



ADULT INDOOR



SOCCER LEAGUE



# ADULT INDOOR SOCCER LEAGUE

## Modifications to the IFAB Laws of the Game

Updated: September 2023



- ⚽ All coaches/managers are required to read and explain these rules to their players.
- ⚽ Ignorance is not an excuse to violate league rules.
- ⚽ The following lists the modifications of the Laws of the Game for play in the AISL.
- ⚽ IFAB has introduced updates to their laws over the past years which will be enforced starting the AISL 2021-2022 season. This includes updates to:
  - the interpretation of a handball;
  - coin-toss winner may choose either end or ball;
  - no attacking players allowed within 1m of a defensive wall of 3 or more defenders;
  - yellow and red cards for team officials;
  - goal kicks and free kicks within the defensive penalty area may be played by the defensive team before the ball leaves the penalty area, while opponents must wait for the ball to leave the penalty area or for a defensive player to touch the ball before entering the penalty area;
  - new drop ball procedure (to the goalkeeper if within the penalty area, to the team that last touched if outside of the penalty area or if ball hits referee and a goal is scored, possession is lost, or a promising attack develops, to the team that last touched); and
  - goalkeeper must have at least 1 foot on the goal line during the taking of a penalty kick.

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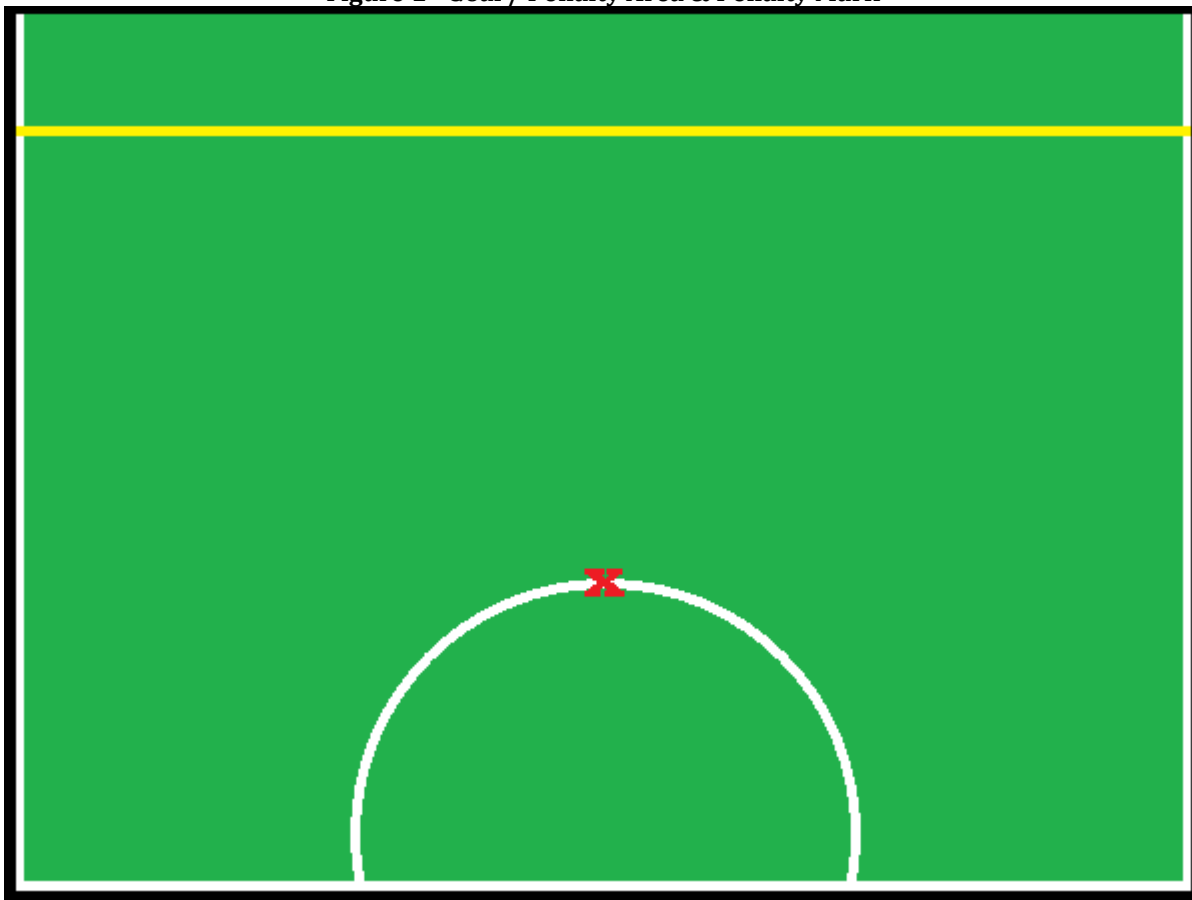
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## Law 1. Field of Play

- a) The Beckwith Recreational Complex's soccer pitch dimensions and markings are to be followed.
- b) The goal area and the penalty area are deemed to be the same space, and will be referred to as the penalty area in the rest of this document.
- c) The penalty mark is on the line at the top of the penalty arc, centred between the goal posts.

Figure 1 - Goal / Penalty Area & Penalty Mark





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**Law 2. The Ball**

a) No modifications.



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## Law 3. The Players

### 3.1 Number of Players

- a) Teams must field a minimum of 5 players and a maximum of 7 players on the pitch at all times.
- b) In the co-ed division, there must be a minimum of 1 male or female players, and a maximum of 4 male or female players on the pitch at any time per team.
- c) A late arriving player, **not a call-up**, may join their team at **any time** during the match (5 minutes in, 15 minutes in, after the second half has begun, etc.).
- d) In a play-off match, a player must take part in the match to be eligible to participate in tie-breaking KFTPM if the match is tied at the end of regulation.

### 3.2. Call-Up Players

#### 3.2.1 Call-up Rules

- a) If a team is short players, they may call-up eligible players from other teams registered in the **same division** (i.e. Co-ed division player **can** be called up for another Co-ed team; a player from the OT35+ division, who is **not registered in the Co-ed division, cannot** play-up on the co-ed team).
- b) Call-up players are not permitted for playoff matches, **except as per the Co-ed division exception**.
- c) A team is eligible to call-up as many players as they have present from the original team. (E.g. 3 players from **Team A** are at the dome, they may only call-up 3 players from other teams.)
- d) A team is eligible to call-up players to a maximum of **3 substitutes on the sidelines** in accordance with the previous rule (**10 players total**).
- e) A call-up arriving after the second half has started **is not eligible to play**.
- f) The call-up information must be recorded on the game sheet in the call-up section, signed by the submitting team.
- g) If call-up information is not submitted, the offending team **may** forfeit the match **after review at the discretion of the AISC**.
- h) A player may be called-up to any team, within their division, for a total of
  - i. Three (3) times per team maximum, and
  - ii. A maximum combined total of 6 times during the course of a session.
- i) Any player who plays as an **ineligible** call-up will **not** be permitted to play for the remainder of the session as a call-up. They as well as the team official may also face additional discipline.
- j) Any player who receives two cautions or is found guilty of one dismissal across the course of the session will not be eligible to participate as a call-up for the remainder of the session.
- k) If a registered team player arrives after the match has begun with call-up players, and their arrival and playing would constitute breaking the rule stating that *A team is eligible to call-up players to a maximum of 3 substitutes on the sidelines*, the team does not have to default. The arriving player may play and the call-up player must cease playing at that time.
- l) A call-up player will be deemed to have played and have the game count against their call-up maximum if they score a goal, receive a caution or dismissal, or the game enters the second half.



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### 3.2.2 Call-up Rules in Divisions with Two Tiers

For simplicity, the two tiers will be referenced as Recreational tier and Competitive tier.

- a) In games between two teams in the Recreational tier:
- All call-ups must come from a Recreational tier team, unless
    - There are no available Recreational tier players available to play as a call-up, and both teams agree to allowing a Competitive tier player as a call-up
    - If this happens, the opposing team to the one that has a Competitive tier player as a call-up may also now have a Competitive tier player as a call-up **in addition to existing call-up.**
- b) In games between a team in the Recreational tier and a team in the Competitive tier:
- Call-ups for Recreational team may be a player from a Recreational or Competitive tier team.
  - Call-ups for Competitive team must be a player from a Recreational tier team, unless:
    - Recreational team has a call-up from a Competitive tier team, in which case the Competitive team can have as many call-ups from a Competitive tier team as the Recreational team; or
    - If there are no available Recreational tier players available to play as a call-up, and both teams agree to allowing a Competitive tier player as a call-up.  
If this happens, the opposing team to the one that has a Competitive tier player as a call-up may also now have a Competitive tier player as a call-up **in addition to existing call-up.**

### 3.2.3 Exception to Call-up Rules

**Note:** The exceptions listed in this section supercede all call-up rules in section 3.2.1 and 3.2.2.

a) **Co-Ed – Females – Fewer than 4:**

For regular season and playoff matches, if a team has fewer than **four** female players, they are permitted to call-up female players within their division to field a team with **four** total females.

**Example:** Team Soccer has 9 males and 1 female for their game. They are eligible to have **three** females play as call-ups. This provision, however, does not mean that a team can call-up males and females **and** have more than **10 players**. The only exception for having more than **10 players (3 substitutes)** is if it is by female call-ups. The game may be defaulted should a team play with more than **3 substitutes** when there are both male and female call-up players.

b) **Co-ed – Females – Call-up Limit**

**Female call-up players will have a modified limit imposed:**

- **Maximum games playing as a call-up with a specific team: 6 games**
- **Maximum games playing as a call-up with all teams: 12 games**



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### c) Women's Open Division - Goalkeeper:

Pilot rule exception for the 2023 Fall session for Women's Open division only:

- Teams are to identify one goalkeeper on their roster.
- If a team's identified goalkeeper is not present:
  - The team may call-up an identified goalkeeper from another team to play as goalkeeper.
  - The call-up goalkeeper is still subject to the 3 per team / 6 per session call-up limit.
  - This exception may be used up to 5 times in a session.

### d) All other divisions - Goalkeeper:

If your team's goalkeeper is injured and cannot continue to play long term, please contact the league to discuss options.

### e) Registered in multiple Tiers:

In divisions with two tiers, if a player is registered in both tiers, they may play as a call-up for both tiers. They are limited to the 3 per team / 6 per session call-up limit for each tier in which they are registered, which is tied to the team for which they are a call-up.

**Example:** Player A is registered on a Tier 1 and a Tier 2 team. Any game they play as a call-up for a Tier 1 team counts against their 3/6 Tier 1 limit. Any game they play as a call-up for a Tier 2 team counts against their 3/6 Tier 2 limit.

## 3.3. Number of Substitutions

- Substitutions are unlimited.
- Return substitution is permitted.

## 3.4. Substitution Procedure

- Substitutions may take place at any time, including "on-the-fly".
- Players may substitute "on-the-fly" within 5 metres of the substituting player.
- When the ball is out of play, a player substituting may leave the field from any boundary line.
- A substitution is deemed illegal if they are gaining an advantage through the substitution (i.e. Defender steps off field in attacking end and substitute enters in defending end to break up attack)
- An illegal substitution will result in an indirect free kick where the ball was last played.
- Repeated disregard or committing this offence to blatantly gain an advantage may result in a caution.



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#### Law 4. The Players' Equipment

- a) All players **must** wear shin guards that are fully covered by socks.
- b) Only flat soled indoor soccer/running shoes, turf shoes, or multi-stud shoes may be worn by players (six studded outdoor cleats are not permitted).
- c) Each team must have numbered uniforms. The goalkeeper must wear a distinct jersey that is different from the opposing goalkeeper, all players, and the referee) from that of his team mates as well as distinct from the opposing team's uniforms. NUMBER
- d) In the event that both teams have the same / similar colour jerseys, the home team will be required to change into alternate jersey colour (this can be a colour different jersey or pinnies).
- e) Any player wearing a wrist or arm hard cast **will not be allowed to play** because of the chance of injuring another player or aggravating their own injury.
- f) Knee braces will be permitted provided they appear safe, stable, and are **covered**. Should there be any question about this, the referee's decision is final.
- g) Watches, Fitbits, bracelets, hoop earrings, wedding rings/bands and other forms of jewellery are **not permitted** during a match for safety reasons.
- h) Medic alert bracelets are permitted so long as they are taped securely to the individual. The captain or player must ensure that the referee is informed of the nature of the alert before the game.





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**Law 5. The Referee**

a) No modifications.



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## Law 6. The Other Match Officials

- a) Only one match official (a centre referee) is assigned to AISL matches.



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## Law 7. The Duration of the Match

- a) Games are composed of two equal halves of 25-minutes.
- b) Teams will be permitted a 1-minute half time interval as a hydration break; after which teams switch ends, and the half kicks off.
- c) Any team that cannot field the minimum required members of a team 5-minutes after scheduled kick-off will forfeit the match.
- d) No additional time is required to be added for stoppage or injury time.
- e) The match will be considered complete if more than 35 minutes has been played.



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**Law 8. The Start and Restart of Play**

- a) No modifications.



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## Law 9. The Ball In and Out of Play

- a) The ball will be deemed out of play if, while within the confines of the touch lines and goal lines, it comes in contact with any part of the facility structure (i.e. ceiling/lights) (see **Law 13. Free Kicks** for more information).



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## Law 10. Determining the Outcome of a Match

- a) All regular season games that finish tied after regulation remain a tie.
- b) All play-off games require a winner.
  - a. In a two-leg play-off, follow section **10.1 Two-Leg Playoff Tie-Breaking** below.
  - b. For all other play-off games, follow section **10.2 Kicks From the Penalty Mark** below.

### 10.1 Two-Leg Playoff Tie-Breaking

The following is the tie-breaking procedure for two-leg playoff matches in the AISL:

- a) The team that wins more games in the two-leg playoff is deemed the winner.
- b) All goals are counted equal (there are no home/away goals).
- c) If teams split the games (one win each), the team with the greater goal differential is deemed the winner.
- d) If teams split the games (one win each) with the same goal differential, or both games are tied, the winner is determined by Kicks from the Penalty Mark (KFTPM) as per LOTG.

### 10.2 Kicks From the Penalty Mark

The following is the modified procedure for KFTPM to determine a winner in the AISL:

- a) Kicks will take place at the end nearest to the change rooms.
- b) Only players on each team's roster, on the field and substitutes, are eligible to participate in KFTPM. If call-up players are allowed to play in the match by way of exception, they are still not allowed to participate in KFTPM.
- c) Each team must have the same number of eligible kickers.
- d) Both teams take **five (5) kicks**, taken alternately by the teams.
- e) A coin is tossed (either referee pre-determines each team's side of coin or home captain chooses heads or tails). The winner of the coin toss chooses whether their team will kick first or second.
- f) Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick.
- g) An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken.
- h) The penalty mark is at the **top of the penalty arc**, centred between the goal posts.
- i) When not in the net, the shooting team's goalkeeper must be along the goal line, out of the sightline of the opposing goalkeeper, no less than 10 yards from the net.
- j) If spectators or opposing players interfere with the process by making exaggerated body gestures or abrupt, loud noises, a re-kick may be ordered at the referee's discretion.



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**Law 11. Offside**

a) Offside is not enforced.



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## Law 12. Fouls and Misconduct

### Fouls

- a) Spitting:
  - a. There is to be no spitting.
  - b. If the referee observes a player spitting on the turf (not directed at anyone), the player may be removed from the match.
  - c. The team does not play shorthanded.
  - d. It is an individual penalty designed to promote proper health behaviours.
- b) Face-to-Face Confrontation:
  - a. There are to be no face-to-face confrontations.
  - b. This will be sanctioned at minimum with a caution (yellow card).
  - c. For example, a heated face-to-face yelling match between two players.
  - d. This is enforced in an effort to promote proper health behaviours.
- c) Slide tackles:
  - a. No sliding tackles with feet are permitted (goalkeeper may slide hands first).
  - b. An indirect free kick will be awarded to the opposing team (dangerous play).
  - c. Sliding to save a ball from going out of bounds or in the goal, which does not constitute a "tackle" or endangering the safety of an opposing player in any way, is permitted.

### Misconduct

- a) Caution:
  - a. When a player, goalkeeper, substitute, or member of the technical staff is cautioned, a team time penalty will be assessed. See **Time Penalties** below.
  - b. A cautioned player or substitute (excluding the goalkeeper) is subject to a cool down period. See **Cool Down Period** below.
  - c. A cautioned goalkeeper, as a specific skill position player, is not subject to the cool down period, except when determined necessary by the match official.
- b) Dismissal:
  - a. When a player or goalkeeper is dismissed, a match penalty will be assessed. See **Time Penalties** below.
  - b. When a member of the technical staff is dismissed, a team time penalty will be assessed. If the dismissal is due to a second caution, only one team time penalty will be assessed. See **Time Penalties** below.
  - c. Any player, goalkeeper, substitute, or member of the technical staff who is dismissed must leave the soccer portion of the Beckwith Recreation Facility for the duration of the match, including post-game handshakes. They may remain in the changeroom permitting they act responsibly.





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### c) Cool Down Period

- a. When a player or substitute is cautioned, they must not return to the field for a minimum of 2-minutes, at the discretion of the referee.
- b. The goalkeeper, though traditionally exempt from this rule, can be required to serve the cool down period at the discretion of the referee.
- c. The cool down period must be served in full before the player or substitute is permitted to enter the field (a goal being scored does not end a player's cool down period).

### d) Time Penalties

- a. Team Time Penalty
  - i. A team shall play with one fewer player for a **minimum** 2-minute time penalty for each caution (yellow card) a player on their team receives.
  - ii. Time penalties shall commence when the match is restarted.
  - iii. The **referee** is the only keeper of time for time penalties.
- b. Match Penalty
  - i. A team shall play with one fewer player for the remainder of the match for each dismissal (red card) a player or goalkeeper on their team receives.
  - ii. Match penalties cannot be assessed to members of the technical staff or substitutes.
- c. Goal Scored
  - i. The two-minute team time penalty shall be considered served if the opposing team scores a goal.
  - ii. 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.
  - iii. If both teams are shorthanded 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.
  - iv. The player **cool down period** does not expire when a goal is scored – **it must be served in full.**
- d. Co-ed Division
  - i. In the co-ed division, there is no requirement for reduced number of specific gender players. No fewer than 1 female and 1 male player, and no more than 4 male or female players may be on the pitch at any time.
- e. Playoff
  - i. In addition to any time penalty **in a playoff match**, any player (**excluding the goalkeeper**) that receives a caution (yellow card) in the **final minute** of a match **will not be eligible to partake in KFTPM** (if applicable).



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### Law 13. Free Kicks

- a) Opposing players must retreat 15 feet (5 yards) from the ball.
- b) An indirect free kick awarded to an attacking team inside their opponent's penalty area must be taken just outside the penalty area line parallel to the goal line at the point nearest to where the infringement occurred.
- c) Building structure:
  - a. Ball coming into contact with any part of the building structure while within the confines of the touch and goal lines will result in an indirect free kick **against the team that last touched the ball.**
  - b. If the ball hits the building structure within the penalty area, it will either be an indirect free kick for the defending team from anywhere inside the penalty area, or an indirect kick for the attacking team at the top of and outside the penalty area, parallel to the goal line at the point nearest to where the infringement occurred.



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#### **Law 14. The Penalty Kick**

- a) The penalty mark is on the line at the top of the penalty arc, centred between the goal posts.
- b) All players from both teams must be at least 10 feet (3 yards) from the ball and behind the ball before the ball is kicked.



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## Law 15. The Throw-In

- a) Kick-ins will replace throw-ins.
- b) The kick-in is an indirect kick.
- c) The ball must be stationary on or behind the touch line.
- d) The ball is considered to be in play once it is kicked and moves.
- e) There are no re-kicks if the kick-in "doesn't come into play".
- f) All opposing players must be a minimum of 15 feet (5 yards) from the ball.
- g) A pass directly from a teammate at a kick-in may be legally handled by the goalkeeper.



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**Law 16. The Goal Kick**

- a) Goal kicks may be taken from anywhere inside the penalty area.



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## Law 17. The Corner Kick

- a) In the absence of a corner arc, the ball may be placed on the field of play, no more than 1 metre from the junction of the touch line and the goal line.