



ADULT INDOOR SOCCER RULES

Revised July 2023

Oakville Soccer Club Adult League Indoor Soccer Rules

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RULES OF PLAY

OSC Adult Indoor House League games will follow the [FIFA Laws of the Game](#) and [OS Playing Rules](#) for Indoor Soccer unless otherwise stated in Oakville Soccer Club Rules.

CODE OF CONDUCT

The Oakville Soccer Club expects and mandates that all participants affiliated with any OSC programs will conduct themselves in a manner which allows all players the opportunity to reach their full potential and most importantly, enjoy the game of soccer. This Code of Conduct provides the principles by which everyone associated with OSC must comply. Failure to comply may result in disciplinary action that could result in the suspension/termination of the membership of a player and/or coach or suspension/termination of the employment of referees.

Spectators who fail to comply with the Code of Conduct will face disciplinary action in accordance with the [Town of Oakville's "R-Zone" policy](#), which OSC has adopted. This zero-tolerance policy ensures a safe and leisurely environment for all participants at all Oakville facilities, parks and programs.

*OSC reserves the right to amend this Code of Conduct without notice should the Town of Oakville and/or the Ontario Soccer Association make any amendments to their by-laws or policies.

The Oakville Soccer Club Fair Play Code mandates the following for all players, coaches, referees and spectators:

General Expectations

- Abusive behaviour and communication styles are not acceptable.
- The use of profanity is prohibited.
- Alcohol or other controlled substances are prohibited from all Town of Oakville recreational grounds; this includes parking facilities; Town of Oakville By-Law 1999-159.
- Smoking or vaping of cigarettes or e-cigarettes and other controlled substances in the playing and spectator area is prohibited.
- Keep fields and facility clean of garbage.
- Respect all municipal by-laws and area residents by parking respectfully in designated areas.

Player Expectations

- Play co-operatively with teammates.
- Treat opponents, game officials, coaches, and spectators with respect.
- Arrive a minimum of 5 minutes before game time in uniform ready to play.
- Shin guards must be worn for all games and practices – no exceptions.
- Cannot wear metal cleats.
- Must not enter field area or benches until 5 minutes prior to game time or previous group has completely vacated the facilities
- Must not wear any jewelry (including wedding rings) and all piercings must be removed
- Must not wear metal or glass eyeglasses. Sports spectacles/goggles are allowed if safe for the players themselves and for other players
- Players must not change clothing/uniforms in a public area including on the field, on the

sidelines or in the parking lot

Coach/Team Captain Expectations

- Demonstrate fair play, respect of others and good sportsmanship through example during the season
- Speak respectfully to players, officials and spectators
- Offer constructive criticism in an effort to improve the skills of their players
- Rostering of players each season
- Accuracy of game sheet
- Ensure that all players on your team are aware of and abide by the [Code of Conduct](#) and league rules

Referee Expectations

- Officiate the game in a fair, non-partisan and unbiased manner.
- Adhere the rules set by the governing body; i.e. FIFA.
- Be respectful when addressing players, coaches, captains and spectators

Spectator Expectations

- Treat players, referees, opponents and other spectators with respect.
- Spectators must not step onto the field during the game.
- To avoid injury to themselves and players, spectators must maintain a distance of not less than three meters from the field during the game.
- Ensure young spectators in their care do not interrupt the game and remain well away from the field.
- Adhere to the [Town of Oakville Rzone Policy/Procedure](#)
- Must not play with a ball any closer than five meters from the field.
- No pets or animals are allowed into facility other than animals that have proof of certification to show their role and requirement.

The League will base rules upon Ontario Soccer playing rules for Indoor Soccer. Therules are available at: [Ontario Soccer - Indoor](#)

FIELD/FACILITY ETTIQUETTE AND RULES

Food and Drink:

- Water is the only drink allowed on the field
- Coffee/Tea or sugar based (sports drinks, pop, juice, etc.) drinks are prohibited.
- Food is prohibited on the field.
- Gum is prohibited on the field
- Spitting is prohibited on the field
- Alcohol is prohibited in the facility, parking lot or outdoor fields.
- Smoking or vaping is prohibited. Pine Glen is a smoke free facility.
- Controlled substances are prohibited pre and post game on or adjacent to Town of Oakville and Club facilities

Players:

- Game/Session times are 55 minutes in duration and begin on the hour (unless otherwise indicated by management).

- Players are NOT to enter the field area until 5 minutes prior to the start of their game/session
- Players leaving the field area must exit quickly and orderly using the proper exit.
- Players are to remain seated when not substituting.
- Players/Team meeting will be conducted outside the playing area. "Playing area" is defined as field space inside the doorway entrance to the fields.

Spectators:

- Stay behind the white lines at all times and within the designated Spectator seating area.
- Spectator access to field viewing areas is via the outside perimeter of the field.
- Spectators are not permitted to walk across the fields (via field dividers/curtains) at any time.
- Siblings are required to sit with their parents/guardians throughout the session/game in the designated seating area.
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- Sidelines are not a play area for kids.
- West end half wall is not to be used for seating or entrance/exit points to fields.

Players and Spectators who are in violation of the OSA/PHSA & Oakville Soccer Club's League bylaws, policies, code of conduct, rules and regulations, Pine Glen Soccer Centre's Field/Etiquette and Rules and/or [Town of Oakville's R-Zone policies](#) will be removed from the facility. Depending on the nature of the offence violations could result in criminal charges.

Consumption of Alcohol or Substances

The Oakville Soccer Club takes the behaviour of its members very seriously and has taken steps to ensure that everyone enjoys a 'positive soccer experience'. The consumption of alcohol/marijuana by its members pre- or post-game on Town of Oakville grounds is expressly prohibited. Upon notification of a team consuming alcohol/marijuana or substances at an OSC Adult League game by OSC or Town of Oakville staff, that team shall be expelled from the league immediately. There are no exceptions to this rule and no appeal or refund shall be granted.

Team Names

Adult League players have a responsibility to maintain and enhance the dignity and self-esteem of individuals and other persons by demonstrating respect to everyone, including, but not limited to teammates, opposing teams, match officials and coaches. Please note that the use of team names, logos and/or uniforms which go against this policy shall not be permitted and the offending team shall be required to change their name/logo/uniform to meet the rules of the Oakville Soccer Club.

REGISTRATION OF TEAM/PLAYERS

Players must be registered with The Oakville Soccer Club 24 business hours before they play in a League game. Players are required to register and pay in full, before the start of their first league game. A team using players not on their team list (unregistered players) will be subject to disciplinary action.

A player can register for multiple leagues or teams as long as the teams aren't in the same division.

No new registrations will be accepted after the team has played 3 games. Teams must have a minimum of 6 players registered before they are eligible to play in a league game. Team rosters are set at 14 players, for any player registration over 14 the team shall incur \$80 charge per player.

Identification Photograph

Players are required to submit a head shot photograph for the roster. Photographs are used on the game sheet to properly identify players and eliminate any ineligible players. If a player does not have a usable photograph, one can be taken at the Pine Glen Soccer Centre, or by OSC Adult League staff. If a player does not have a photo they will not be allowed to participate. Players with no photo after game 3 will be removed from the roster and not be allowed to play for the remainder of the season.

The League reserves the right to approve or deny acceptance of a team and/or player application.

NUMBER OF PLAYERS

Unless specified otherwise by the Rules of the competition, a match shall be played by two teams, each with not more than six players (including goalkeeper) and not less than four players (including goalkeeper) on the field of play.

The rules of the competition shall state the number of players on each team who may be dressed to play. All persons dressed to play shall be subject to the authority and jurisdiction of the referee. Substitutes may be used in any match in accordance with the rules of the competition. The game shall not be delayed to allow substitution, except for the substitution of the goalkeeper. Any of the other players may change places with the goalkeeper, provided that the referee is informed before the change is made, and provided also, that the change is made during a stoppage of the game. Substitution is done on the fly at any time.

When any player other than the goalkeeper is to be replaced, the substitute shall not enter the field of play until the player being replaced is within 1 meter of the bench area. Neither the player entering nor the player leaving may interfere with the play while both are on the field. The substitution is completed when the substitute enters the field of play, from which moment the substitute becomes a player and the player being substituted ceases to be a player.

***Coed Division – a minimum of 2 women and 2 men must be on the field at all times. If a team can only field 1 female players or only 1 male players at any point in the game they're not permitted to add another player in replacement and must play a player down.**

PLAYER EQUIPMENT

If there is controversy or debate over the safety of a player's equipment the referee will have the final say on its eligibility. Players shall not wear anything which is dangerous to themselves or another player.

- The basic equipment of a player shall consist of a numbered shirt, shorts, socks, shin guards and footwear. The footwear shall be appropriate for the game.
- Shin guards must be covered entirely by socks and worn during all games and practices.
- Team colours shall not conflict with each other. Goalkeepers shall wear colours which distinguish them from each other, the other players and from the referee.
- It is mandatory for all players on the team to have the same shirts with different numbers.
- Jewelry must be taken off before the start of the match and cannot be worn during games
- Must not wear metal or glass eyeglasses. Sports spectacles/goggles are allowed if safe for the players themselves and for other players
- In the event that both teams have same coloured jerseys/uniforms, the home team must wear alternate jerseys and/or pinnies.

THE BALL

The ball must be a size 5. The home team shall be responsible for providing the game ball. The ball shall be judged fit for play by the referee and or facilitator and shall not be changed during the game unless authorized by the referee/facilitator.

The Oakville Soccer Club is not responsible for balls stuck in the ceiling and/or stolen balls.

THE GAME

Games must start and finish on time and teams must be ready to play 5 minutes prior to the scheduled kick-off time. A minimum of 4 players are required to start a game. If teams cannot field a team at their scheduled times, they have 10 minutes before the result of the game is a forfeit (3-0). The game will consist of two 25 minute halves; games starting later may have their game time reduced. At half time the interval shall not exceed 2 minutes, except by the consent of the referee. If 35 minutes of the game has been played and the game gets abandoned the score will stand with no rescheduled game given.

All games will consist of 5 outfield players and a goalkeeper (6v6). Goalkeepers may not slide feet first. Spitting on the fields will result in a two minute penalty; repeated abuse will result in a sending off and disciplinary action (5 minute penalty).

PLEASE NOTE

*Sliding without attempting to contact the opposing player is not considered to be a slide tackle, therefore, no foul.

**A slide tackle that does not contact the player will result in an indirect free kick; a slide tackle that makes contact with the player will result in a Yellow Card and an indirect free kick

Time shall be extended to permit a penalty kick being taken at or after the expiration of the normal period in either half. Teams and players must not enter the field of play until 5 minutes prior to the start of their time slot and must leave the field of play immediately after the conclusion of their match.

Captains are responsible for collecting the team's game sheet from the front desk. All areas of the game sheet must be completed before handing it to the referee. Captains are responsible for all players on the team all times. Players will conduct themselves in a reasonable manor in accordance to the rules and regulations of the OSC Adult League. If a game is abandoned due to actions of one teams player, the game will be scored 3-0 in favor of the opposing team.

There is no offside offence in indoor soccer.

THE START OF PLAY

Kick-Off: A kick-off is the way of starting or restarting play:

- 1) At the start of the game;
- 2) After a goal has been scored;
- 3) At the start of the second half of the game

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

BALL IN AND OUT OF PLAY

The ball is out of play when it fully crosses the out of bounds line and/or when it touches the ceiling/netting.

METHOD OF SCORING

A goal is scored when the whole of the ball passes over the goal line.

FOULS AND MISCONDUCT

Players must adhere to the [OSC Fair Play Code](#) at all times.

Anyone who commits a foul shall be penalized by the award of a **free kick** to be taken by the opposing team from the place where the offense occurred.

A player shall be cautioned, shown the yellow card and given a two minute penalty if, in the opinion of the referee, the player:

- 1) Is guilty of unsporting behaviour;
- 2) Shows dissent by word or action;
- 3) Persistently infringes the Playing Rules of Indoor Soccer;
- 4) Delays the restart of play;
- 5) Fails to respect the required distance when play is restarted with a corner kick or a free kick;
- 6) Enters the field of play without the referee's permission other than in the act of substitution;
- 7) Deliberately leaves the field of play without the referee's permission other than in the act of substitution or directly returning to the team bench after serving a time penalty;
- 8) Slide tackles or attempts to slide tackle.

A player shall be sent off the field of play and shown the red card if, in the opinion of the referee, the player:

- 1) Is guilty of serious foul play.
- 2) Is guilty of violent conduct.
- 3) Spits at an opponent or any other person.
- 4) Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within her/his own penalty area);
- 5) Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick;
- 6) Uses offensive, insulting or abusive language and/or gestures;
- 7) Receives a second caution in the same match

Time Penalties

- 1) A player committing any offence may be given, at the discretion of the referee, a 2-minute time penalty.
- 2) A player who is cautioned (yellow carded) shall serve a 2-minute time penalty.
- 3) A team, (one of whose players has been sent off (red carded)), shall serve a 5-minute time penalty and be asked to leave the field of play.

Discipline & Banning Players/Teams

Misconduct and violation of the rules may result in suspensions or expulsions from the league without a refund to the player or team.

Any player or team official reported of violent conduct during a match, who is found guilty of such conduct, may be removed from the league.

If a player receives 3 red cards throughout the course of a year playing Indoor or Outdoor, OSC will review the player's discipline record and will have the authority to ban the player from the Pine Glen Soccer Centre.

The Oakville Soccer Club reserves the right to take disciplinary action against any individual player and/or team that has, in the opinion of the Adult League Manager in consultation with the Executive Director, acted in a manner deemed to be detrimental to the values of the Club. Such action includes but is not limited to game suspension, denial of access to facilities, and removal of a team or player from the league.

If players do not pay a fine, they are subject to being removed from the league without a refund. It will then be the Team's responsibility to pay what is outstanding. If the team does not pay within the time given, it may result in the team forfeiting games and potentially being removed out of the league without a refund as well.

** All red cards will result in a \$25 fine to the guilty party. The fine must be paid before any applicable suspensions are lifted.*

Video Recording

Oakville Soccer Club has the right to record video and audio of all Adult League games on Town of Oakville property or Oakville Soccer Club property or permitted fields. Recordings can be shared within the Adult League, to disciplinary officials, and law enforcement at the Club's discretion.

Oakville Soccer Club is not responsible for any video or audio recording that is shared outside of the Adult League by members or participants.

KICKING PROCEDURES

FREE KICK

ALL FREE KICKS SHALL BE CLASSIFIED AS "INDIRECT" (i.e. a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal).

*Penalty kicks are the only kick that is direct.

PENALTY KICK

A penalty kick shall be taken from the penalty spot by a player on the field at the time of the infraction.

KICK-IN

When the ball crosses the out of bounds line, whether in the air or on the ground, the opposing team is awarded with a kick-in. The team defending a kick-in must keep a distance of 5 metres. **A GOAL MAY NOT BE SCORED DIRECTLY FROM A KICK-IN.**

GOAL KICK

When the opposing team kicks the ball over the touchline, the defending team is rewarded with a goal-kick. The opposing team must be clear of the penalty area and 5 metres from the ball. **A GOAL MAY NOT BE SCORED DIRECTLY FROM A GOAL KICK.**

CORNER KICK

When the ball crosses over the goal line, having last been played by the defending team, a member of the attacking team is awarded with a corner kick. **A GOAL MAY NOT BE SCORED DIRECTLY FROM A CORNER KICK.**

GAME PROTEST

A team can protest the eligibility of an opposing player before the game has begun or prior to halftime. The protest must be made to the referee or league staff, at which point they will confirm the eligibility of the player. If a team is found using ineligible players, they lose by forfeit 3-0 and will face disciplinary action. Player eligibility protests will not be heard after game completion.

Any league or referee complaints are only dealt in writing. Please email all complaints to Lorin Berballa, Facility & Adult League Manager.

NO SHOW AND DEFAULT

A team not fulfilling its commitment or failing to show up for a game without 24 hours' notice can be subject to league suspension. Any team who defaults three games may be expelled from the entire league. The league is not responsible for any teams forfeiting and there will be no refunds or credits for any games or teams that forfeit their games.

RESCHEDULES AND LEAGUE SEASON

The league will consist of a total of 12 games including playoffs. Playoff formats may differ between divisions and will be at the league's discretion.

The only time that the facility will be closed is if the Town of Oakville closes their facilities (community centres, hockey rinks, arenas). Barring that, OSC will remain open and all games will go ahead as scheduled. The only time that OSC will reschedule games is if the facility is closed. Games may be rescheduled to a day of play that is different than the team's regular day of play (teams will be expected to attend these games). OSC will make all reasonable efforts to reschedule cancelled games. In extreme circumstances where there has been a high number of closures, the league reserves the right to limit the season to 10 games total and rule games that are not played as 0-0 ties.

LEAGUE SCORING & TIE BREAKERS

A team shall be awarded 3 points for a win, and 1 point for a draw. 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:

- 1) Points
- 2) Goal Difference
- 3) Goals For
- 4) Head-to-Head
- 5) Coin Flip

For playoff games, if the game is tied at the completion of regular time, a 5v5 penalty kick shoot out will occur. In COED, the shootout must Begin with a female player and alternate female/male. Every player must shoot once before the same player may shoot again.

Injuries

OSC has implemented an Emergency Action Plan to ensure that all coaches/team captains understand what is required of them in the event of an incident or injury during an OSC sanctioned game or practice.

Any injuries sustained in Adult House League team activities must be reported immediately on an Incident & Injury Report Form. This form must be submitted to OSC's Director of Operations within 24 hours of the injury/incident to ensure compliance with OSC and OSA insurance requirements. All players are covered by the OSA Accident Insurance Policy, please see OSC's Insurance Policy for more information.

Discipline

Discipline is administered in compliance with Ontario Soccer policies and OSC Discipline Procedures, and is handled by an independent discipline panel, trained and certified by the Peel Halton District Association, and acting on behalf of Ontario Soccer.

Misconduct is usually reported by the game official but can also be reported through a letter of complaint to OSC which, after investigation, may result in discipline charges. Any such complainant must be willing to be identified and to appear at any subsequent discipline hearing. Reports must be sent to rbowden@oakvillesoccer.ca.

Coaches are subject to Discipline in the event of inappropriate behaviour and can be carded as per FIFA rules.

Any fines or monetary penalties that are incurred by the club due to the actions of a player or team will be expected to be paid by the offending player and team. Failure to do so within the stipulated timelines will result in the player and/or team being removed from the league without a refund of any fees paid for participation in leagues or membership.

Appeals – Players/Coaches

Players/Coaches may request a hearing to appeal a dismissal given to them on the field, however it must be submitted within three days of receiving the dismissal itself and accompanied by the request for hearing fee (\$100). The appeal must be made in writing to the OSC Discipline Coordinator and it must be accompanied by the required Request for Hearing Fee. Appeal requests must be sent to rbowden@oakvillesoccer.ca.

There are two levels of Discipline:

Discipline By Review: Referee reports are forwarded to The Discipline Committee for review and a decision is rendered. Appeals may not be made after a decision has been made by the Discipline By Review process.

Discipline By Hearing: Referee Reports are forwarded to the Discipline Committee who have the right to call a hearing on the issue presented. Players/coaches are required to attend the hearing which may be virtual or in person. Players/Coaches can call witnesses if they wish. These particular cases can be appealed. Appeals must be accompanied by the Request for Appeal fee.

Note: Decisions of the Discipline Committee are final and are not subject to review except in the case of Appeals where allowed.

Video

Video evidence is admissible providing it adds clarity to the issues surrounding the incident in question. **Video cannot be used to provide evidence of issues regarding Referee performance.**

Further details about discipline, including the Ontario Soccer discipline policy, are found in the governing body's documents.

Fees and Penalties

Discipline by hearing fine if found guilty	\$75
Discipline by hearing request resulting from Dismissal	\$100
Request to reschedule hearing	\$100
Failure to show for Hearing - Fine	\$100 (1 st offense), \$200 (2 nd and subsequent offences)
Playing an ineligible player	Forfeit
Abandoned game due to player behaviour	\$100 + Forfeit (1 st offence), \$200 (2 nd offence), \$300 (3 rd and subsequent offence)

Note: Protests resulting from the Match Official interpretation of the Laws of the Game are not accepted.

Note: The Oakville Soccer Club reserves the right to implement changes to the fees and penalties involving matters of Discipline provided that they are incremental to those published.

OSC Contacts

Name	Title	Phone – 905-849-4436	Email
Lorin Berballa	Adult League & Facility Manager	Ext. 4454	Lberballa@oakvillesoccer.ca
Richard Bowden	Referee Development Manager/Discipline Coordinator	Ext. 4428	rbowden@oakvillesoccer.ca
Chris Barbisan	Operations Coordinator	Ext. 4455	cbarbisan@oakvillesoccer.ca