representatives are encouraged to check in with the league office before each scheduled game and communicate all concerns to the League Manager.

### 1.8 ACCIDENTS

All accidents and injuries must be reported to the League Manager and to the Facility Management, immediately after an incident has occurred.

## SECTION TWO: LEAGUE ADMINISTRATION

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### 2.1 TEAM REPRESENTATIVE AND HIS/HER DUTIES

Each Team must have a declared Team Representative. The registered Team Representative is responsible for the conduct of the team. The Team Representative shall also be responsible to ensure all of his / her Players have registered with the league, by filling out the online league registration form before playing their first game. Also, in the event that the official requires the identity of any player on a team the Team Representative must truthfully and accurately identify any player on their team in the event of discipline issues (red or yellow cards or game ejections). All Team Representatives are required to wear a Captain Band during each game. If the regular Team Representative is not present for a game then an alternate Team Representative must wear the Captain Band. This is to allow for easier identification of the Team Representative by League Staff.

All Team Representatives are responsible to ensure full registration of all players on their team including spares. Failure to ensure full registration of all team members by the Team Representative can result in severe penalties to the team. There will be zero tolerance for playing unregistered players. Team Representatives are encouraged to be an active playing participant on their teams. If the registered Team Representative is a non-player, the team must declare a playing Co-Team Representative.

It is the expectation of the League Office that Team Representatives will embody the philosophy of Cantlan Ice Sports which is fun, safe, and enjoyment of the game of soccer for all. Team Representatives are expected to control their teams and encourage the league philosophy or risk being held accountable for team actions.

## 2.2 ELIGIBLE PLAYERS

Only players registered with the league may participate. **All players must legibly sign and print their own names on each official game roster.** Forging of signatures or use of abbreviated signatures may result in a player's disqualification from that game or a team default of that game. A team found guilty of using an ineligible player during a playoff game will be assessed a default loss for that game. It is the responsibility of the Team Representative to ensure that all players have printed and signed their names on the game roster and that all players are eligible for participation in the game.

Players arriving before the start of the second half will be permitted to participate once they have signed the official game roster. Players must be dressed and ready to play before the start of the second half of regulation time. Any player arriving after the second half has begun will not be allowed to participate.

If there is a discrepancy between the number of games played listed for a Player on his / her online roster and the number of official game rosters printed and signed by the Player, then the number of properly signed official game rosters will be used to determine eligibility. The Team Representative (or designated alternate) is responsible for ensuring their online roster accurately reflects the correct Games Played statistics for all of his / her players.

All Players participating in an Adult Indoor Soccer League (AISL) game must be 18 years of age or older. Any Player under the age of majority must acquire the League Manager's approval and submit written parental consent prior to registration / participation in any AISL game (note the age of majority of British Columbia, New Brunswick, Nova Scotia and Newfoundland is 19).

A Player may only play on one team per division and may not transfer teams within a division during the season (approval for mid-season inter-division player transfer is available through the League Manager in extreme cases).

Example: If a player is playing on Team 1 in Division A and Team 2 in Division B and Team 2 is moved into Division A, then the player must choose to play on either Team 1 or Team 2. He / She can only play on one team within a specific division.

Players who are sparing with a team must provide their League Player Card and check in with the Timekeeper to ensure they are added to the roster.

## 2.3 HIGH SCHOOL INDOOR SOCCER LEAGUE ELIGIBILITY

A high school is defined as grade 9(S1) to 12(S4). Grade 9(S1) classes that do not occur in the same building as grade 10(S2) to 12(S4), are not eligible for competition (i.e. feeder schools).

A student can only play for one school. Should there be a question in regards to what school a student is eligible to play for, the school the student is registered in as of September 30 will be the one.

If a school does not have a girl's team, then the girl may try out for the boy's team. If a school has both a boys and a girl's team, then the students would play for their respective gender.

Students must be under 19 as of August 31st of the current school year. Over aged students are not eligible to participate.

Students are allowed 4 consecutive years of eligibility from time of enrollment in S1 or grade 9. This means the eligibility clock begins as soon as the student enters grade 9 or S1 and has four consecutive years from that time. If they do not participate in sport(s) in a given year, that year still counts towards their 4 years. Students who have graduated and S5 students are not eligible to participate.

Final Rosters are to be submitted by December 15th.

## 2.4 PLAYER IDENTIFICATION

All Players participating in the AISL are required to complete an online registration process at [www.ashl.ca](http://www.ashl.ca). Upon completion of this process, all players will be issued a seasonal eligibility shoe tag. It is a requirement that each player affix the shoe tag to his / her shoes before the first game of each season. The shoe tag must be applied such that it is in plain view of the official.

Any team with a player that does not have the shoe tag properly affixed to his / her shoes will be assessed a penalty by the official and the player will be sent off the field and not permitted to return until the shoe tag is properly affixed. If the shoe tag is lost a replacement must be purchased from the league office at a cost of ten dollars

### Winnipeg Facility Only:

*AISL utilizes a player card system which replaces the use of Shoe Tags. All Players participating in the AISL are required to complete*

*an online registration process at [www.ashl.ca](http://www.ashl.ca). Upon completion of this process, all players will be issued a Player ID card and present it at every game to the Timekeeper. The Player ID card is **mandatory** for participation in all games in the Winnipeg facility. If the Player ID card is lost a replacement must be purchased from the league office at a cost of ten dollars. A player is not eligible to play at any time if they do not present their player card to the Timekeeper prior to the game commencing. No exceptions to this rule.*

## 2.5 PLAYOFF ELIGIBILITY

For a player to be eligible for playoff competition, he / she must meet or exceed a minimum of 33% of regular season games played with the team that he / she wishes to play for in playoffs with.

Example 1: Player participates in six of twenty regular season game = 30% and is therefore ineligible for playoff participation.

Example 2: Player participates in seven of twenty regular season game = 35% and is therefore eligible for playoff participation.

The only possible exception to this rule is in the case of severe player injury. If a Player misses several regular season games due to a serious, documented injury, a valid doctors certificate will be required that specifically indicates the date the injury was reported. The Doctors certificate must be handed in to the League Manager before the player returns to the field. The League Manager will then subtract the games missed due to injury from the team's total games and the Player will be deemed eligible if they have played in at least 33% of the games that were not covered in the doctor's certificate. To be eligible for playoffs players must be 18 years of age or older by December 31st of the current season.

## 2.6 TEAM NAMES AND JERSEYS

All teams will be required to register using a unique team name. All team names must be approved by the League Management and should not include language which could be offensive or objectionable to when taken in any context.

All players must wear matching jerseys, and be numbered differently. The number on the jersey must be at least six inches high. In the event of a conflict of team colors (the visiting team representative and / or official will determine if there is a conflict), the visiting team will wear their alternate jerseys or the league jerseys (pinnies), providing they are available and requested. It is highly suggested that all teams carry a second colour of jerseys with them.

## 2.7 ROSTER LIMIT

Each team is permitted to dress a maximum of 16 players (including goalies) for an AISL game, and the number of persons on the bench for any AISL game shall not exceed 18 (including coaches and / or trainers). Each team is permitted to register a maximum of 20

players (including goalies) on their rosters. *Note: For the purpose of regular season or playoff awards the league will recognize 16 participants per team.*

If a Team chooses to register more than the allowable 20 Players, there will be an additional onetime fee of fifteen dollars (\$15) for each additional Player, payable at time of registration, to cover the extra insurance premium and administrative costs. *Note: For the purpose of regular season or playoff awards, the league will recognize 15 Players and 1 Goalie per Team. Suspended players are not permitted on / or behind the bench while under suspension.*

## 2.8 SIGNING OF GAME ROSTERS

Due to insurance and eligibility requirements, official game rosters must be signed by each player prior to every game. Signing in refers to printing their name and jersey number as well as signing the game roster sheet. *Note: Any person(s) behind the bench must sign the official game roster for insurance purposes.*

It shall be the responsibility of the Team Representative to ensure that all players on their team are properly registered and eligible to play under our rules, before each game.

## 2.9 AGE-RESTRICTIVE DIVISIONS

To participate in any age-restrictive division, all players must be the minimum allowable age (e.g. 35+, 40+, 50+, etc.) as of December 31st of the year in which the season began.

## 2.10 SKILLS LEVELS - DIVISIONS

AISL Management reserves the right to move a team to a different division based on overall and / or individual player skill level, win / loss record or other statistical data versus current divisional opponents. This rule is applicable at any time during the season.

## 2.11 SKILLS LEVELS - PLAYERS

**Playoff eligibility is restricted to one AISL division / category below the player's experience level** (e.g. a C-rated player will not be permitted to participate in the E division during the playoffs).

A-rated Players can participate in B Division playoffs  
B-rated Players can participate in C Division playoffs  
C-rated Players can participate in D Division playoffs  
D-rated Players can participate in E Division playoffs

For players participating on more than one team, the highest division they are participating in will be used to determine playoff eligibility (e.g. a player that plays for an "A" and a "C" team will be restricted to the "A" team roster during the playoffs, assuming conditions of playoff eligibility are met).

## 2.12 TIES IN STANDINGS

In the event of a tie in the standings at the conclusion of the regular season or after a playoff round-robin, the following steps (a-e) will be used to break the tie:

- a) Best Record in Head-To-Head Games amongst the tied teams
- b) Most Wins
- c) Largest Goal Differential (Goals For minus Goals Against)
- d) Least Goals Against
- e) Coin Toss

*Note 1: If there are still teams tied after a step (i.e. no single team is advanced), only the tied teams from that step move on to the next step of the procedure.*

*Note 2: Each time one team has been advanced using this method (i.e. a tie has been broken) the remaining teams that are tied will revert back to step a) to break the remaining tie(s).*

*Note 3: Goal Differential shall not exceed +5 in any playoff game.*

*Note 4: If all tied teams have not played head-to-head, step a) will be skipped and the process will begin with step b).*

Although the Pointstreak system awards 2 points for a win and 1 point for a tie, standings and playoff rankings will be determined via Winning Percentage within your division to allow for occasions where teams move from one division to another during the season. Final regular season standings and playoff rankings will be determined by a Team's winning percentage (WinPCT) against Teams in their current Division.

## 2.13 PLAYOFF STRUCTURE

Divisional playoffs will follow the official AISL format. The brackets will be posted online (or distributed to Team Reps) at least one (1) month prior to the first playoff game. *Note: The AISL Manager may alter the standard format due to exceptional circumstances.*

## SECTION THREE: DISCIPLINE

### 3.1 FOULS, MISCONDUCT AND DISCIPLINE

Team Representatives are fully responsible for their teams. The AISL Management reserves the right to apply escalating levels of discipline to Team Representatives whose teams are regularly playing over aggressively, are verbally abusive towards opponents, officials or staff and / or receives an excessive amount of yellow or red cards.

All players who receive a yellow or red card must accurately and truthfully identify themselves to the referee. If the player refuses to do so, they will no longer be allowed to participate in the game and the Team Representative will then be required to identify the player.

If the Team Representative should refuse, the Team Representative will personally serve the full suspension in place of the player who was not identified.

*Please note: Burnaby, British Columbia location will not use timed penalties for yellow cards. All other yellow and red card rulings remain in effect.*

### 3.2 YELLOW CARDS

A yellow card shall be considered an official caution. Any player who receives a yellow card receives a 2 minute penalty. Their team will be short handed for a full 2 minute period. If the goalie gets the penalty, someone that was on the field when the penalty was awarded must serve the penalty.

If a team has 2 players in the penalty area and a third person receives a penalty, the player must go to the penalty area. The player awarded the third penalty will not start serving the penalty until the first person's penalty is over. The minimum number of players on the field at anytime is 3 (not including the goalie) for any team. Once the penalty time has expired, only the players serving the penalty are allowed to re-enter the game in progress to make-up the permitted number of players in accordance with the number of penalties being served.

If two players receive coincidental 2 minute penalties, both teams shall play at even strength (5 players and a goalie per team). The players must wait until the first stoppage in play after the penalty has expired to return to their benches.

Any player who receives two (2) yellow cards in a single game shall be treated the same as if they received a red card (see section below).

### 3.3 RED CARDS

Players receiving a straight red card in a game shall be ejected from the game and will also be required to not play the next game. In addition, their team will play shorthanded for 5 minutes (running game time - timed by the referee). If a male player receives the red card, another male player must sit the 5 minute penalty in the box. If a female player receives the red card, a male or female will sit the 5 minute penalty in the box. Each red card incident will be reviewed by League Management.

Players receiving 2 yellow cards, in a game shall be ejected from the game and will also be required to not play the next game. In addition, their team will play short handed for 5 minutes (running game time - timed by the referee).

If the other team receives a red card while the first team is short handed, both teams will then play full strength.

A player who is ejected from the game may not re-enter the game or be on the bench or in the warm-up area. Ejected players who remain at the field side or who refuse to retire to the dressing room will be subject to further suspension and / or possible expulsion from the league. In this situation, AISL officials can end the game prematurely and charge the offending team with a default. Any player who has been ejected from a game and returns to the field surface will face an indefinite suspension pending review by AISL management.

### 3.4 TEAM FOUL RULE

*The Team Foul Rule as outlined below is not in effect at our Burnaby, British Columbia location.*

Any fouls other than those resulting in yellow or red cards will be recorded by the timekeeper under the direction of the referee. Each team will be allowed 4 team fouls per half without penalty. Upon receiving a 5th team foul; the referee shall award a 2 minute team penalty to be served by any player from the offending team who was on the field at the time of the infraction (male or female). After receiving its 5th team foul, the team's foul total returns to zero and the count begins again. Teams always being each half with no team fouls. Please note that yellow and red card infractions do not count against the team foul total.

### 3.5 SUSPENSIONS

All infractions occurring before, during, and after any scheduled game are scheduled to review by League Officials. AISL Management has the authority to levy suspensions in accordance with the minimum standards and at their discretion, increase or decrease suspensions due to extenuating circumstances. League Management reserves the right to increase suspensions due to the violation of the philosophies of Canlan Ice Sports - Winnipeg.

**A player receiving a suspension of more than one game is suspended from all AISL teams until their suspension is completed** (i.e. their return date is achieved). For example, a player is playing for team "A" and team "B". The player received a 3 game suspension for fighting while playing for team "A". The player must sit out three of team "A's" games before he / she is eligible to play again for team "A" or team "B". Therefore, if team B has 2 games in that period of time the player will sit out a total of 5 games for the original penalty infraction.

Players are not permitted on the bench (or near the bench) area during games while they are under suspension.

OFFENCE <i>2 yellow or 1 red card are equivalent</i>	MINIMUM RECOMMENDED AISL SUSPENSION
Red Card (first offence)	1 game and review by League Manager
Red Card (second offence)	2 games and review by League Manager
Red Card (third offence)	5 games and review by League Manager

MATCH PENALTY	MINIMUM RECOMMENDED AISL SUSPENSION
Fighting (first offence)	3 to 5+ games (depending on severity, instigator, aggressor, official's report, etc.) The instigator will receive indefinite suspension from the league. Upon return (if allowable), all players who have served indefinite length suspensions will be required to post a monetary bond.
Fighting (second offence)	Indefinite suspension from the league

### 3.6 MULTI-GAME SUSPENSIONS

Any player who receives a suspension of **more** than one game will not be permitted to play for ANY indoor team until their suspension has been fully served with the team they were playing for when they received the suspension. For example, if a player plays on a men's team and on a coed team and receives a 2 games suspension with their men's team, they cannot play on the coed team either until 2 men's games have passed.

Players playing while under suspension will have their suspension doubled and cause the team they played for to forfeit any and all games they played in while under suspension.

Match Penalties are issued for immediate game ejections and will result from one of the following 3 categories:

#### 3.6(A) SERIOUS FOUL PLAY

Serious Foul Play is defined as "Intent to Injure, when the ball is in the vicinity." Minimum Recommended Suspension: 3+ game (more if injury results). Examples:

- Boarding
- Tackles (slide or from behind)

#### 3.6(B) VIOLENT CONDUCT

Violent Conduct is defined as "Away from the play, intent to injure." Minimum Recommended Suspension: 5+ games (more if injury results). Examples:

- Fighting (or attempting to or intending to) - **zero tolerance**
- Boarding (deliberate)

- Punching
- Reckless play
- Kicking
- Spitting (due to its foul nature, spitting is considered violent conduct)
- Throwing or kicking an object at another player, game official or facility staff member.
- Leaving the bench area to join an on-field altercation

### 3.6(C) FOUL AND ABUSIVE LANGUAGE AND ACTIONS (INCLUDING RACIAL / CULTURAL SLURS)

There is zero tolerance for violent conduct and abusive behavior in the Adult Indoor Soccer League. Any player / team / participant found to be conducting themselves in a violent way can have permanent suspensions and banishment from all league play issued during a first offence. The League Office reserves the right to determine the length of suspensions that fall into this or any category.

**Foul language or abuse directed at another player** carries a Minimum Recommended Suspension of 3+ games.

**Foul language or abuse directed at an official or facility staff member** carries a Minimum Recommended Suspension of 3+ games.

**Threatened aggression directed toward another player** carries a Minimum Recommended Suspension of 3+ games.

**Threatened aggression directed toward an official or facility staff member** carries a Minimum Recommended Suspension of 5+ games.

Physically shoving, hitting, kicking or otherwise improper touching of a game official or facility staff member will result in a **lifetime suspension and possible criminal charges!** Lifetime suspensions are non-appealable.

The lengths of all suspensions are determined by the League Management and / or Senior Management of Canlan Ice Sports.

### 3.7 SUSPENSION APPEALS

A player may appeal a suspension of five (5) or more games by filing a written submission with the League Manager and paying two hundred dollars (\$200) review fee. The appeal letter must be submitted to the League Manager within forty-eight (48) hours of the suspension(s) issue and must be paid before an appeal hearing will be organized.

The letter must outline the basis for the appeal (e.g. player's penalty history, comparable suspension length for a similar incident, etc.) and include the registered charity of choice. A suspension appeal may only be made by the Team Representative.

The League Manager will convene a hearing with an odd number of Team Representatives (minimum three) currently registered with the League at the facility. The committee will examine league evidence, review the appeal letter, and allow an opportunity for the suspended player to address the panel. If the suspension length is reduced, the \$200 fee will be refunded. If however, the suspension length is upheld (or extended) the \$200 fee will be donated to the registered charity of the appealing player's choice.

*Note: A permanent suspension or facility ban is **non-appealable**.*

### 3.8 MANAGEMENT RIGHTS

AISL Management reserves the right to restrict player movement and (re) align teams in any division based on game performance and / or their assessment of individual or group skill levels at any time during the season. Players wishing to move to a different team within the same division will need to apply to League Management for approval in all circumstances.

League and / or Facility Managers reserve the right to suspend or remove players or teams that are not displaying the appropriate behavior that reflects the image of the Adult Indoor Soccer League at any time during the season.

The League Manager maintains the right to designate and therefore disqualify any overly competitive or aggressive player from participating in any division if he / she cannot tone down their playing style and adopt the proper spirit. These special rules are meant to allow us a safe and comfortable playing environment that protects players from needless injury, whether accidental or not. It must be understood that some players in these divisions may not be in good physical condition and / or may not have the body control and reflexes to protect themselves yet still wish to participate without worry.

### 3.9 GAME PROTESTS

A team may protest a game by filing a written submission to the League Manager and paying a two hundred dollar (\$200) review fee. The protest letter must be submitted to the League Manager within forty-eight (48) hours of the conclusion of the scheduled regular season game.

Protests during the playoffs must be made within 24 hours after the scheduled playoff game. **It is the responsibility of the team representative to verbally notify the league manager within 24 hours of the game.** Once the protest has been acknowledged the Team Representative must file a written submission and pay a two hundred dollar (\$200) review fee. The fee must be paid before the League Manager will review the protest.

The letter must outline the basis for the protest (e.g. ineligible player, rule interpretation, etc.) and include the registered charity of choice. Note that game calls such as a missed foul or a disallowed goal are not eligible grounds for protest. **A game protest may only be filed by the team representative.**

The League Manager will convene a hearing with the Team Representative, another League Official (if the League Manager deems their participation necessary), a neutral party, and the Official involved in the game. Attendance by the opposing Team Representative is optional. If the ruling is reversed the \$200 fee will be refunded. If however, the ruling is upheld, the \$200 fee will be donated to the registered charity of the appealing team's choice.

## SECTION FOUR: PROTECTIVE EQUIPMENT

Due to insurance requirements, a player must not use equipment or wear anything, which is dangerous to themselves or another player as outlined below. The game official will decide what is and is not safe.

### 4.1 SHIN GUARDS

All players are required to wear shin-guards at all times.

### 4.2 CLOTHING

Sweat pants or track pants may be worn if they do not have any exposed metal (snaps or zippers).

### 4.3 BRACES / MEDICAL

All braces must be covered by Neoprene or similar material.

### 4.4 FOOTWEAR

Prohibited footwear includes all cleats, 6 studded shoes and baseball cleats. All other indoor turf soccer shoes or running shoes are permitted as long as they have not been worn outdoors. The recommended footwear is molded cleats (Turf Shoes).

### 4.5 JEWELRY

Jewelry, earrings and studs are not allowed under any circumstances. Medical alert bracelets may be worn, but must be covered with a cloth wristband or something equivalent. While referees have some liberty in determining the safety of certain items, e.g. soft hair bands or bows which might be considered as jewelry, they do not have any discretion concerning earrings or other jewelry that is worn in a clearly visible body piercing. These items are strictly prohibited, and must be removed.

## SECTION FIVE: PLAYING RULES

### 5.1 FIFA LAWS OF THE GAME

All games are to be played under the recognized FIFA Laws of the Game. However, the following rules have been adapted for the facility and may differ from those of similar indoor facilities.

### 5.2 FIELD OF PLAY

The field of play shall reflect the facility playing surface and may differ from one facility to the next.

### 5.3 THE BALL

A regulation soccer ball shall be used (same as outdoor ball). The home team must provide the game ball.

### 5.4 NUMBER OF PLAYERS

Each team will have a total of 6 players on the field (7 players for Oshawa's futsal league), including the goalie. The maximum number of players that can dress of a game is 16 (15 plus the goalie). A team can have a roster up to 20 people, but can only dress 16 for any game. No more than the original 16 people can join the game after it has started:

Example 1: If a team starts the game with only 14 players they can have two players join them prior to the start of the second half.

Example 2: If a team starts a game with 16 players they are not allowed to sign in more players during that game even if one of the original 16 players leaves with an injury.

Each team must have no more than 6 players, 5 outfielders and a goalkeeper on the field at one time. A game shall not continue if a team has less than 5 total players.

For all COED games:

- In Burnaby, British Columbia facility: At least 2 players of the 5 non-goalie players must be female at all times.
- All other facilities: At least 3 players of the 5 non-goalie players must be female at all times. Should a team have less than 6 players, the number of female outfield players may be equal to the number of men outfield players. At no time, may there be less female players than men. If the team is not able to comply with this rule within 10 minutes of the scheduled start time, then the team that is short players will forfeit the game.

### 5.5 PLAYER'S BENCH AREA

Only those players that are eligible to play, plus 1 coach and / or trainer, are allowed at the player bench area during the course of a

game. This area is defined as anywhere past the step that leads to the benches. At no time are spectators allowed in the player's bench area during a game. **Suspended players/coaches are not permitted on/or behind the bench while under suspension.**

### 5.6 SUBSTITUTIONS

Unlimited "on the fly" substitutions are permitted. However, any player who is leaving the field must be within 3 metres of their team bench before the substitute may enter the field. Otherwise an illegal substitution will occur. Each team will be allowed one "goalie substitution" during the game at which time the game clock will be stopped to allow a player change.

Teams cannot make substitutions through the game official (referee) causing play to be halted at any time. (e.g. a game official will not hold the play for teams to make substitutions after a goal or during a goal kick).

### 5.7 LENGTH OF GAME

Two (2) x 25 minute halves (total of 50 minutes of game time).  
Half time and pre-game warm-up at the discretion of the facility.

### 5.8 GAME PLAY (BALL IN PLAY VS. OUT OF PLAY)

The ball is considered out of play when:

- It makes contact with the perimeter netting
- It makes contact with the building structure / lights / roof
- It goes into the player area or over the side netting
- When the ball leaves the field of play (as per futsal rules applicable at Oshawa Field House)

If the ball contacts the perimeter netting (or in the Oshawa Field House, when the ball leaves the field of play or touches the ceiling), play shall be re-started with a direct free kick by the team that did not touch the ball last, from a point closest to where the ball made contact with the netting, or otherwise left the field of play. In all locations except the Oshawa Field House, the exterior boards and glass are considered part of the playing area. If the ball hits the ceiling, play is re-started with a free kick from the non-offending team's offensive red line. After a ball goes out of bounds, the other team, once in possession of the ball, shall have 6 seconds to return the ball into play. If more than 6 seconds elapses, there shall be a reversal of possession.

### 5.9 BALL OUT OF BOUNDS (END ZONE)

If the ball is last touched by an offensive player and then touches the netting behind the goal, play will be restarted with a throw-out by the goalkeeper, from within the goal crease area. The goaltender does not need to wait for the referee to blow their whistle and can do a quick throw if they desire. If the ball touches the end netting

and was last touched by a defensive player, play will be restarted by a corner kick by the offensive team from one of the marked corner kick spots.

### 5.10 GOALKEEPERS

Goalies will have a maximum of 6 seconds to distribute the ball out of the penalty arc area once they have gained possession of the ball (either in their hands or at their feet). If the goalie takes possession of the ball outside the crease, they may not dribble the ball back into the crease and then use their hands. If more than 6 seconds elapses, the opposition shall get a free kick from the Free Kick mark at the top of the penalty arch.

### 5.11 THREE-LINE VIOLATION

The ball cannot travel across both red lines in the air towards an opponent's goal without first touching the ground, a wall, or a player on either team. If a 3 line violation occurs, the defending team will restart play by placing the ball on their offensive red line closest to their opponent's goal. This is to provide a scoring chance or offensive opportunity against the offending team.

### 5.12 FREE KICKS

All free kicks are direct except for out-of-bounds kicks. Free kicks are awarded and will either be a direct free kick or a direct penalty shot.

For all free kicks, defending players must remain a minimum of 5 metres away from the spot from where the free kick is to be taken. All free kicks must originate from outside the goal crease area. Any free kick occurring from within the goal crease area shall be moved back to the nearest point outside the crease. Players not giving the required 10 feet distance will be warned once by the referee to yield the required space, after which the referee can force the defending wall to back up another 5 feet.

### 5.13 SHOOTOUT

A shootout shall be awarded for the following circumstances:

- Any direct foul committed inside the penalty arc
- Fouling a player with possession of the ball, who is past the last defender in the offensive zone (on a clear-cut breakthrough)
- Stopping a shot with a player's hand that is headed towards an open, undefended net.
- Last defender hand balls in the offensive zone and denies an attacker a breakthrough.

Any foul committed by the goalie on the player taking the shootout will result in a penalty kick as well as a yellow card on the goalie. This is the only circumstance that leads to the awarding of a penalty kick. For sure goal denial situations, in addition to being awarded a

Shoot Out, the offending player will also receive a yellow card and be required to sit off for 10 minutes, during which time his / her team will **not** play short-handed.

In a Shoot Out, the ball is placed on the offensive restart mark on the red line. The goalie must start with both feet on the goal line and cannot move off the goal line until the referee whistles the shoot out to begin. Any player on the attacking team, who was on the field when the foul took place, can take the Shoot Out. All players on the attacking team (except the shooter) stand on or behind the centre line, **outside** the centre circle. Players of the defending team stand behind the centre line, inside the centre circle. Once the referee whistles the Shoot Out to begin, the ball is in play and the player taking the shoot out plays the ball forward using any legal manner to score.

Examples of legal Shoot Out strategies:

- Direct shot on goal
- Dribbling in, then shooting
- Playing the ball off the boards to himself or a team mate (Not Applicable in Oshawa Field House location)
- Passing to a team mate

During playoffs, if a game is tied after regulation time expires, a shoot out will be used to break the tie. However, in this situation, the only players on the field shall be the goalie and the shooter. No other players are involved. The only other difference is that the shooter shall have 6 seconds to shoot the ball.

#### 5.14 PENALTY KICKS

A penalty kick is awarded when the goaltender commits a foul on the player taking the shootout. All penalty kicks shall be taken from the penalty mark. All players with the exception of the defending goalkeeper and the properly identified player taking the kick shall position themselves beyond the nearest “40 feet” line but within the playing area, and not less than fifteen (15) feet from the ball until it is kicked. The referee shall signal the commencement of the penalty kick.

If the team does not score on a penalty kick, the goalie resumes play with a “goal kick”.

#### 5.15 SLIDE TACKLING VS. SLIDING

No player can touch the turf with any part of their body (other than their feet), when they are within 1-2 strides of the ball. If a defender slides and blocks a ball from entering the goal, a Shoot Out with be awarded.

Goalies are permitted to slide tackle while making a save, as long as they are in the crease area and if the slide tackle is not considered by the referee to be reckless or dangerous.

#### 5.16 BRIDGING

Any player, who is attempting to shield the ball and places **both** hands on the wall and thrusts themselves backwards to try to knock the opponent away, shall be considered “bridging.” Bridging only can occur once the player’s forward momentum has ended. Any player who places both hands on the wall to stop their momentum is **not** bridging.

If bridging occurs, the referee will award a free kick to the other team (This rule is not applicable in Oshawa Field House location).

#### 5.17 “SAFETY ZONE”

With the addition of the new perimeter line on our field, we have named the area **outside** the line as the **safety zone**. The amount of contact and checking that is allowed in the safety zone will be limited and will be governed by the following additional rules (This rule is not applicable in Oshawa Field House location):

- No hard, overly physical or excessive physical contact (whether intentional or not) will be allowed in the safety zone. Allowable contact will be limited to the “on the ball” contact only.
- Players will be expected to keep the ball moving. Incidents can arise from players hacking at a pinned ball.
- Players with possession of the ball **cannot** put their foot on the ball or pin the ball against the boards. If they do so, they lose possession of the ball.
- Players cannot “squeeze out” opposing players into the boards. Squeezing out (or pinching) refers to the taking of a path that causes the opposing player to go into the boards because the forward path was denied. This will be considered a form of obstruction.

#### 5.18 DEFAULTED GAMES

The following situations will result in a defaulted game:

- If either team does not have a minimum of 4 players and 1 goalie on the field by ten (10) minutes after the scheduled start of the game.
- If a player who has been ejected from the game for any reason does not leave the field in a timely manner (discretion of the referee). It is the team’s responsibility to ensure an ejected player leaves the playing surface and returns to their assigned dressing room.
- If a team chooses not to continue a game after an injury to any of their players.
- If either team cannot field five players at any point during the game due to players being ejected or injured

- If either team refuses to continue the game for any reason other than safety concerns agreed to by the Referees and League Official.
- If either team fails to meet the financial payment terms of the league

The team that the default was committed against will get the game field time for their use for a scrimmage or practice. Referees and Timekeepers will not stay on the field once the game has been declared a default. The game result will be listed as a 5-0 win for the non-offending team. The game will not be rescheduled.

If your team is unable to field a team please call the league office 48 hours in advance so that the other team can be notified.

The non-defaulting team will be compensated for a defaulted game the following way:

- A \$100 gift certificate for the Thirsty Penguin restaurant. The \$100 fee will be levied against the team who defaulted without giving 48 hours notice.

Example: Team A forfeits their game against Team B without giving 48 hours notice, so Team A pays a \$100 fine and Team B gets a \$100 Food and Beverage Voucher.

For a team to be considered “in attendance,” as of the official game start time, they need to have a minimum of four players and a goalie.

AISL Management will outline the specific season’s defaulted game policy at the Team Representative Meeting.

In a situation where both teams default, the game will be cancelled and both teams will receive a loss.

### 5.19 PROCEDURE FOR START OF GAME/DELAY OF GAME

The following procedure will be in place for the start of all AISL games:

At the start of the scheduled game time or once the previous game is complete (whichever comes last), the warm up time will start running down. The buzzer will sound (or the referee will blow their whistle) with one minute remaining to make players aware that the warm up session is nearly complete. Teams must send their starting line onto the field for the opening kick-off.

*Note: The clock will stop if there is no referee present on the field to start the game at the advertised first half time.*

In situations where one or both teams are unable to field the minimum four players and one goalie at the end of the warm up or are not ready for the kick off, the following procedure will apply:

- The clock will continue to run into the game time.
- After six (6) minutes have elapsed: the offending team will receive a two-minute penalty
- After eight (8) minutes have elapsed: the offending team will receive another two-minute penalty.
- After ten (10) minutes have elapsed: the game will be defaulted.
- If the offending team manages to meet the minimum player requirement during this process, the game will be started immediately. Game time will not be added back onto the clock.
- If both teams are unable to meet the minimum Player requirement during this process, the time penalties in b and c will not apply.  
*Note: if one team becomes ready during this process, the penalties against the other team will be taken from that point in the process and onward. For example, if one Team manages to get enough players after 7 minutes, the other Teams will receive one two minute penalty at the 8 minute mark, but since the 6 minute mark is already passed, that penalty is not in effect.*

### 5.20 LAST MINUTE OF PLAY

When the game goal differential is 2 goals or less, the last minute of the 2nd half and / or overtime period will be “Stop Time”, with the clock being controlled by the referee or timekeeper.

### 5.21 OVERTIME

In a game requiring a winner to be declared, one overtime period of 5 minutes shall be played. If at the end of overtime the game is still tied, there will be a three player sudden death shoot out (best of 3). If the game is still tied, there will be a one player sudden death shoot out until the game is won. No player may shoot again until all players from their team have shot.

Any penalty in the five minute overtime, that has not expired, will eliminate the penalized player from shootout participation.

There is no overtime in the regular season games.

### 5.22 GOAL DIFFERENTIAL

The maximum game goal differential for any regular season game is 8 goals (e.g. If the final score is 12-0, the official game score will be 8-0). This rule is in place to de-emphasize the need to run up the score.


### 5.23 PLAYER INJURY - BLOOD DRAWN

If a player is cut during a game and blood is drawn, the player must leave the field to clean and bandage the wound prior to being allowed to return to the game.

**5.24 RULE CHANGES AND AMENDMENTS**

All changes and amendments to the Canlan Indoor Soccer Rules shall take effect at the beginning of a new season, unless deemed by the League Management to be directly linked to player safety, whereby changes can be imposed during mid season. In these situations, rule changes must clearly be posted on the League Notice Board at field level.

All rules will be enforced in accordance to the spirit in which League Management deems appropriate.



Our league management and officiating teams are committed to ensuring that the Adult Indoor Soccer League (AISL) provides a safe and challenging level of recreational competition for men and women of all soccer backgrounds. Whether you have been playing soccer at an elite level or have recently picked up the game, the AISL is the league for you!

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