



**WATERLOO MINOR SOCCER  
CLUB YOUTH INDOOR  
RECREATIONAL SOCCER FOR  
LIFE (U13+)  
RULES & REGULATIONS**



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RECREATIONAL RULES &  
REGULATIONS SOCCER FOR LIFE  
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**GENERAL INFORMATION**

The spirit of this league to be maintained by the coaches is to ensure reasonable equal participation by ALL players. All players must be rotated on and off per half.

Spectators must remain on the opposite side of the field to the coaches and players. No one may be behind or near the goal lines or behind the net. We ask coaches and spectators to set an example to your players in demonstrating good sportsmanship at all times.

**THE FIELD**

1. Soccer for Life soccer games shall be played only on fields designated and assigned by the Waterloo Minor Soccer Club (WMSC) for the Learning to Train soccer program.
2. Field width: 73' (22m)
3. Field length:132' (40m)

**THE BALL**

4. Size five (5) balls will be used at all times.
5. The home team shall supply the game ball.

**NUMBER OF PLAYERS**

6. Each team roster has nine (9) registered players.
7. WMSC reserves the right to over roster depending on registration numbers.
8. The U13 + Soccer for Life game is played with five (5) players per team on the field (one goalkeeper and four outfield players.) The minimum number of players is 3. (GK plus 2 on field)
9. All players must experience and rotate through all positions.
10. *U19 Mixed Only*: not including the keeper, there should always be 1 male and 1 female on the field where players allow. If there is only one (1) female and/or male player in attendance, that player (and all players), in accordance with club rules, must be rotated on and off per half.

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## **UNIFORM**

A player must not use equipment or wear anything that is dangerous to himself or another player.

11. The player's jersey must correspond to his/her number on the Game Sheet. It is mandatory for all players on the team to have the same shirt color with different numbers.
12. The goalkeeper must wear a numbered shirt with colours that distinguish him/her from the other players on both teams.
13. Footwear shall be indoor soccer shoes, or outdoor cleats. Running shoes are **not recommended**.
14. Shin guards and Socks are mandatory at all times. Shin guards must be worn under the socks.
15. **NO jewelry is permitted on the field:** that includes rings, bracelets (**except medical alert bracelets**) –earrings, necklaces, other visible body piercing, etc. The practice of taping jewelry is not acceptable.
16. **Medic Alert Bracelets:** Where possible they should be the soft Velcro style which does not present any danger. If the medical alert bracelet is the normal metal type it should be either covered by a sweat band or taped. If taped the taping should be such that the description of the medical problem is clearly visible.
17. Hard casts are not permitted.

## **MATCH OFFICIALS**

18. As per the Ontario Soccer (OS), a Match Official will be assigned to each game.
19. Match Officials shall explain infractions to the offending players.
20. Match Officials shall collect game sheets prior to the start of the game.

## **DURATION OF THE GAME & PLAYING TIME**

21. The U13 + soccer games shall be played with two (2) x 20 minute halves.
22. All games will have a half-time break of five minutes. • All games will finish at 50 minutes past the hour, **regardless** of how long is left in the game.
23. Each player must receive equal playing time.

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**DISCIPLINARY SANCTIONS**

24. The blue card is used to communicate that a player or substitute has received a 2-minute technical offence time penalty. Players will not be issued a second blue card, but will go straight to a yellow card.
25. The yellow card is used to communicate that a player or substitute has received a 2-minute cautionable time penalty. A second yellow card equals a red card and a 5 minute major time penalty.
26. The red card is used to communicate that a player or substitute has been sent off. The penalty is assessed as a 5-minute major time penalty to his team except for receiving a second caution in the same match.

**POSTPONEMENT, ABANDONMENT & RESCHEDULING OF GAME**

27. Games may be postponed only when:
  - i) Ordered by the Match Official;
  - ii) Both coaches, in the absence of a Match Official, agree that weather and/or field conditions are unsafe.
28. If a game is abandoned after the first half has been played, the game is official and deemed to be complete.
29. If a game is abandoned due to unforeseen circumstances before the first half has been played, the game may be rescheduled at the discretion of WMSC. The coaches must advise the convenor of this occurrence and submit the game sheets. The Match Official must indicate on the game sheet the time and reason the game was abandoned and/or submit a Special Incident Report.

**START OF PLAY**

30. At the beginning of a game, choice of side and the kickoff shall be decided by a coin toss. The team which wins the toss shall decide which goal to attack in the first half. The other team will take the kickoff.
31. At a kickoff, all players shall be in their own half of the field of play. All players opposing the team taking the kickoff shall not be less than 5.5m from the ball until it is kicked off.
32. The game shall be started by the Match Official blowing his/her whistle.
33. The ball will be in play when it is kicked and moved in any direction.
34. For any infringement of this rule, the kickoff shall be retaken.

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35. Should the player taking the kickoff play or touch the ball a second time before it has been played or touched by another player, a free kick shall be awarded to the opposing team.
36. After a goal has been scored, the game shall be restarted by a kickoff, to be taken by a player of the team against which the goal was scored.
37. After the first half of play, the teams shall change sides. The second half kickoff shall be taken by a player of the team that did not start the game.
38. For any stoppage not mentioned elsewhere in these rules, the Match Official shall restart the game by dropping the ball at the place where it was when the play was stopped, unless play was stopped in the penalty area. In this case, the ball shall be dropped on the penalty area line at the point nearest to where the ball was when play was stopped. The ball shall be in play as soon as it touches the ground.
39. A goal may be scored directly from a kickoff.

#### **BALL IN AND OUT OF PLAY**

40. The ball is **out** of play:
  - i) When the whole of the ball has crossed the touch line or goal line, whether on the ground or in the air;
  - ii) When the play has been stopped by the Match Official.
41. The ball is **in** play at all other times, including when it rebounds into play from a goal post, a crossbar or Match Official and remains in the field of play.

#### **METHOD OF SCORING**

42. A goal is scored when the whole of the ball has crossed over the goal line, between the goal posts and under the crossbar, provided it has not been thrown, carried or intentionally propelled by hand or arm, or by a player of the attacking team.
43. The Match Official shall be the sole judge as to whether a goal has been scored.
44. During the course of play, should any outside agent prevent the ball from passing into the goal or assist the ball into the goal, play shall be stopped. The Match Official shall restart the game by dropping the ball.
45. Game points will be awarded as follows:
  - i) WIN – Three (3) points
  - ii) TIE – One (1) point
  - iii) LOSS – Zero (0) points

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## **FINAL LEAGUE STANDINGS**

46. If, at the end of the regular schedule, two or more teams are tied in points for first place in the league standings, the winners will be determined by the following:

- i) Head to Head between the tied teams
- ii) Goals Against
- iii) Goals For

## **OFFSIDE**

47. There is no offside in the indoor game.

## **PLAYER SUBSTITUTIONS**

48. Unlimited substitutions are permitted at the following times by notifying the Match Official:

- i) On a throw-in for either team.
- ii) After a goal is scored by either team.
- iii) At a goal kick by either team.
- iv) At the start of the second half.
- v) To replace an injured player.

## **FOUR SECOND RULE**

49. Four-Second Rule At all times, players have 4 seconds to carry out:

- i) direct free kicks;
- ii) indirect free kicks;
- iii) kick-ins;
- iv) corner kicks;
- v) penalty kicks;
- vi) restart by goalkeeper

50. Any infringement of the 4-second rule will result in an indirect free kick by the opposing team closest to where the infringement occurred.

## **PASS INS**

51. When the whole of the ball has crossed the touch line, either on the ground or in the air, the ball shall be passed-in from the point where it left the field of play, by a member of the opposing team. There are no throw-ins.

52. When placing the ball, the ball must be either shadowing the line or no more than a ball

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width away from the line.

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53. The ball will be in play immediately after it enters the field of play.
54. If the player taking the pass-in plays or touches the ball a second time before it has been played or touched by another player a free kick shall be awarded to the opposing team.
55. At the taking of a pass-in all opponents must be at least 1.8 m from the ball.
56. A goal may not be scored directly from a pass-in.

**FREE KICK**

57. For any infringement of the rules when the ball is in play, the Match Official may award a free kick to the non-offending team. The free kick shall be taken from the place where the infringement occurred. If the infringement occurs within the offending team's penalty area, a penalty kick will be awarded to the attacking team. See the penalty kick procedure, outlined below, for further detail.
58. At the taking of a free kick, the ball shall be stationary and all opponents shall not be less than 5.5m from the ball until it has been kicked. The ball shall be in play when it is kicked and has moved.
59. A player taking a free kick within his own penalty area shall kick the ball into play beyond the penalty area. The ball shall be in play when it has been kicked and has moved outside of the penalty area. All opponents shall be outside the penalty area and not less than 5.5m from the ball until it has been kicked. For any infringements of this rule, the free kick shall be retaken.
60. A player taking a free kick shall not play or touch the ball a second time until it has been played or touched by another player. For any infringements of this rule, a free kick shall be awarded to the opposing team.
61. A goal may not be scored directly from a free kick.
62. All free kicks are indirect.

**PENALTY KICK**

63. A penalty kick shall be taken from the penalty mark. All players, except for the defending goalkeeper and the player taking the kick, shall be outside the penalty area, behind the ball but within the field of play, and not less than 5.5m from the ball until it has been kicked.
64. The goalkeeper shall remain on the goal line, facing the kicker, and between the goal posts until the ball has been kicked.
65. The player taking the penalty kick must kick the ball forward. The ball shall be in play when the ball is kicked and has clearly moved forward. The player shall not play or touch the ball a second time until it has been played or touched by another player. For any infringements

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of this rule, a free kick shall be awarded to the opposing team.

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66. If necessary, the time of play shall be extended to allow a penalty kick to be taken.

### **FOULS AND MISCONDUCT**

67. A player who, in the opinion of the Match Official, intentionally commits any of the following offences, shall be penalized by the awarding of a free kick to the opposing team:

- i) Spits at an opponent,
- ii) Kicks or attempts to kick an opponent,
- iii) Trips or attempts to trip an opponent,
- iv) Jumps at an opponent,
- v) Charges an opponent,
- vi) Strikes or attempts to strike an opponent,
- vii) Holds an opponent,
- viii) Pushes an opponent,
- ix) Handles the ball deliberately (except a goalkeeper from within his/her own penalty area), and/or
- x) Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.

68. Should a player commit one of the above offences within his/her own penalty area, a penalty kick shall be awarded.

### **GOAL KICKS**

69. A goal kick is a method of restarting the play when the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, but not between the goal posts and under the crossbar. The ball shall be kicked into play from a point within the half of the penalty area nearest to where the ball crossed the goal line.

70. If the player taking the goal kick plays or touches the ball a second time before it has been played or touched by another player, a free kick shall be awarded to the opposing team

71. A goal may not be scored directly from a goal kick.

72. Only the goalkeeper is to restart play from a goal kick. This will provide the goalkeeper with both the practice and confidence in playing out of the back.

### **CORNER KICKS**

73. When the whole of the ball has crossed the goal line, either on the ground or in the air, excluding the portion between the goal posts, having last been played or touched by a member of the defending team, a corner kick shall be awarded to the attacking team.

74. The corner kick shall be taken from the intersecting points of the touch line and goal line. All opponents shall not be less than 5.5m from the ball until it has been kicked.

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75. The ball is in play when it is kicked and has moved.

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76. If the player taking the corner kick plays or touches the ball a second time before it has been played or touched by another player, a free kick shall be awarded to the opposing team.

77. A goal may be scored directly from a corner kick.

### **THE GOALKEEPER**

78. The goalkeeper is the only player allowed to use his/her hands to handle ball in the penalty area.

79. The goalkeeper cannot handle the ball outside of the penalty area.

80. If the goalkeeper handles the ball outside the penalty area, a free kick will be awarded to the attacking team and taken at the location where the offense occurred.

81. The goalkeeper may put the ball back into play within the penalty area either by kicking or throwing the ball. The six-second rule will not be called on the goalkeeper, allowing the goalkeeper to run up to the line before releasing the ball.

82. Drop kicks are permissible, however goalkeepers should be encouraged to play the ball out from the back.

### **CALL UP PLAYERS**

83. A coach is permitted to call up players only when he/she knows in advance that there will be six (6) or fewer players available for a game.

84. No team roster may exceed nine (9) players when using call up players.

85. If a player, who has confirmed their unavailability, turns up to his/her game without notifying their coach and coach has called up players, the coach must ensure fair playing time is given to the player(s) being called up.

86. All call up players must be listed on the game sheet.

87. A call up player cannot play more than three (3) games in total for the duration of the season.

88. Call-ups are permitted from the designated call up team only.

89. Call up teams shall be the team in the age group immediately below having the same colour jersey. If a team of the same colour is not available in the division below, the Office Administrator will assign an alternate team.