

## SWOT INDOOR SOCCER LEAGUE RULES

THESE RULES WILL BE STRICTLY ADHERED TO AND MAY NOT BE CHANGED.  
THE REFEREES HAVE BEEN INSTRUCTED TO FOLLOW THESE RULES TO THE LETTER.

### 1. Game Times

- All games will start on time as per the schedule. If a game starts late, **it still will finish on time as per schedule.**
- Games will have **2 X 25** minute halves with a **short** break in between halves.

### 2. Number of Players on the Floor

- **“6”** Players out and **“1”** Goalkeeper (**Total 7**)
- Teams must have a **minimum of “5” players to start.**
- Teams failing to have a minimum number of players to start will lose by forfeit **1-0.**

### 3. Player Equipment

- Players are to wear their team jersey, shorts, socks, shin guards and **non-metal cleats/running/soccer shoes.**
- Shirts might be tucked in and socks must cover the full shin-guard.
- Players without shin-guards **will not be permitted to play.**
- **Jewellery is not all owed (including hairpins of any kind). TAPING jewellery does not equal NO jewellery, so it is not allowed either. Players on the field with jewellery will be removed from the field immediately and not permitted to play the ball until all jewellery is removed.**

**FIFA rules regarding jewellery are as follows:**

- 1) Player must not use equipment or wear anything that is dangerous to herself or another player (including any kind of jewellery).
  - 2) All items of jewellery are potentially dangerous. The term “dangerous” can sometimes be ambiguous and controversial, therefore in order to be uniform and consistent any kind of jewellery has to be forbidden.
  - 3) Players are not allowed to use tape to cover jewellery. Taping jewellery is not adequate protection.
  - 4) Rings, earrings, leather or rubber bands are not necessary to play and the only thing they can bring about is injury.
- Metal or any other type of hard material health accessories - i.e. knee brace(s), cast - must be covered. Players must have shin-guards when using these accessories.

### 4. Referee Decisions

- **All** Referee decisions are final.
- The Referee **has the right** to eject any Coordinator, Player and/or Spectator from the field if they are abusive towards the referee or players, should they **persist** in arguing any decision or should they deliberately interfere with the progress of a game.

- Referees do not have 360 degree vision, nor do they have an aerial view of the game, so it is possible that a spectator may see something that is out of view of the referee. Referees are attentive to the game and call what they actually see, not what anyone else sees. No one should display opposition to the referee's call (**which, in any event, cannot be changed after play has resumed**). Coordinators are responsible to inform players and spectators of this requirement.
- Any Coordinator and/or Player wishing to complain in regards to the performance of any Referee may do so **in writing** by completing a “Thumbs up/Thumbs Down” suggestion form and submitting to the SWOT Chair. These forms are available on the website. A response will be given prior to the next scheduled game.

#### 5. **Fouls and Rough Play**

- If a player commits a foul outside of the goal crease, as determined by FIFA rules, a free kick will be awarded.
- Rough play in a game will result in the following penalty (in the order specified):
  - 1) First offense – a 2-minute penalty in which the team plays short. If a goal is scored during this two minute period, the penalized player can return to the game.
  - 2) Second offence – a red card, expulsion of the player for the remainder of the game, and possibly also additional post-game disciplinary action. The team plays short a player for the FULL 5-minute penalty the ejected player received, regardless of whether a goal is scored. If the keeper was the player to receive the red card, she is ejected from the remainder of the game and someone else can fill her spot. However, the outfield will play short a player for the FULL 5-minute penalty obtained by the keeper.
- Infractions that are red card offences:
  - 1) Spitting on someone (opponent, teammate, referee, spectator or anyone else).
  - 2) Violent conduct (e.g. punch, slap, kick someone).
  - 3) Insulting, abusive language and/or gestures.
  - 4) Direct attempt to injure another player (e.g. tackle or push someone into the wall with the intention of hurting them).
  - 5) Handle the ball to prevent an obvious goal.
  - 6) Commit a foul to prevent a goal scoring opportunity.
- For more detail, please refer to the SWOT discipline procedures.

#### 6. **Referee No Shows**

- In the event of a referee no-show, the game may continue with each team providing a referee for one half of the game.
- Coordinators should report the referee no-show to Facilities Coordinator at [facilities@swotsoccer.net](mailto:facilities@swotsoccer.net).

#### 7. **Injuries**

- Players should stay down if they are injured to the point that they feel that they can no longer continue to play. The referee will stop the game at an appropriate point so that

the extent of the injury can be assessed. The player must leave as soon as they are able to do so, given the nature of the injury. A substitute player can then come on, with the permission of the referee.

- The referee may also stop the game immediately if, in his opinion, a player is injured and should go off.
- Play will be restarted with a drop ball at the location where the ball was when play was stopped. Coordinators should encourage players to let the team that had possession of the ball regain possession.
- Coordinators should encourage players to stop the play by kicking the ball out when they see an injured player. When the play is restarted, the players should let the team that had possession of the ball, regain possession.

#### 8. Player Substitutions

- Player substitutions will occur on the fly.
- Substitutions may be made for injured players with the permission of the referee.
- Players are to complete their substitutions with minimal delay.

#### 9. Sliding

- Slide and/or slide tackles **are not allowed** and will be treated as a foul:
  - 1) **An indirect free kick will be awarded if it occurs outside the penalty area.**
  - 2) **A penalty kick will be awarded if it occurs inside the penalty area and the offence is done by the defending player.**
- Goalies are allowed to slide inside the penalty area, without making contact with opponent (slide tackle).

#### 10. Points – Regular Season

- Points are awarded as follows:
  - 1) 3 points for a “Win”
  - 2) 1 point for a “Tie”
  - 3) 0 points for a “Loss”
- If both teams default, losses will be recorded against both teams.
- The team with the **most points** at the end of the **regular season** will be SWOT Season Champions. If teams are tied, their final standings will be determined by the following formula:
  - 1) Goal difference
  - 2) Goals for
  - 3) Goals against
  - 4) Head to head record
  - 5) The result of the first head to head game
  - 6) Coin flip

#### 11. Points – Play-Offs

- Round Robin Points are awarded as follows:

- 1) 3 points for a "Win"
  - 2) 1 point for a "Tie"
  - 3) 0 points for a "Loss"
- If both teams default, losses will be recorded against both teams.
  - The standings for the playoff final games will be determined based on the points accumulated during the round robin games.
  - Round robin games may end in a tie
  - If any teams are tied in the standings after all round robin games are played, their final standings will be determined by the following formula in the order below:
    - 1) Goals difference
    - 2) Goals for
    - 3) Goal against
    - 4) Coin flip
  - The final Championship and Consolation games **CANNOT** end in a tie. In the event of a tie the winner is decided by a shoot-out as described below:
    - a. Five shots per team with a goalie in the net. Team that scores most goals wins.
    - b. One shot per team, with a goalie in the net, until "sudden victory" is achieved

#### 12. Attendance

- Coordinators are required to record the attendance in the game sheets. Attendance will be used for statistical and teams balancing purposes only.

#### 13. Kick-offs

- The ball may be passed back or forward to start the game.
- Two touch rule is applicable to score a goal from kick-offs at centre.

#### 14. Free Kicks

- All free kicks are indirect (see two touch rule 16)
- Free kicks will be awarded when:
  - 1) A player commits a foul.
  - 2) The ball hits the ceiling and/or lights.
  - 3) The ball goes out of bounds.

#### 15. Throw-ins

- Balls out of bounds will be introduced back into play by a throw-in.

#### 16. Two Touch Rule

- The ball must be touched by a second player from the same team.

#### 17. Goal Crease

- Only the **Goalie** will be allowed to handle the ball when the ball is in the crease. If the Goalie **handles** the ball **outside the goal crease**, a free kick will be awarded to the

opposition at the spot where it was handled. Defending team must be **six (6)** feet from the ball in all directions **or on the goal line**.

- Should the goalie handle a ball passed back to her by a player on her own team, a free kick will be awarded.

#### 18. Goal Kicks

- A goal kick is awarded if the referee stops the play because the ball has gone out of play behind the net.
- Goal kicks are indirect (two touch rule).
- Goal kicks may be taken from anywhere inside the goal crease.

#### 19. Penalty Shots

A penalty shot will be awarded if:

- A defending player (other than the Goalkeeper) handles the ball or commits a foul inside the goal crease.