



Adult Indoor Soccer League Policies and Procedures

Adult Indoor Soccer League
Rules and Regulations

1. Membership

- 1.1 Applications to play in Allstar Soccer Leagues (“ASL”) must be received on a form provided by the League, by the deadline date specified on the approved league application form. League fees must be paid in accordance with the thereon-noted schedule for payments, with the registration fee paid in full no later than the first game of the season.
- 1.2 Teams will not receive refunds for pulling out of the league at any time. Once the team has paid the deposit or league fee they are agreeing to participate for the entire season. Furthermore, a team that is removed from the league due to discipline will forfeit their registration fees and any bonds that may be included.
- 1.3 The ASL reserves the right to amend or balance the divisions based on the ability and number of teams who apply.
- 1.4 The ASL reserves the right to approve or deny acceptance of a team’s or person’s application to participate in one of our Leagues.

2. Playing Rules

2.1 The Ball

- 2.1.1 The ball shall be spherical; the outer casing shall be of leather or other suitable materials. No material shall be used in its construction which might prove dangerous to the players. The ball must be approved by the Referee (Size 5 Ball).

2.2. Number of Players

- 2.2.1 A match is played by two teams, each consisting of not more than six players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than four players.
- 2.2.2 Unlimited **substitutions** shall be permitted. Substitutions are continuous during play and all players must enter and exit the field of play at the halfway line only when the player they are subbing is within 1 meter of the touch line nearest the team’s bench. Substitution of goalkeepers must be reported directly to the referee and made during a stoppage.

2.3 Players Equipment

- 2.3.1 Teams must provide each player with identical jerseys with differing numbers on their back. The team representative is responsible for filling each game sheet with the correct jersey number of each player.
- 2.3.2 All players must wear stockings. Shin guards are recommended but not mandatory.

2.3.4 In the event that two teams are wearing the same or similar colours, the **AWAY** team will need to switch.

2.3.5 All cleats/studs and jewelry are **PROHIBITED**. Only allowed flats or turfs (with small soft rubber soles) are permitted. By week 4 of the season, if you are caught wearing cleats/studs then it will be an automatic 2-minute penalty.

2.4 Duration of the Match

2.4.1 Each game shall consist of two equal halves of 25 minutes with a 5 minute interval between halves. In the event of a delay in the start of a game, the referee may shorten each half to no less than 15 minutes per half; this is subject to the League's approval.

2.4.2 Additional time may be added to the end of each half at the discretion of the referee.

2.4.3 Additional time may be added on to the end of each half for the taking of an awarded penalty kick.

2.4.4 If a game cannot be completed for whatever reason, the entire game shall be rescheduled, unless 30 minutes of playing time, in a regular length game, or two thirds of the available playing time in a shortened game has elapsed, when the score at the time shall be considered official. Also, if a game is abandoned due to the actions of one team the game may be scored as a 3-0 default in the favor of the other team.

2.5 The Start and Restart of Play

2.5.1 A kick-off is a way of starting or restarting play:

- at the start of the match
- after a goal has been scored
- at the start of the second half of the match
- at the start of each period of extra time, where applicable

A goal may not be scored directly from the kick-off.

2.5.2 If, while the ball is still in play, the referee is required to stop play temporarily for any reason not mentioned elsewhere in the Laws of the Game, the match is restarted with a dropped ball.

2.6 The Ball In and Out of Play

2.6.1 The ball is out of play when:

- when it has wholly crossed the goal line or touch line whether on the ground or in the air
- play has been stopped by the referee
- when it touches the ceiling netting above the playing area

2.6.2 The ball is in play at all other times, including when:

- it rebounds off a goalpost, crossbar or corner flag post and remains in the field of play
- it rebounds off either the referee or an assistant referee when they are on the field of play

2.7 Method of Scoring

2.7.1 A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

2.7.2 The team scoring the greater number of goals during a match is the winner. If both teams score an equal number of goals, or if no goals are scored, the match is drawn (a tie).

2.8 Offside

2.8.1 There shall be no offside offence in indoor soccer.

2.9 Kick-In

2.9.1 When the whole of the ball passes over the touch-line, either on the ground or in the air, a free kick shall be awarded to the team opposing that of the player who last touched or played the ball. The free kick shall be taken from the point that the ball crossed the line and went out of play. Players of the team opposing that of the player taking the kick-in shall not approach within 5 m (5.5 yds) of the ball until it is in play, i.e., it has been kicked and moves, nor shall the kicker play the ball a second time until it has been touched or played by another player. A goal may not be scored directly from a kick-in.

2.10 Goal Kick

2.10.1 A goal kick is a method of restarting play. A goal kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored in accordance with Law 10. A goal may not be scored directly from a goal kick.

2.10.2 The ball is back into play once it leaves the penalty area; if the ball is not kicked beyond the penalty area, the kick shall be re-taken. The kicker may not play the ball a second time until it has been touched or been played by another player.

2.10.3 All opponents must be positioned outside of the penalty area.

2.11 Corner Kick

2.11.1 A corner kick is a method of restarting play. A corner kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the defending team, and a goal is not scored in accordance with Law 10. A goal may not be scored directly from a corner kick.

2.11.2 all opponents must be at least 5 m (5.5 yds) from the ball until it is in play.

2.12 Free Kicks

2.12.1 All free kicks shall be classified as 'indirect'.

2.12.2 All opponents must be at least 5 m (5.5 yds) from the ball until it is in play, unless they are on their own goal line between the goalposts. The ball is in play when it is kicked and moves.

2.13 Penalty Kick

2.13.1 A penalty kick is awarded against a team that commits one of the ten offences for which a direct free kick is awarded, inside its own penalty area and while the ball is in play. A goal may be scored directly from a penalty kick. Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of periods of extra time.

2.13.2 The Ball must be placed on the penalty mark.

2.13.3 The goalkeeper must remain on their goal line, facing the kicker, between the goalposts until the ball has been kicked.

2.13.4 The player taking the kick must be properly identified.

2.13.5 The players other than the kicker must be located:

- inside the field of play
- outside the penalty area
- behind the penalty mark
- at least 5 m (5.5 yds) from the penalty mark

3. General Rules

3.1 Teams must provide each player with matching uniforms with differing numbers on their back.

3.2 The goalkeeper must wear a contrasting numbered jersey, which must also be different from the opposing team.

3.3 The first team named on the schedule shall be the home team. When uniform colors are similar, the **AWAY** (second team listed on schedule) team must change to a distinct color shirt or get pinnies from the league.

3.4 In the event a game is abandoned because of spectator interference, or the referee is concerned for the safety of any person(s) in the facility the League Committee shall decide the result of the game, which may include rescheduling the game. If two thirds or more of the game has been played, the score shall stand and the offending team shall be subject to any disciplinary sanctions deemed appropriate by the League Committee. In the event the offending team is winning at the two-third mark of the game, the team may be subject to, but not limited to, a 3 – 0 default loss.

3.5 The team official, who for whatever reason during a game withdraws their team from the game prior to its official ending, may be subject to disciplinary action depending on League/Discipline Committee findings up to two hundred dollars (\$200.00).

- 3.6 A grace period of (5) five minutes will be allowed in the event that a team has less than four players at the appointed kick-off time. The defaulting team shall forfeit the game and the points will be awarded to the opposing team. The score shall be recorded as a 3-0 score in favor of the opposing team. In the event that both teams have less than the minimum required players, no points will be awarded.

Teams forfeiting games must pay 100% of the game officials' fee and may be subject to a fine of up to Two hundred and fifty dollars (\$250.00) to their team. A team forfeiting three games could be suspended from further play by the League Committee. To avoid additional fees, any forfeiting team must notify the league at least 48 hours before the start of their match.

- 3.7 All information on the game sheet must be printed legibly and must be complete. Any incomplete or illegible game sheets(s) may subject the team to a fine, disciplinary action/forfeiture of game, or both.
- 3.8 The team officials are responsible for all players on the team, at all times, and shall conduct themselves in a reasonable manner in accordance with the rules and regulations of the League, and shall confine themselves to the team bench or technical area along with the players. The team official shall only enter the field of play when authorized by a game official. Prohibited entry may be sanctioned with a fine of up to two hundred dollars (\$200.00) subject to the discretion of the League/Discipline Committee.

The player's team bench shall be deemed to be an area designated as such by the League. Only the players and team officials entered on the game sheet are allowed on the team bench. Any game abandoned by a game official will be dealt with by the League/Discipline Committee as per 2(e) above. A team found guilty of causing a game abandonment will forfeit the points and be subject to a fine of up to five hundred dollars (\$500.00). In the event that both teams are found guilty, no points will be awarded, and both teams will be subject to a fine of up to five hundred dollars (\$500.00).

A player or team official impeding, harassing, or otherwise intimidating a game official, member of staff assigned to assist the game official, opposing team official or opposing player, will be subject to severe disciplinary action, including a fine to the team of up to five hundred dollars (\$500.00).

- 3.9 All games will be played as scheduled unless:

At the discretion of the League committee postponement is necessary due to unavoidable circumstances.

- 3.10 Postponed games must be played as rescheduled by the League. Failure to comply could result in no points being awarded and penalties/fines imposed. In the event the game is re-scheduled on a day that is not your regular assigned game-day, the League will give a minimum of one-week advance notice of date and time.
- 3.11 A team shall be awarded three points for a win, and one point for a tie. In the event of a tie in the League standings at the end of the season, the tie will be broken according to the following:

- i. Most Wins
 - ii. The winner of the head to head competition between the two tied teams only. (When more than two teams are tied, rule iii applies)
 - iii. Goal Differential throughout the entire season.
 - iv. The team with the most goals for throughout the entire season.
 - v. The team with the least goals against throughout the entire season.
 - vi. A coin toss in the presence of both team representatives and the league.
- 3.12 In the event that an elimination game is tied at the end of regulation, the outcome will be determined by penalty kicks. Teams will take 3 penalty kicks and then if it is still tied it will go to sudden death where teams will choose 1 kicker at a time until a team wins. Players do not need to be on the field at the end of regulation in order to shoot. (FOR COED – genders must alternate starting with a guy.) During sudden death, teams will match and alternate shooters until either team goes through all of their players, goalie included. If it still remains tied, it will reset - meaning both teams are allowed to choose from their full list of players.
- 3.13 In the event that a team fails to complete the schedule, all games played by that team shall be declared void and the results deleted from the standings (3-0 loses). All fees paid by such team to the League shall be forfeited.
- 3.14 No game official, player or official of any team shall bet on any soccer match under the jurisdiction of Allstar Soccer Leagues.
- 3.15 Use of foul or abusive language, spitting and fighting at the league facility or in the ASL is strictly prohibited. All such incidences will be treated in accordance with the 360 Soccer Centre facility and the Allstar Sports Leagues rules and policies.
- 3.16 Co-ed teams must field a minimum of two (2) genders at all times. If only one (1) gender is present the team will play one (1) player short (Short-handed). If a team has zero (0) present, the team will default the game.
- 3.17 The League Committee's decision is final.

4. Registration of Players

All players shall be registered to the ASL by filling out their information on their respective team waiver. The cost per team for player insurance is \$120. This fee is the same for every session. The maximum amount of players per team is 18 and the deadline to add players to your roster is Week 6 of each session.

- 4.1 A player must be registered before the start of their first league game. Player(s) under the age of eighteen (18) are not eligible to play in the Allstar Sports Leagues unless the ASL receives written consent from the players' guardian. Players unable to present government issued photo ID at any time during league/playoff play will not be allowed to participate in the League.

- 4.2 **Government Issued Photo Identification:** Players are required to present to the League, upon application to play and as an addition to their roster, one piece of government issued photo identification (driver's license, health card, etc.).
- 4.3 When asked by the League, players must present their Photo ID. Player ID is to be brought to every game. If a player does not have ID or refuses to produce ID the player will be found to be ineligible and the team will default the match and be subject fines, bonds and/or suspension. **Teams ID checks must be requested prior to the start of the match.** If a player shows up late to a game then the opposing team is allowed to request an ID check (just for that given player(s)).
- 4.4 A player may be asked to show photo ID at any time throughout the season. Please ensure all players have their IDs on them at all games. If a player has not submitted ID and the player does not have ID on them, the player will be found to be ineligible.
- 4.5 Teams may register a maximum of 18 players and minimum of 7 players. Teams can also have 1 coach/manager per roster.
- 4.6 A team found guilty of using an ineligible player shall forfeit the game to their opponent, with a 3-0 score being recorded, and may be subject to further disciplinary action at the discretion of the League Committee. A team found guilty of using an ineligible player will subject its team to a fine of up to one thousand dollars (\$1,000.00) and or may be expelled from the league and club.
- 4.7 The League Committee shall rule on all disputes with regards to player registration, and the Committee's decision will be final.
- 4.8 A player may only be registered with one team in a division.
- 4.9 Co-ed teams must register a minimum of 2 males and females to their team.

5. Playing Season

The playing season shall consist of no more than 12 games and no less than 10 games. Subject to change due to COVID-19.

6. Discipline

- 6.1 All mandatory enforcements will go into effect starting on the next scheduled league or cup game, no exceptions.
- 6.2 All players receiving a yellow card will serve a two minute penalty. If a player is given a red card, they shall leave the playing area immediately. The guilty team shall place a player in the penalty box for the full five minutes, no matter how many goals are scored against them. After the five minute period, the team shall return to full strength, excluding the player that received the red card. If a goalkeeper receives a two minute penalty, their time may be served by another player on the field. For a red card, they will be ejected from the game and will not be allowed to come back to play.

- 6.3 Red card decisions made by the disciplinary committee will be final and no further appeal will be considered.
- 6.4 Any Player or team official reported for violent conduct during a match, who is found guilty of such conduct, may be suspended for the remainder of the season.
- 6.5 Every team is responsible to the League for the actions of its players, team officials and team spectators and is required to take all precautions necessary to prevent its players and spectators from abusing, threatening, poaching or assaulting officials, staff members, and/or players. Failure to control team players and spectators may result in a fine up to five hundred dollars (\$500.00) subject to the discretion of the Disciplinary and League Committee.
- 6.6 Players and team officials suspended from the League shall not take part in any soccer activities in respect to the League, until the completion of the suspension.
- 6.7 The League has the right to levy monetary fines against players, teams or their officials where it is necessary to maintain a higher degree of control over the game of soccer. Teams may be required to pay bonds for current or future participation.

The Allstar Soccer Leagues Committee reserves the right to suspend and expel teams and/or players that who have acted in a manner that may be deemed dangerous to the facility and/or facility staff. Teams and players on teams instigating and/or participating in fights/brawls may be immediately suspended and/or expelled from further play with NO refund of league fees.

7. Protests

- 7.1 Each protest arising from a game in the competition shall be submitted in writing to the ASL bearing the submission date, within 48 hours of the completion of the game to which it relates. A protest fee of five hundred dollars (\$500) must accompany the protest letter.
- 7.2 In all protests, the League committee shall determine whether there is any merit to the protest before convening an investigation. If it is determined that there is no merit to the protest the protest fee shall be returned with the committee's explanation.
- 7.3 A game can only be protested by the teams directly involved in the protested game.
- 7.4 Protest of a decision by a Referee will not be entertained.

8. Administrative

- 8.1 Absolutely no changes to the final schedules will be entertained.
- 8.2 Any complaints (other than protests), about Referees and/or games must be put in writing and submitted to the League office within 48 hours of the game being played. Results of the game will not be changed. Only legitimate complaints will be entertained. Long protracted discussions or venting of opinions of Referees decisions will not be entertained.

8.3 Only the League Committee is empowered to deal with complaints. Only the League Committee can determine which complaints are frivolous and which complaints are genuine. The committee's decision is final.

8.4 All fines are due and payable before the team's next scheduled game. Failure to remit payment on time could render the team suspended from further League participation until payment is received by the League. Games scheduled during such a period of suspension will be considered forfeited and applicable Rules and Regulations will take effect.

9. Facility

The playing facilities are a drug, tobacco and alcohol-free facility. Any violation of any published rules and regulations will result in severe monetary fines and penalties as well as suspension and possible banning from the facility.

APPENDIX "A"

1. Dismissal Penalties

Team Fines

a) Dismissal for 2nd Cautionable offence in a game	1 Game Suspension	min	\$25
b) Dismissal for Serious Foul Play (Hand Ball):			
First ejection	min 1 Game Suspension	min	\$25
Second ejection	min 2 Games Suspension	min	\$25
c) Serious Foul Play, Persistent Misconduct (pushing, slide tackles) resulting in ejection from the game:			
First ejection	min 2 Games Suspension	min	\$25
Second ejection	min 4 Games Suspension	min	\$50
d) Violent Conduct (i.e. striking an opponent, kicking an opponent, charging from behind, spitting or any attempt at these offences), resulting in ejection from the game:			
First ejection	min 3 Games Suspension	min	\$50
Second ejection	min 6 Games Suspension	min	\$100
e) Physical contact with any Game Official, resulting in an ejection: Immediate player expulsion.		up to	\$500.00 TEAM BOND
f) Foul and Abusive Language to the Game Official, resulting in an ejection:			
First ejection	min 3 Game Suspension	min	\$50
Second ejection	min 6 Game Suspension	min	\$100
g) Foul and Abusive Language other than to Game Official, resulting in an ejection:			
First ejection	min 1 Games Suspension	min	\$25
Second ejection	min 3 Games Suspension	min	\$50

The Allstar Sports Leagues Disciplinary Committee reserves the right to levy monetary fines and or bonds to all misconduct Reports.

MANDATORY MINIMUM SUSPENSIONS

DISMISSED FOR	FOUL OR ABUSIVE LANGUAGE DIRECTED AT ANYONE OTHER THAN A GAME OFFICIAL	ONE (1) GAME SUSPENSION
DISMISSED FOR	SERIOUS FOUL PLAY FOR PREVENTING A GOAL BY DELIBERATELY HANDLING THE BALL	ONE (1) GAME SUSPENSION
DISMISSED FOR	SERIOUS FOUL PLAY (OTHER THAN ABOVE)	TWO (2) GAME SUSPENSION
DISMISSED FOR	VIOLENT CONDUCT	THREE (3) GAME SUSPENSION
DISMISSED FOR	FOUL OR ABUSIVE LANGUAGE DIRECTED AT A GAME OFFICIAL	THREE (3) GAME SUSPENSION

The player who receives the Red card must leave the field of play including the team bench and viewing area immediately.

All players receiving a Red card will automatically miss their next game and will receive further disciplinary action and or fines in line with and according to the severity of their offence and actions. This can range from the minimum to the maximum monetary fine.