



Players Paradise Indoor Adult Soccer League 2017-2018 Rules and Regulations

Section 1 – Ball

- 1.1 The home team is required to provide the game ball.
- 1.2 Ball is to be size 5 and in adequate condition to be determined by the referee.

Section 2 – Game Duration

- 2.1 Leagues games are 2 halves x 25 minutes. There is a 2 minute half time break.
- 2.2 Clock may be stopped or time may be added, at the discretion of the referee: for injury, player cautioning, sending offs, or other circumstances resulting in the loss of playing time.
- 2.3 A game is deemed to be completed if 1 half plus 1 minute has been played.
- 2.4 In the situation of game abandonment determined by the referee, the league management will determine the outcome. Section 2.3 may or may not be taken into consideration.

Section 3 – Players and Coaches

- 3.1 A full team is 6 players (5+GK) for the Men's, Women's, and COED leagues. A full team is 7 players for Oldtimers 35+ league.
- 3.2 A team must field a minimum of 4 players. Failure to field 4 players at any point before or during the game will result in a game forfeit (3-0 score).
- 3.3 COED teams require at least 2 female players on the field at all times. If a COED team does not have enough female players they must play short 1 player for every female player absent.
- 3.4 Only registered players and/or coaches are allowed on the bench. Each team can have a maximum of 2 coaches registered to their team. Injured players and players out of uniform will not be allowed on the bench.

Section 4 – Player Equipment

- 4.1 Shin pads are mandatory. Players not wearing shin pads must leave the field immediately.
- 4.2 Players must wear jerseys of the same colour with a unique number. This number must be written on the gamesheet beside the player's name. No taping of jersey numbers.
- 4.3 Players may choose to wear sport specific wearable watches/fitbits/medical bracelets as long as they are covered appropriately with sweatband or tape. Aggressive, sloppy, and/or dangerous play while wearing a sport specific wearable watch/fitbit is not acceptable. Players wearing a sport specific wearable watch/fitbit assume all liability to the safety of themselves and all other participants as a result of their choice.
- 4.4 Players may choose to wear stud earrings only as long as they are covered appropriately with tape. Players wearing stud earrings assume all liability to the safety of themselves and all other participants as a result of their choice.
- 4.5 All forms of jewelry that are not permitted in sections 4.3 and 4.4 will not be permitted by players. This includes but is not limited to: necklaces, chains, bracelets, watches, rings, or any other form of jewellery.
- 4.6 Players may choose to wear sport specific (light-weight, smooth, soft exterior, plastic) braces.

Aggressive, sloppy, and/or dangerous play while wearing a sport specific brace is not acceptable. Players wearing a sport specific brace assume all liability to the safety of themselves and all other participants as a result of their choice.

- 4.7 We strongly recommend that players who use corrective eyewear use active sports eyewear with a head strap. However, if a player wishes to play with glasses they will assume all responsibility and liability to the safety of themselves and all other participants as result of their eyewear choice.
- 4.8 Players must use appropriate footwear. This includes running shoes, indoor soccer shoes, turf shoes, and outdoor cleats. No metal cleats will be permitted.

Section 5 – Ball Out of Play

The ball is considered out of play when:

- 5.1 The ball it has crossed the touchline or the goal line in its entirety.
- 5.2 The ball has come in contact with a light fixture, beam, or any other part of the ceiling.
- 5.3 When the referee stops play for a foul, misconduct, or player injury.

Section 6 – Restart of Play

- 6.1 If the ball goes out of play by traveling over the touchline play will be restarted by a kick-in to be taken by the team opposite of the one who played the ball last.
- 6.2 If the ball goes out of play by traveling over the goal line play will be restarted by:
 - a) Goal kick to be taken anywhere in the goal area by the defending if the attacking team played the ball last before the ball went out of play.
 - b) Corner kick to be taken by the attacking team if the defending team played the ball last before it went out of play.
 - c) Kick-off to be taken by the team which conceded the goal if the ball crosses the goal line into the goal.
- 6.3 If a foul or misconduct occurs, the ball will be restarted at the location of the offence by a free kick unless the offence occurs in the penalty area which would entail in a penalty kick being taken.
- 6.4 If a technical offence occurs (ex. Dangerous play, ball striking the ceiling, the goalkeeper handling a deliberate back pass, etc.) in the goal area the restarting of play will take place by a free kick on the 8 metre line parallel to where the offence occurred.
- 6.5 All restarts are indirect except for penalty kicks.
- 6.6 All opposing players must be a minimum of 3 metres away from the ball during a restart.

Section 7 – Penalty Kick

- 7.1 Penalty kicks are to be taken 8 metres from the goal line on the yellow line at the top of the goal area.
- 7.2 All players must be a minimum of 3 metres behind the ball.
- 7.3 The goalkeeper must have both feet on the goal line at the time the ball is moved.

Section 8 – Offside Rule

- 8.1 There is no offside rule in adult leagues.

Section 9 – Slide Tackling

- 9.1 Slide tackling is not permitted. A slide tackle is when a player slides, drops to a knee, and/or excessive lunges in the attempt to play the ball when there is an opposing player nearby. Simply sliding to stop a ball from leaving play or to block a shot from entering the goal does not qualify as a slide tackle if an opposing player is not in playing distance from the player who is sliding.
- 9.2 Goalkeepers are permitted to slide tackle in his/her goal area considering that the slide is clean and is not considered a foul by the referee.

Section 10 – Two-Minute Penalties

- 10.1 The referee may give a player a 2-minute penalty if he/she feels a player has committed an offence not severe enough to be cautioned but not minor enough to go unpunished.
- 10.2 All 2-minute penalties will be served across the field away from the team's bench at the halfway mark.

Section 11 – Cautions

- 11.1 The referee may give a player a yellow card for any of the infringements below:
 - 1. Unsporting behaviour
 - 2. Dissent by word or action
 - 3. Persistent infringement of the Laws of the Game
 - 4. Delaying the restart of play
 - 5. Failure to respect the required distance when play is restarted with a corner kick, kick-in or free kick
 - 6. Entering or re-entering the field of play without the referee's permission
 - 7. Deliberately leaving the field of play without the referee's permission
- 11.2 If a player has received a yellow card while on the field of play he/she will be required to serve a 2-minute penalty and his/her team will be required to play a player short. The penalty will be served in its entirety regardless if the opposing team scores or not.
- 11.3 If a player has received a yellow card while on the bench he/she will be required to serve a 2-minute penalty. His/her team will continue to play at full strength during those 2 minutes. The penalty will be served in its entirety regardless if the opposing scores or not.
- 11.4 If a goalkeeper has received a yellow card his/her team will be required to play a player short for 2 minutes. However, the goalkeeper will be permitted to continue playing without serving a 2-minute penalty.
- 11.5 All 2-minute penalties will be served across the field away from the team's bench at the halfway mark.

Section 12 – Dismissals

- 12.1 The referee may give a player a red card for any of the infringements below:
 - 1. Serious foul play
 - 2. Violent conduct
 - 3. Spitting at an opponent or any other person
 - 4. Denying the opposing team a goal or an obvious goalscoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
 - 5. Denying an obvious goalscoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
 - 6. Using offensive, insulting or abusive language and/or gestures
 - 7. Receiving a second caution in the same match
- 12.2 If a player has received a red card while on the field of play he/she will be ejected from the game. His/her team will be required to play a player short for a 5-minute period. The penalty will be served in its entirety regardless if the opposing team scores or not.
- 11.3 If a player has received a red card while on the bench he/she will be ejected from the game. His/her team will continue to play at full strength as the player was not on the field of play. The penalty will be served in its entirety regardless if the opposing team scores or not.

Section 13 – Player Responsibilities

- 13.1 All players and team officials must sign and submit a Players Paradise Waiver Form in order to be allowed to step onto the field and participate in the league.

- 13.2 Players must be registered before the 6th game of the season for the Men's Open, Women's, and COED leagues. Players must be registered by the 9th game of the season for the Oldtimers league.
- 13.3 Players may only be registered to 1 team per division. Be advised that Players Paradise will not reschedule games for players who may have a game conflict.
- 13.4 League management may inspect team rosters from time to time to ensure each player listed on the game sheet matches those on the field. Players must bring photo identification to prove who they are to each game. Failure to produce photo ID will result in a player not being allowed to play and/or forfeit of the game.

Section 14 – Team Responsibilities

- 14.1 Each team is responsible for the conduct of all team players, officials, and supporters at all times, both on and off the field. Team players, officials, and spectators shall conduct themselves in accordance with our league rules. Spectators must sit outside the field area in the areas designated for spectators. If a spectator becomes involved with any altercation on the field, the team associated with the spectator will be fined \$250.00.
- 14.2 A player, team official, or spectators impeding, harassing, or otherwise intimidating a game official, opposing coach, members of the league, or opposing players, may be subject to disciplinary action.
- 14.3 A team may register a maximum of 18 players.
- 14.4 Each team is allowed 1 rescheduling request, the game will be rescheduled pending field availability and the approval of the opposing team. Any additional game rescheduling requests will have an administration fee attached of \$50.00 if the game rescheduling is approved. There are no guarantees that a game is rescheduled, if the opposing team refuses to play the rescheduled time or there is not the field time available for a reschedule, the team which requested the game be rescheduled will be charged with a forfeit. If a team is not able to attend a game and does not provide at least 4 business days' notice to soccerleagues@playersparadisesoccer.com they will automatically forfeit the game.

Section 15 – Standings

- 15.1 For league standing purposes, 3 points shall be awarded for a win, 1 point for a tie, and 0 points for a loss.
- 15.2 In the event of a tie in league points the winner shall be determined as follows:
 - 1. Goal Difference
 - 2. If still tied, Goals For
 - 3. If still tied, Most Wins
 - 4. Head-to-Head, Record against tied team(s)
 - 5. If still tied, Penalty Kicks
- 15.3 All league standings will be posted online. If the standings posted are incorrect, it is the responsibility of the team manager/captain to notify the league manager within 4 days of the game being finished to address any discrepancies. Notice will have to be given in writing by emailing soccerleagues@playersparadisesoccer.com.
- 15.4 Playoff Structure – For divisions with 8 or more teams, the top 8 teams advance to the playoffs based on standings at the end of the regular season.
- 15.5 Playoff Structure – For divisions with less than 8 teams, the top 4 teams advance to the playoffs based on standings at the end of the regular season.
- 15.6 If a playoff game ends tied at the end of regulation time the following procedure is used:
 - 1. Teams will take 3 penalty kicks alternately.
 - 2. If still tied after 3 penalty kicks, sudden death rounds will ensue.
 - 3. Teams must go through their entire team including goalkeepers before a player can take a penalty kick a second time.

4. For the COED league, a male and female must alternate penalty kicks. (Even if the team has gone through all female penalty takers they must continue to alternate through male and female penalty takers)

Section 16 – Discipline

Description of Misconduct	1st Seasonal Offence	2nd Seasonal Offence	3rd Seasonal Offence
Foul and abusive language towards a player	1 Game Suspension + \$50 Fine	2 Game Suspension + \$50 Fine	Remainder of Season + \$100 Fine
Foul and abusive language towards a game official	2 Game Suspension + \$50 Fine	3 Game Suspension + \$100 Fine	Remainder of Season + \$100 Fine
Receiving a second caution in the same game	1 Game Suspension + \$50 Fine	2 Game Suspension + \$50 Fine	Remainder of Season + \$100 Fine
Denying an opponent a goal or obvious goal scoring opportunity by deliberately handling the ball	2 Game Suspension + \$50 Fine	3 Game Suspension + \$100 Fine	Remainder of Season + \$100 Fine
Denying an opponent a goal or obvious goal scoring opportunity by committing an offence punishable by a free kick or penalty kick (Not a hand ball)	1 Game Suspension + \$50 Fine	2 Game Suspension + \$50 Fine	Remainder of Season + \$100 Fine
Serious Foul Play	2 Game Suspension + \$50 Fine	3 Game Suspension + \$100 Fine	Remainder of Season + \$100 Fine
Violent Conduct	3 Game Suspension + \$100 Fine	4 Game Suspension + \$100 Fine	Remainder of Season + \$100 Fine
Fighting (Punching, kicking, or striking opponent)	Remainder of Season + \$100 Fine		
Spitting (At opponent or game official)	Remainder of Season + \$100 Fine		
Game Official Assault – Any deliberate physical contact (i.e. pushing, pulling, charging) or attempted physical contact or threatening	Remainder of Season from Players Paradise, Soccer World, and Wentworth Arenas		
Bench Clearing Incident (2 or more players leave the bench to get involved with an incident)	\$250 Team Fine	1 Game Team Suspension + \$250 Team Fine	Remainder of Season + \$250 Fine
Playing as an ineligible player (Player)	1 Game Suspension + \$50 Fine	2 Game Suspension + \$50 Fine	Remainder of Season + \$100 Fine
Playing an ineligible player (Team)	\$50 Team Fine + Game Forfeit	\$100 Team Fine + Game Forfeit	1 Game Team Suspension + \$100 Fine + Game Forfeit
Special Incident Report	Each Special Incident Report will be dealt with on a case by case basis by the Players Paradise Disciplinary Committee		

The league reserves the right to discipline and/or fine teams for any type of misconduct reported by referees and/or staff. All disciplinary action taken by the league is final.