



INDOOR RULES

GENERAL

1. To be eligible to register for the Indoor season players must be at least 19 years old by October 1st
2. A team will field 8 players, of which one will be the goalkeeper.
3. If a goalkeeper is not assigned, the team will decide between themselves who will be goalkeeper for each game.
4. Games will consist of two (2) 35 minutes halves and 5 minutes half time.
5. Games will start on time. A game cannot start without a minimum of 6 players per team.
6. The referee will wait 15 minutes to field 6 players. If this is not attained after 15 minutes, the team (missing the players) will lose 3-0 by default.
7. If a game is delayed, the game will finish at its scheduled time.
8. A player must notify the captain or assistant captain if they cannot play or will be late. If a player is late, they can play as long as they arrive before the start of the second half.
9. If a player misses more than 3 games without calling her captain, she will be replaced.
10. Should a team wish to have a Coach and designate a specific individual to take on these responsibilities, both these decisions are subject to a team vote (by secret ballot) by all the players of said team. An 80% majority vote is required for player approval.
11. An Executive member of PWSL who is also a captain must abstain from voting on team issues when acting as an Executive member.
12. Captains will be responsible for spares. A spare may be called regardless of the amount of players on the roster. A spare must be replaced with the same or a lower rating than that of the player missing. Under any circumstances, no spares will be allowed during the play off. Captains should notify the captain of the opposing team of spares being used before the game starts. Captains can't ask a spare for more than 2 games at a time.
13. There will be no refunds issued for the indoor season after November 1st. Refunds will be issued under the following criteria:
 - Player must issue request to withdraw in writing
 - Lac St-Louis passport fees are not refundable at anytime
 - Refund will be for the cost of Draft 2 & 3 only (for Indoor)
 - 10\$ administration fee will be charged to the refund
14. If a player officially withdraws in writing from playing during one of the indoor season drafts, the player's captain will call on spares to replace her until the end of that draft. Future drafts will not include that player and that player's spot can then be filled by the next available person on the waiting list, if one is available.
15. The Disciplinary Committee reserves the right to review unsportsmanlike behaviour on a case-by-case basis. The player must abide by the committee's decision
16. Due to limited space during our regularly scheduled indoor games children may not be on the benches for their safety as unexpected balls could cause serious injuries.

UNIFORM

1. Indoor soccer shoes & shin pads are mandatory.
2. Players must wear dark shorts and uniform socks. No tank tops, no bicycle shorts.
3. Goalies must wear a different color shirt.
4. Goalies are permitted to wear goalie pants. No other player is permitted to wear long pants (except for religious reasons).

5. Orthopedic braces must be fully covered to avoid injuries.
6. Jewellery (necklaces, rings, bracelets, watches, earrings, etc.) must be removed prior to play.
7. Only sports glasses can be worn during a game and in the opinion of the referee the sports glasses cannot cause harm to other players. Glasses made of materials such as metal or glass cannot be worn. A player wishing to wear her corrective glasses may wear protective glasses over them but the plastic must be unbreakable and the frame must be completely covered (*ex: racquetball style glasses*).

RULES OF PLAY

Unless otherwise specified, FIFA rules will apply. Furthermore, the referee's decisions are final. (www.fifa.com)

Free Kicks:

All free kicks are considered indirect meaning a goal may not be scored until the ball touches another player. The exception is when a direct free kick offense occurs inside the penalty area (e.g. deliberately handles the ball) in which case a penalty kick is awarded from the designated penalty mark.

Goal Area:

The goal area is the large white box marked on the floor of the gym and extends to the wall. The goalkeeper can pick up the ball with her hands in this area but must put it back in play by **THROWING** it (she cannot kick it back into play).



Players are allowed to enter the goal area and score from within the goal area.

If a goalkeeper has both hands on the ball, the ball is out of play. Any player kicking at the ball, at this time, will be given a yellow card for dangerous play.

Pass Back:

A goalkeeper cannot pick up the ball on an intentional pass back from her own team mates.

Penalty Kicks:

Penalty kicks are taken from the mark on the floor inside the penalty (goal) area.

Restarts:

Restarts by the goalkeeper are generally made via throw-ins; i.e. ball trapped behind the net or kicked in through the side of the net, GK saves etc. However, if the game is stopped in the goal area for a foul against the goalkeeper, the restart will be via a free kick for the defenders and the goalkeeper may kick the ball back into play.

A) Walls, Ceiling & Basketball Nets:

Balls that hit the wall higher than the painted area on the solid walls, the basketball nets or the ceiling are considered out-of-bounds and play is restarted by the opposing team with an indirect free kick-in from the spot where the ball last touched the prohibited area.

B) Canvas, Nets & Benches:

Balls that hit the canvas wall or net or benches on the side where the players sit or enter the openings on either

side of the benches are considered out-of-bounds and play is restarted by the opposing team with an indirect free kick-in from the spot where the ball last touched the prohibited area.

C) Goal Kicks & Corner Kicks:

Balls that hit the wall behind the goal higher than the painted area on the solid walls are considered out-of-bounds. If the defending team last touched the ball, restart is via an indirect-free corner kick by the opposing team from the corner closest to where the ball hit the prohibited area. If the opposing team last touched the ball, play is restarted by the defending team with an indirect free kick-in from the goal area.

All other situations are handled via a dropped ball.

Tackles:

No slide tackles are permitted under any circumstances. Slide tackles that occur close to another player will be sanctioned by a caution (yellow card). A tackle, which endangers the safety of an opponent, must be sanctioned as serious foul play. i.e. a red card and expulsion from the game – this is a FIFA directive.

Use of Walls:

No hands are permitted on the walls for support beyond a second or two.

To avoid injury, players are to adjust their running speed when two players are going to play a ball close to the wall. No physical contact is permitted within a distance of 3 feet from the wall- team in pursuit of the ball must concede space. In the case of an infraction the game will restart with a direct kick to the opposing team.

PWSL cannot prevent a pregnant player from playing. However, the league **STRONGLY ADVISES pregnant women **NOT TO PLAY** soccer. PWSL assumes no responsibility for any injury.**

Revised: 08/07/17