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Registration information and forms can be accessed online at www.vernonsoccer.ca

IMPORTANT: A player or member of the coaching staff is considered registered when their ONLINE registration and a waiver is fully completed, submitted and acknowledged by VITC staff.. **An unregistered player or member of the coaching staff must not enter the indoor turf area if they have not completed a waiver.**

Mondays	Adult Drop in style scrimmage			
Mondays	Men's Kal Tire Team Scrimmage			
Tuesdays	Women's Open League	60 minute field time per game	30 min halves	No stats
Wednesdays	Men's Open League	60 minute field time per game	30 min halves	Stats

RED CARD FINE [for all leagues]: \$25 TO BE PAID TO VITC BEFORE RETURNING TO TEAM PLAY

- Street shoes must not be worn onto the playing surface.
- Molded sole footwear only.
- **Water only** inside the field house. This means no food of any kind. No Powerade, juice, energy drinks or coffee.
- No kicking or playing with balls or other sporting equipment in the foyer.
- Children **must not be left unattended** at any time in the foyer. Children are not permitted to sit out in the field house during adult games.
- Players and coaches only in the field house. A coach must be on the roster and be actively involved in coaching the game.
- Spectators are not allowed in the field house at any time!
- **Active participants/players and officials must not wear jewelry. Head and facial piercings cannot be taped (FIFA rule 64).**
- Bobby pins, hairclips etc are not permissible.
- Shin guards are mandatory at all times.
- No spitting inside the field house.
- No alcohol may be consumed other than in designated licensed area.

**PERSONS FOUND IN VIOLATION OF ANY OF THE ABOVE RULES
MAY BE SUSPENDED FROM USING THE VERNON TOYOTA INDOOR SPORT CENTRE**

PLAYING RULES

Introduction

Indoor Soccer is a version of regular soccer as described in the FIFA Laws of the Game. All FIFA laws apply to Indoor Soccer unless otherwise indicated in this document.

Law 1 – The Field of Play

- There is no goal area
- Other markings will be as laid out by the league.
- The centre circle has a 5-yard radius.

Law 2 – The Ball

- No change.

Law 3 – The Number of Players

- A team shall consist of 8 players, one of whom must be designated as a goalkeeper. Coed there must be 2 females on the field at all times.
- A match will not start if a team has fewer than five players.
- If the number of players on a team falls below five during the course of a match due to injuries, sending offs, or any other reason, the match will be abandoned.
- Substitutions
 - An unlimited number of substitutions are permitted.
 - Substitutions may take place at any time, whether or not the ball is in play.
 - Restarts will not be delayed in order to complete a substitution.
 - Players being replaced must leave the field in the substitution zone marked on the touchline in front of their bench.
 - Substitutes must enter the field in the substitution zone marked on the touchline in front of their bench.
 - Substitutes may not enter the field until the player they are replacing has completely left the field
 - Violations of the substitution procedure will be punished with an indirect free kick. Advantage may be applied. A member of a team may be cautioned for Persistent Infringement of the Laws of the Game in the case of repeated violations by an individual or a team.

Law 4 – The Players’ Equipment

- There are no changes from FIFA laws.
- Normal soccer cleats may be worn.
- Shin guards are mandatory.
- All visible piercings must be removed and cannot be taped.

Law 5 – The Referee

- There are no changes from FIFA laws.

Law 6 – The Assistant Referee

- There are no Assistant Referees in Indoor Soccer.

Law 7 – The Duration of the Match

- The game is divided into two equal halves.
- The time indicated on the schedule is the start time for the stated team’s allotted game. This time allotment comprises of a warm up, halftime and the game. The referee will normally allow a five minute warm up while the participants of the prior game leave the field.
- There is no allowance for time lost due to injuries, substitutions or any other cause.
- Time shall be extended to allow the taking of a penalty kick.

Law 8 – The Start and Restart of Play

- At the kick-off all opponents must be 5 yards from the ball.
- **The ball does not have to be kicked into the opponents’ half.**
- Special circumstances:
 - A free kick awarded to the defending team in their own penalty area may be taken from anywhere in the penalty area.
 - An indirect free kick awarded to the attacking team in their opponent’s penalty area shall be taken from the point on the penalty area line closest to where the infraction occurred.
 - A drop ball in the penalty area shall be taken at the point on the penalty area line that is closest to where the ball was when play was stopped.

Law 9 – The Ball In and Out of Play

- The ball is out of play whenever it touches any part of the building or its appurtenances such as lights or heaters.

Law 10 – The Method of Scoring

- There are no changes from FIFA laws.

Law 11 – Offside

- There is no offside in Indoor Soccer.

Law 12 – Fouls and Misconducts

- Slide tackles are not permitted and will be punished with an indirect free kick.
 - A player may slide to play the ball as long as no other player is challenging for the ball.
 - **A goalkeeper may slide to play the ball with his hands or torso but not to play the ball with his legs or feet.**
 - If a more serious offence (kicking, tripping, contacting the opponent before contacting the ball) occurs when a slide tackle is made, the more serious offence will be punished with a direct free kick.
- Spitting on the playing surface (either inside or outside the boundary lines) is a cautionable offence.
- A player may be cautioned if he fails to respect the required distance when play is restarted with a kick-in, goal kick, corner kick or free kick.

Law 13 – Free Kicks

- All opponents must be 5 yards from the ball at the taking of a free kick.

Law 14 – Penalty Kicks

- **The ball is placed on the Penalty Area line in front of the goal and midway between the goal posts.**
- All players, other than the kicker and the goalkeeper, must be outside the penalty area, behind the ball and 5 yards from the ball.

Law 15 – The Kick-In

- When the ball wholly crosses the touchline, play will be restarted with a kick-in rather than a throw-in.
- When the ball touches the building or its appurtenances, play will be restarted with a kick-in by the opponents of the team that caused the ball to go out of play. The kick-in will take place from the point on a touchline that is closest to where the ball went out of play.
- At the taking of a kick-in all opponents must be at least 5 yards from the ball.

Law 16 – The Goal Kick

- A goal kick may be taken from anywhere in a team’s own penalty area.
- All opponents must be outside the penalty area and 5 yards from the ball.

Law 17 – The Corner Kick

- All opponents must be 5 yards from the ball.