



MOUNT HAMILTON YOUTH SOCCER CLUB

Indoor U3 – U15

House League Rules

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Introduction

The Indoor Rules for MHYSC have been designed to ensure that all participants have a positive playing experience. We look forward to a successful season and wish all players, coaches, and match officials the best of luck with their endeavors.

Rule 1: Field of Play

U3 – U6 Active Start programs are played on 18 x 22 (metre) fields.

U7 - U8 games are played on 36 x 22 (metre) fields.

U9 – U12 games are played on half of a 3rd of the full field

u13 - u15 Games are played on a full 3rd of the full field

Rule 2: The Ball

The ball shall be judged fit for play by the Game Leader or Referee.

For U4 – U6 competitions, the ball shall be a size 3.

For u7 – u12 competitions, the ball shall be a size 4

For u13-u15 competitions, the ball shall be a size 5



Rule 3: Number of Players

Number of Players on the Field		
U3-U6	3	(NO Goalkeeper)
U7-U8	5	(including Goalkeeper)
U9-U15	7	(including Goalkeeper)

For U7 – U15, if one team does not have enough players for a game, the other team should lend a player(s) for a scrimmage. Games will NOT be rescheduled for a shortage of players.

1. Unless specified otherwise by the Rules of the Competition, a match shall be played by two teams. The rules of the competition shall state the number of players on each team who may be dressed to play. All persons dressed to play shall be subject to the authority and jurisdiction of the referee.
2. Substitutes may be used in any match in accordance with the rules of the competition. The game shall not be delayed to allow substitution, except for the substitution of the goalkeeper.
3. Substitution Rules (U7 – U15): substitutions are done on the fly at any time.
4. Any of the other players may change places with the goalkeeper, provided that the referee is informed before the change is made, and provided also, that the change is made during a stoppage of the game.
5. When any player other than the goalkeeper is to be replaced, the substitute shall not enter the field of play until the player being replaced is within 1 metre of the bench area. Neither the player entering nor the player leaving may interfere with play while both are on the field. The substitution is completed when a substitute enters the field of play, from which moment the substitute becomes a player and the player being substituted ceases to be a player.



Rule 4: Players' Equipment

1. Players shall not wear anything which is dangerous to themselves or another player at the sole discretion of the referee. This includes all forms of jewelry, hard casts, and knee braces. This includes earrings, studs, eyebrow piercings, etc. The only exception is medical bracelets.
2. The basic equipment of a player shall consist of a shirt, shorts, socks, shin guards, and footwear. Shin guards must be covered entirely by the socks. The footwear may be cleat or non-cleat athletic shoes (no metal cleats allowed).
3. Team colours shall not conflict with each other. Goalkeepers shall wear colours which distinguish them from each other, the other players, and from the referee.
4. The shirt must be tucked into the shorts.

Infringements/Sanctions:

For any infringement of this playing rule, the player at fault shall be instructed to leave the field of play by the referee, when the ball next ceases to be in play. Play shall not be stopped immediately for an infringement of this playing rule. A player who is instructed to leave the field to adjust equipment or obtain missing equipment shall not return without first reporting to the referee, who must ensure that the player's equipment is in order. The player shall only re-enter the game at a moment when the ball has ceased to be in play.



Rule 5: Game Leaders (U7 – U8)

- Certified Game Leaders will be provided for U7 - U8 games. The role of the Game Leader is to supervise and encourage the children to play the game correctly and make it a fun learning environment for the players.
- It is expected that the coaches and Game Leaders will work together to create a safe and fun environment for the young players. If there are disagreements about issues such as a player's equipment, the coaches and Game Leaders will support Law 4 which is explained in the previous page.

Rule 6: Referees (U9 – U15)

Each match is controlled by a referee who has full authority to enforce Ontario Soccer's Playing Rules for Indoor Soccer amended by MHYSC to meet the objectives and needs of its programs, as well as FIFA Laws of the Game. The authority and exercise of the powers granted to the referee by these playing rules commence as soon as the referee enters the field of play. The referee's powers of penalizing shall extend to offences committed when the ball is in play, the ball is out of play, or play has been temporarily suspended. The referee's decision on points of fact connected with the play shall be final, so far as the result of the game is concerned.

The referee(s) shall:

- a) Enforce these playing rules.
- b) Refrain from penalizing in cases whereby doing so, an advantage would be given to the offending team.
- c) Keep a record of the game.
- d) Have the discretionary power to stop the game for any infringement of the playing rules and to suspend or terminate the game whenever, by reason of the elements, interference by spectators, or other cause, such stoppage is deemed necessary. In such a case the referee shall submit a detailed report, within the stipulated time, and in accordance with the provisions set by MHYSC;
- e) U9 – U12: Verbally caution any player guilty of misconduct or unsporting behavior. For persistent infractions the referee shall ask the coach to remove the player for a cooling off period. The coach shall replace the player;
- f) Allow no person other than the players to enter the field of play without giving permission;
- g) Stop the game when of the opinion that a player has been seriously injured; have the player removed as soon as possible from the field of play, and immediately resume the game. If a player is slightly injured, the game must not be stopped until the ball has ceased to be in play. A player who is able to leave the field of play for attention of any kind, shall not be treated on the field of play. For U9-U12 the game shall be stopped upon any injury whether it is deemed serious or not;
- h) Signal for recommencement of the game after all stoppages; and decide that the ball provided for a



match meets with the requirements of Playing Rule 2;

- i) Keep the game on time.



Rule 7: Duration of the Game

U3 – U4 Active Start = 45 Minute Program

U7 – U15 = 50 Minute program – includes 10 minute warm up plus 2 x 20 minute halves

Time shall be extended to permit a penalty kick being taken at or after the expiration of the normal period in either half. At half time the interval shall not exceed three minutes except by consent of the referee.

As time is booked by the hour, any delay in the start of the game or during play will result in lost playing time. In no circumstances may a game infringe on the following time slot. Teams and players must not enter the field of play until the start of their time slot and must leave the field of play prior to the start of the time slot that follows theirs.



Rule 8: The Start of Play

1. **Preliminaries:** A coin is tossed and the team that wins the toss decides which goal it will attack in the first half of the game and kicks off in the second half of the game. The other team takes the kick-off to start the game. In the game's second half, the teams change ends and attack the opposite goals.

2. **Kick-Off:** A kick-off is the way of starting or restarting play:
 - a. at the start of the game;
 - b. after a goal has been scored;
 - c. at the start of the second half of the game; and
 - d. at the start of each period of extra time, when applicable.

3. A goal may not be scored directly from a kick-off.

4. **Kick-Off Procedure:** The referee having given a signal, the game shall be started by a player taking a place kick (i.e., a kick at the ball while it is stationary on the ground in the center of the field of play) in any direction (i.e., forwards, sideways, or backwards) on the field of play. All players shall be in their own half of the field and every player of the team opposing that of the kicker shall remain not less than 5 metres from the ball until it is kicked-off. The ball is in play when it is kicked and moves. The kicker shall not play the ball a second time until it is touched or played by another player (this is also applicable to U7/8 as a dribble-in is not permitted at a kickoff).

Infringements/Sanctions:

For any infringement of this playing rule, the kick-off shall be retaken, except in the case of the kicker playing the ball again before it has been touched or played by another player; for this offence, a free kick shall be taken by a player of the opposing team from the place where the infringement occurred.



Rule 9: Ball in and Out of Play

Ball Out of Play: The ball is out of play when

- a. When it has wholly crossed the goal-line on the ground or in the air;
- b. When the game has been stopped by the referee; or
- c. When it has wholly crossed the touch-line on the ground or in the air, or makes contact with any part of the ceiling above the playing area.

For such contact on the ceiling, a free kick shall be awarded to the opposing team, below the point at which contact was made.

Ball in Play: The ball is in play all other times from the start of the match to the finish including

- a. If it rebounds from a goal-post, cross-bar, corner-flag post, board or wall, including fixtures attached to the walls, into the field of play.

Restarts: If the ball should go out of play the ball will be put back in play by:

- a. Kick-ins and Dribble-ins (U7/U8)

From every restart the opposition must be 5 metres from the player kicking the ball and the ball must be passed to a teammate before the opposition can touch the ball. The player also has the option to dribble the ball in.

- b. Kick-ins (U9 – U15)

When the whole of the ball passes over the touch-line, either on the ground or in the air, a kick in shall be awarded to the opposing team. The kick in shall be taken from the point that the ball crossed the line, from a point within 1 meter of the point closest to where the ball went out of play. A GOAL MAY NOT BE SCORED DIRECTLY FROM A KICK-IN.



Rule 10: Method of Scoring

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the rules has been committed previously by the team scoring the goal.

The team scoring the greater number of goals during the game shall be the winner. If both teams score an equal number of goals, or if no goals are scored, the game is drawn.

No standings are kept in the MHYSC House League programs for players U12 and under as per LTPD guidelines.

Scores and standings are recorded for the u13-u15 age group with the team winning the league being crowned champions. 3 points will be awarded for a win and 1 point awarded for a draw.

Rule 11: Offside Offences

There shall be no offside offence in indoor soccer.



Rule 12: Fouls and Misconduct

A player who commits any of the following six offences in a manner considered by the referee to be careless, reckless, or involving disproportionate force:

- a) Kicks or attempts to kick an opponent;
- b) Trips or attempts to trip an opponent;
- c) Jumps at an opponent;
- d) Charges an opponent, including forcing into the boards;
- e) Strikes or attempts to strike an opponent; or
- f) Pushes an opponent;

Or who commits any of the following five offences:

- a) When tackling an opponent makes contact with the opponent before contact is made with the ball;
- b) Spits at an opponent;
- c) Holds an opponent;
- d) Handles the ball deliberately, i.e., carries, strikes or propels the ball with hand or arm (this does not apply to the goalkeepers within their penalty areas); or
- e) Slide tackles or attempts to slide tackle

Shall be penalized by the award of an indirect free kick to be taken by the opposing team from the place where the offense occurred. Should a player of the defending team commit one of the above eleven offences within the penalty area, the player shall be penalized by a penalty kick.

A penalty kick can be awarded irrespective of the position of the ball, if in play, at the time an offence within the penalty area is committed.

A player when playing as a goalkeeper and within the penalty area commits any of the following five offences:

- a. Takes more than six seconds while controlling the ball with her/his hands, before releasing it from her/his possession,
- b. Touches the ball again with her/his hands after it has been released from her/his possession and has not touched any other player,
- c. Touches the ball with her/his hands after it has been deliberately kicked to her/him by a team-mate (not to be called in U7/U8)
- d. Touches the ball with her/his hands after she/he has received it directly from a kick-in taken by a team-mate,



e. Wastes time

Shall be penalized by the award of an indirect free kick to be taken by the opposing side from where the infringement occurred. If it occurred in the penalty area, the ball will be taken out of the area parallel to where the infringement occurred.



Rule 13: Free Kicks

ALL FREE KICKS SHALL BE CLASSIFIED AS "INDIRECT" with the exception of the Penalty Kick (ie. a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal).

When a player is taking a free kick inside the player's own penalty area, all of the opposing players shall be at least five (5) meters from the ball and shall remain outside the penalty area until the ball has been kicked out of the area. The ball shall be in play immediately when it is kicked directly beyond the penalty area. The goalkeeper shall not handle the ball, in order to kick it into play. If the ball is not kicked directly into play, beyond the penalty area, the kick shall be retaken.

When a player is taking a free kick outside the player's own penalty area, all of the opposing players shall be at least five (5) meters from the ball, until it is in play, unless they are standing on their own goal line, between the goal posts. The ball shall be in play when it is kicked and moves.

If a player of the opposing team encroaches into the penalty area, or within five (5) meters of the ball, as the case may be, before a free kick is taken, the referee shall delay the taking of the kick, until the playing rule is complied with.

The ball must be stationary when a free kick is taken, and the kicker shall not play the ball a second time until it has been touched or played by another player.

Notwithstanding any other reference in these playing rules to the point from which a freekick is to be taken:

1. Any free kick awarded to the defending team, within its own penalty area, may be taken from any point within the penalty area.

Infringements/Sanctions:

If the kicker, after taking the free kick, plays the ball a second time before it has been touched or played by another player, a free kick shall be taken by a player of the opposing team from the spot where the infringement occurred. If the offence is committed by a player in the opponents' goal area, the free kick shall be taken from any point within the goal area.



Rule 14: Penalty Kick

A penalty kick shall be taken from the penalty spot by a player on the field at the time of the infraction. As there are no defined penalty area markings on the field, Penalties are awarded at the discretion of the Match official.

Rule 15: Goal Kick

When the opposing team kicks the ball over the goal line, the defending team is rewarded with a goal-kick. The opposing team must be clear of the penalty area and 5 metres from the ball. A goal may not be scored directly from a goal-kick.

Rule 16: Corner Kick (U9-U15)

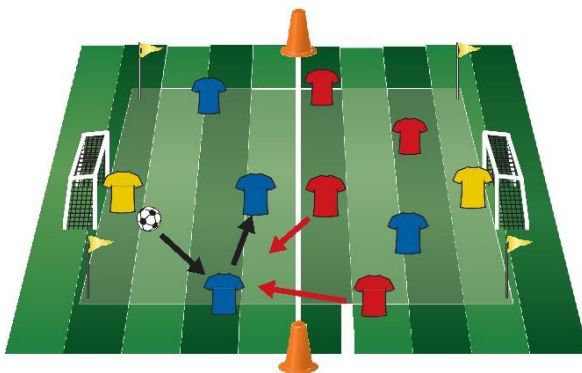
When the ball crosses over the goal line, having last been played by the defending team, a member of the attacking team is awarded with a corner kick. A goal cannot be scored directly from a corner kick. There are no corner kicks awarded in u3 –u8 games.



Rule 17: Retreat Line (U7 – U12)

1. To allow our young players to learn and gain confidence in how to play the ball out from the back and build an attack, as opposed to the goalkeeper/last player kicking it aimlessly up the field, the concept of the retreat line has been introduced in youth soccer. To see young players aimlessly boot the ball up the field in the “hope” that one of his or her teammates gets the ball is not effective in producing skilled, confident players who love to play.
2. What would happen is as follows:
 - When the goalkeeper has the ball at a goal kick or after making a save, the opposing team members would “retreat” to the halfway line of the field.
 - Once all the opposing players have retreated to the line, the goalkeeper can successfully throw or pass the ball to one of his/her teammates.
 - Once the teammate has received the ball, the opposing players can then start to apply pressure to the player with the ball. This gives the player on the ball the time and space required to have a look, receive the ball, and choose to dribble or pass to a teammate without being marked or under immediate pressure.
3. In the 5v5 (U7/U8) game, the retreat line is the halfway line. In the 7v7 (U9-U12) game, the retreat line is the first third of the field.
4. Drop kicks are not permitted for U7/8 games. Although not encouraged, drop kicks are permitted for U9-U12 games.
5. As most temporary fields will not have a halfway line, cones at the side of the field can act as an indicator to the players where the halfway line is. Note: Do not put cones on the field as players may trip or slide on them. The coaches are responsible to ensure these are set up at the start of each game.

U7/U8 (5 v 5) Retreat Line



U9 – U12 (7 v 7) Retreat Line

