



# West Ottawa Soccer Club Indoor Rec League (Adult) Laws of the Game

## Introduction

The WOSC Indoor Adult Rec League follows the current [IFAB Laws of the Game](#). This document is not a replacement for the Laws of the Game, but rather a supplement for referees. The Laws of the Game should be applied in conjunction with the appropriate WOSC Competition Rules.

## Law 1 – THE FIELD OF PLAY

- 1) The bigger (white) goals are to be used for adult matches.
- 2) Team benches must be on the same side of the field.

## Law 2 – THE BALL

The ball shall be Size 5 for all Indoor Adult Rec League games.

## Law 3 – THE PLAYERS

- 1) All players must be registered with the West Ottawa Soccer Club for the current season.
- 2) Each game will be 7-aside (6 outfield players and 1 goalkeeper).
  - a) Teams are required to have a minimum of 5 players on the field to start or continue the game.
  - b) In the co-ed division, each team must have a minimum of 3 female players on the field of play.
  - c) A team shall be allowed a 10-minute grace period from the scheduled kick-off time.
  - d) The game clock will be started at the scheduled kick-off time. Any elapsed time is subtracted from the total game time.
  - e) If a team has less than 5 players after the 10-minute grace period, the game is forfeited to their opponent.
  - f) If a team forfeits a game regardless of the reason, the opposing team will be awarded a 2-0 win. If both teams have fewer than 5 players, the game will be recorded as 0-0.
- 3) Substitutions
  - a) Substitutions are unlimited and may take place at any time, including "on the fly".
  - b) A player being substituted must leave the field in the general area of their own team bench.
  - c) The substitute shall not enter the field of play until the player being replaced is within 4 meters of the incoming player in the general area of their own team bench.
  - d) An illegal substitution will result in a verbal warning to the offending team and an indirect free kick to the opponents where the ball was last played.
  - e) Repeated disregard of the substitution process could result in a caution to the offending player.

## Law 4 – THE PLAYERS' EQUIPMENT

- 1) Footwear shall be appropriate for indoor soccer and the playing surface. Metal cleats are not allowed.
- 2) Players shall not wear anything which is dangerous to themselves or another player.

- 3) Team colors shall not conflict with each other or with the referee.
  - a) Goalkeepers shall wear colors which distinguish them from the players and the referee.
  - b) If there is a color conflict between the teams, the home team shall change jerseys.

#### **Law 7 – THE DURATION OF THE MATCH**

- a) The duration of the match shall be two equal halves of 25 minutes.
- b) The half-time interval shall not exceed 3 minutes, except with the referee's consent.
- c) All teams must be ready to play at the scheduled kick-off time. If a team is not ready to start play at the scheduled kick-off time, or at the beginning of the second half, the referee will start the time.
- d) Time may be shortened to conclude the game within its allotted field time.
- e) If time expires before the ball has entered the goal, a goal is not awarded.

#### **Law 8 – THE START AND RESTART OF PLAY**

- 1) Kick-Off
  - a) The home team will kick off for the first half.
  - b) The ball may be kicked in any direction (i.e., forwards, sideways, or backwards) on the field of play.
  - c) A goal may be scored directly from a kick-off, but only against the opposing team. If the ball directly enters the kicker's own goal, a corner kick is awarded to the opponents.
- 2) Dropped Ball
  - a) The ball is dropped for the defending team goalkeeper in their penalty area if, when play was stopped:
    - the ball was in the penalty area or
    - the last touch of the ball was in the penalty area.
  - b) In all other cases, the referee drops the ball for one player of the team that last touched the ball at the position where it last touched a player, an outside agent, or the referee.
  - c) All other players (of both teams) must remain at least 4 metres from the ball until it is in play.
  - d) The ball is in play when it touches the ground.
  - e) A goal cannot be scored directly from a dropped ball. If a dropped ball enters the goal without touching at least two players, play is restarted with:
    - a goal kick if it enters the opponents' goal.
    - a corner kick if it enters the team's own goal.
- 3) Kick-In
  - a) A kick-in is awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the touchline, on the ground or in the air, or touches the Dome above the touchline.
  - b) The kick-in will be taken from the place where the ball exited the field of play. The ball must be stationary on the touchline.
  - c) All opposing players shall be at least 5 metres away from the ball.
  - d) If the kick-in is taken and the ball does not enter the field of play, the opposing team will restart play with a kick-in.
  - e) A goal cannot be scored directly from a kick-in. If the ball enters the opponents' goal, a goal kick is awarded. If the ball enters the kicker's own goal, a corner kick is awarded.
- 4) Goal Kick
  - a) A goal kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored.
  - b) Goal kicks shall be taken from anywhere within the penalty area.
  - c) All opposing players shall be at least 5 metres away from the ball and outside the penalty area until it is in play.

- d) The ball is in play when it is kicked and clearly moves.
- e) A goal may be scored directly from a goal kick, but only against the opposing team. If the ball directly enters the kicker's own goal, a corner kick is awarded to the opponents.

5) Corner Kick

- a) A corner kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the defending team, and a goal is not scored.
- b) The ball shall be placed at the corner of the field.
- c) All opposing players shall be at least 5 metres away from the ball until it is in play.
- d) The ball is in play when it is kicked and clearly moves.
- e) A goal may be scored directly from a corner kick, but only against the opposing team. If the ball directly enters the kicker's own goal, a corner kick is awarded to the opponents.

**Law 11 – OFFSIDE**

There is no offside in indoor soccer.

**Law 12 – FOULS AND MISCONDUCT**

- 1) Spitting will not be tolerated. Anyone caught spitting on the turf fields will be immediately removed from the field of play and its vicinity.
- 2) Slide tackling is not permitted.
  - a) A direct free kick will be awarded when a slide tackle is committed by any player, including the goalkeeper, outside the penalty area.
  - b) A penalty kick will be awarded when a slide tackle is committed by any player of the defending team, including the goalkeeper, in his own penalty area.
  - c) Sliding to score a goal or to save a ball from going out of play or in the goal, which does not constitute a "tackle" or endanger an opposing player in any way, is allowed if, in the opinion of the referee, there are no opposing players nearby.
- 3) Cautions, Sending offs and Time Penalties
  - a) A player may be given a 2-minute time penalty at the discretion of the referee. In this case, where a yellow card has not been issued, the player can be substituted.
  - b) A player who is cautioned shall serve a 2-minute penalty and their team will play with one less player for 2 minutes.
  - c) A player who is sent off must leave the field of play and its vicinity. His team will play with one less player for 5 minutes.
  - d) If a substitute or team official is cautioned, their team will not have to play shorthanded or serve a 2-minute penalty.
  - e) If a substitute or a team official is sent off, their team will not have to play shorthanded. The individual who was sent off must leave the field of play and its vicinity.
- 4) Administration of time penalties:
  - a) Time penalties shall commence when the game is restarted.
  - b) Cautions issued to goalkeepers may be served by another player who was on the field at the time of the offence.
  - c) All time penalties are served until the time penalty expires.
  - d) If a team has two players serving time penalties and another player on the same team receives a time penalty, that player must also sit out from the game. The time penalty of the third player shall not commence until the penalty of the first player has expired. The team must substitute players not serving time penalties to maintain the minimum number of players on the field.

**Law 13 – FREE KICKS**

- 1) Direct free kicks and indirect free kicks are used, in accordance with the IFAB Laws of the Game.

- 2) All opposing players shall be at least 5 metres away from the ball at all free kicks.
- 3) Any free kick awarded to the defending team within its own penalty area may be taken from any point within the penalty area.
- 4) Any indirect free kick awarded to the attacking team within the opposing penalty area shall be taken from the penalty area line parallel to the goal line at the point nearest to where the offence was committed.
- 5) An indirect free kick shall be awarded when the ball touches the Dome above the playing area.  
*\*Exception:* If the ball hits the ceiling above the penalty area having last been touched by a defender, the game will be restarted with a corner kick.

#### **Law 14 – THE PENALTY KICK**

- a) The penalty kick shall be taken from the centre of the penalty area line parallel to the goal line.
- b) When the penalty kick is being taken, all players shall be at least 5 metres away from the ball and must stand behind the ball.

### **WOSC COMPETITION RULES**

#### *1. Eligibility*

- a) All players must be registered with the West Ottawa Soccer Club for the current season.
- b) There is no restriction with respect to goalkeepers playing down from a higher division if they meet the age eligibility requirements.
- c) Players may not play down from a higher division.
  - No player registered in Women's Over 30 A and/or B can register in Women's Over 30 C.
  - Women's Over 30 players who are age-eligible can be called up to the Women's Over 40 Division.
  - Women's Over 30 or 40 players can be called up to the Men's Over 35 or Open Divisions.
  - Men's Over 35 players can be called up to the Men's Open Division.
  - Men's Open players who are age-eligible can be called up to the Men's Over 35 Division.
  - Men's Open or Men's Over 35 players who are age-eligible can be called up to the Men's Masters Division.

#### *2. Call-Up/Call-Across Players*

- a) Teams may Call-Up players from a lower Division or Call-Across within their Division to have a maximum of 9 players.
- b) If a regular player arrives late (giving the team more than 9 players), the borrowed player must stop playing.  
*\*Exception:* If a team needs a goalkeeper, it does not count against the Call-Up/Call-Across maximum of 9 players.

#### *3. Team/Spectator Location*

- a) Both team benches shall be on the same side of the field, as chosen by the home team coach.
- b) Team benches shall be set up at least 5 metres away from the halfway line and 1 metre away from the touch line. Coaches shall remain on their own half of the field during the game.
- c) All spectators shall be located on the opposite side of the field from the team benches. Additionally, spectators are not permitted anywhere along the goal line.

#### *4. Standings, Promotion and Relegation*

- a) Games will be divided into fall and winter seasons.
- b) 3 points are awarded for a win, 1 point for a tie and 0 points for a loss.
- c) Tie Breaker: Goal Differential (Plus/Minus), Most Goals For, Fewest Goals Against & Shutouts.
- d) If there is still a tie, the winner will be determined by the teams' Seasonal Discipline Record. If still

tied, results between the teams are used to calculate Points, Goal Differential (Goals For minus Goals Against) & Shutouts.

e) Where there is more than 1 division of teams in an age category, promotion and relegation may be used to balance the strength or number of the teams in each division between the seasons.

#### *5. Discipline*

a) WOSC follows the Ontario Soccer (OS) Discipline by Review (DBR) System.

b) Players found guilty of red card offences will be ineligible as per OS regulations with the following exception:

➤ Dismissed for “Denying an obvious goal-scoring opportunity to an opponent moving towards the opponent’s goal by an offence punishable by a free kick or penalty kick.” (=> 1 game suspension)

c) Verbal or physical assault against a referee, team official and/or player will result in the immediate removal from the field of play and its vicinity.

d) Infractions against referees will result in an immediate suspension from the league and will be dealt with in accordance with the OS Discipline Policies and Procedures.

e) All serious incidents will be reported to Eastern Ontario Soccer (EOS).