



CPSC ADULT INDOOR SOCCER LEAGUE RULES and REGULATIONS

Yellow Card (Caution)

- ⚽ Any player who has received a yellow card their team will serve 2-minute time penalty, and their team shall play one player short for the duration of the time penalty.
- ⚽ Any player receiving 3 yellow cards during the course of a season will receive a minimum one-game suspension commencing the next match played by that player's team.
- ⚽ Any player receiving 5 yellow cards during the course of the season will receive an additional suspension commencing the next match played by that player's team.

Red Card (Dismissal)

- ⚽ Any player receiving a red card must leave the soccer portion of the Beckwith Recreation Facility (boardroom, change rooms, meeting room etc.) for the duration of the match.
- ⚽ The team that receives the red card must play short-handed for the balance of the match.

Time Penalties

- ⚽ A player who is cautioned (yellow card) shall serve a 2-minute time penalty, and their team shall play one player short for the duration of the time penalty.
- ⚽ A player who has been sent off (red card) may not continue to play in that match, and their team shall play one player short for the duration of the match.
- ⚽ Time penalties shall commence when the match is restarted. The referee is the only keeper of time for time penalties.
- ⚽ A player on the field at the time of the offense may serve time penalties for goalkeepers.
- ⚽ The two-minute time penalty shall be served until the time penalty expires or the opposing team scores a goal, whichever comes first.
- ⚽ If a team has more than one player serving a time penalty when the opposing team scores a goal, the player with the least amount of time to serve may return to the match.
- ⚽ If both teams are short handed at the same time and one of the team's scores a goal, the time penalty must continue to be served entirely by both players.
- ⚽ When a player has been sent off (red card), the team will continue to play unless there are fewer than 5 players, at which time the match shall be abandoned due to insufficient players.