HIGHFIELDS FC



Indoor Soccer Rules

HIGHFIELDS FC INC
Indoor Soccer Rules

The Playing Court

1. Dimensions: 30 m long x 15 m wide
2. Marking: 5 cm wide touchlines at the sides, goal lines at the ends and a 3.6 m centre circle.
3. Penalty Area: Arc measuring 6 m from the centre of the goal
4. Penalty Mark: 6 m from the mid-point of goal line
5. The Goals: 2 m high x 3 m wide
6. Surface of the Pitch: Smooth, flat and non-abrasive.
7. Size 4 indoor soccer ball

Number of Players

1. Minimum Number of Players to Start Match: 4. Three of whom must be registered with the team, one of whom shall be a goalkeeper 2. Minimum Number of Players to Finish Match: 3
3. Maximum Number of Players registered with a team 9
4. Maximum Number of Players on the Court: 5, one of whom shall be the goalkeeper.
5. Substitution Limit: None
6. Substitution Method: "Flying substitution" (all players but the goalkeeper enter and leave as they please from the middle of the court; goalkeeper substitutions can only be made when the ball is out of play and with a referee's consent)

Players' Equipment:

Shirts, shorts, socks, it is advisable to wear protective shin guards and footwear with rubber soles.
No jewelry shall be worn during matches, with the exception of wedding rings, which must be taped.

Main Referee

1. Duties: Enforce the laws, apply the advantage rule, keep a record of all incidents before, during and after game, stop game when deemed necessary, caution or expel players guilty of misconduct, violent conduct or other inappropriate behaviour, allow no others to enter the pitch, stop game to have injured players removed, signal for game to be restarted after every stoppage, decide that the ball meets with the stipulated requirements.
2. Position: The side opposite to the player benches
3. Power Unique to Main Referee: Can overrule Assistant Referee's calls.

Assistant Referee

1. Duties: Same as Main Referee, with the addition of keeping a check on the 2-minute punishment period after a player has been sent off, ensuring that substitutions are carried out properly, and keeping a check on the 2 minute time-out.
2. Position: The same side as the player benches

Duration of the Game

1. Duration: Two equal periods of 20 minutes.
2. Half-time: Maximum of 2 minutes.

It is essential that games start on time. Teams not ready to kick-off when signalled by the referee will be penalised one goal and a further goal for every 2 minutes they are late. If five minutes late, the team will be considered to have forfeited the game.

The Start of Play Procedure:

Coin toss followed by kickoff; opposing team waits outside centre circle; ball deemed in play once it has travelled the distance of its own circumference; kicker shall not touch ball before someone else touches it; ensuing kick-offs taken after goals scored and at start of second half.

Ball in and out of Play

1. Ball out of play: When it has wholly crossed the goal line or touchline; when the game has been stopped by a referee; when the ball hits the ceiling (restart: penalty to opposing team).
2. Lines: Touchlines and goal lines are considered inside the playing area.

Method of Scoring

When the whole of the ball has passed over the goal line, between the goal posts and under the crossbar (except by illegal means).

Fouls and Misconduct Direct free kick awarded when a player intentionally commits any of the following 10 offences (penalty kick awarded when infringement takes place in penalty area):

1. kicking or attempting to kick an opponent
2. tripping an opponent
3. jumping at an opponent
4. charging an opponent in a violent or dangerous manner
5. charging an opponent from behind
6. holding an opponent
7. pushing an opponent
8. charging an opponent with shoulder (i.e., shoulder charge)
9. sliding at an opponent (i.e. sliding tackle)
10. handling the ball (except goalkeeper)

Indirect free kick awarded when any of the following 8 offences is committed (kick taken from the 6-meter line when infringement takes place in penalty area):

1. dangerous play (e.g. attempting to kick ball held by goalkeeper)
2. obstruction
3. charging the goalkeeper in the penalty area (i.e., goalkeeper charge)
4. goalkeeper throws ball directly over the two third-line (without it first touching his own side of the pitch or any player)
5. goalkeeper picks up or touches with his hands a backpass
6. goalkeeper picks up or touches with his hands a kick-in from a teammate
7. goalkeeper controls the ball with any part of his body for more than 4 seconds
8. goalkeeper touches with any part of his body a backpass that has been played back to him before the ball has (1) crossed the halfway-line or (2) been touched by an opponent 9. goalkeeper leaves goal area (mixed division only)
10. player plays at the ball while not on his feet.

Players shall be cautioned and 2 minutes off the court when

1. they persistently infringe the Laws of the Game
2. they show dissent with any decision of the referee
3. they are guilty of inappropriate conduct. These offences are punishable by an indirect free kick taken from the point of infringement (or from the 6-meter line when the infringement takes place in penalty area).

Players shall be sent off for:

1. serious foul play
2. violent conduct
3. foul or abusive language
4. second instance of cautionable offences (i.e., second yellow card)
5. intentionally impeding a clear goal opportunity (e.g. through a "professional foul")
6. intentionally impeding a clear goal opportunity in the penalty area by handling the ball
   Direct free kicks (or penalty kicks) accompany the expulsion for (a), (b), (e) and (f); indirect free kicks, for (c) and (d) (from the 6-meter line when the infringement takes place in the penalty area).

Rules of Expulsion:

1. The player sent off is out for the rest of the game and is not even permitted to sit on the reserves' bench.
2. The team of the player sent off can substitute for that player after 2 minutes of playing time or after the opposing team scores, whichever comes first.
3. The 2-minute punishment shall be checked by the timekeeper (or by the referee, if there is no timekeeper).
4. The substitute cannot come on until the ball is out of play and he has a referee's consent.

Free Kick

1. Types: Direct free kicks and indirect free kicks
2. Wall: At least 5 meters away until the ball is in play
3. Time Limit: Kick must be taken within 4 seconds
4. Restriction: Kicker cannot touch the ball again until it has been touched by another player

Penalty Kick

1. To be taken from the penalty mark on the mid-point of the 6m line.
2. The kicker is to aim at goal, with the intention of scoring.
3. All players must be out of the penalty area, and the players of the opposing team must also be at least 5 m from the penalty spot.
4. Goalkeeper must stay behind the goal line until ball is kicked.

Free Kicks and Penalty Kicks after the siren (half time and full time)

1. Are not permitted.
2. When the siren sounds, play ceases.

Kick-in

1. To be taken in place of the throw-in.
2. The ball is placed on the touch line before kicking.
3. The kicker's foot not kicking the ball must be outside or at least on the touchline; if it crosses the touchline all of the way, into the pitch, the kick-in is given to the opposing team.
4. The kick-in must be taken within 4 seconds; if it is not, the kick-in is given to the opposing team.
5. The kicker cannot play the ball a second time until it has been played by another player; infringement of this rule entail an indirect free kick to the opposing from the point of infringement.
6. Players on opposing team must be at least 5 m away from point of kick-in.
7. Cannot score directly from a kick-in, the ball must be touched by another player other than the kicker.

Goal Clearance

1. To be taken in place of goal kick.
2. From inside the penalty area, the goalkeeper throws the ball into play.
3. The ball is not in play until it has passed outside of the penalty area. If the goal clearance is received inside of the penalty area, the goal clearance shall be taken over.

Corner Kick

1. Ball placed on the corner (no corner-kick arc). If ball is misplaced, the corner kick is taken over.
2. Must be taken within 4 seconds; failure to do so entails indirect free kick to the opposing team from the corner mark.
3. The kicker cannot play the ball a second time until it has been played by another player; infringement of this rule entail an indirect free kick to the opposing from the point of infringement.
4. Players on opposing team must be at least 5m away from point of the corner kick.
5. Can score goal directly from a corner kick.

Playing Requirements

Players must generally play for only one team per season.
Players may fill-in for a side that is short on the approval of the soccer coordinator. Players in higher sections may not fill in for teams in lower sections, except on special permission from the soccer coordinator. If a player plays in a lower section without permission, a five goal penalty will be awarded to the opposing team.
Players already playing with other teams may not fill in for another team if it means they will then have more than five players. If a team plays an illegal player in this manner, a three goal penalty will be awarded to the opposing team.
In any mixed competition there must be a minimum of two female players on the court at all times.
NB: There is no player injury insurance for this activity.

Mixed Division

There must be a minimum of two and maximum of three female players on the court at all times.
1 goal scored by a female is worth 3 goals. Females can score at any time.
A goal cannot be scored unless the ball is played at within the final third of the court (being the end that your team is attempting to score too)
A player shall not kick a ball with force towards another player unless attempting a shot at goal and is inside the goal third. Infringement of this rule will result in a direct free kick. The goalkeeper is not permitted to leave the goal area.
NB: Mixed Division is by nature, more of a social, fun competition. Teams that are overly physical and competitive should enter into A Grade or B Grade to protect the integrity of the Mixed Competition

Forfeits

Team managers must notify the Coordinator at least 48 hours prior to the scheduled game time if their team needs to forfeit.
If a senior team does not notify the Coordinator of a forfeit at least 48 hours prior to the scheduled game time (or does not show up for a game), that team will still be required to pay their game fee.

Discipline
The Coordinator (as appointed by Highfields FC Inc) may take any reasonable action required to protect players, officials, spectators and any other persons from behavioral misconduct whilst attending and/or participating in Indoor Soccer fixtures. The Coordinator reserves the right to suspend players and/or, teams from the competition for behavioral misconduct . The Coordinator also reserves the right to ask a spectator to vacate the venue immediately due to behavioral misconduct.

Player's Conduct
Any player sent off will serve a compulsory one week suspension. Players should not use any foul or abusive language. Doing so (even towards one's self) out loud will attract a free kick and possible sin bin. A second offence may result in the player being sent off.
On receipt of the referee's report, or on sighting by a competition official, a player will receive an automatic minimum suspension from the coordinator for the following offences:

Offence	Suspension
Attempting to deliberately strike an opponent	1 week
Deliberately striking a player	2 weeks
Sledging/Unsportsmanlike behaviour	2 weeks
Refusing to adhere to referee's rulings on the court	2 weeks
Spitting on a player	3 weeks
Abusive language to a competition official	5 weeks
Deliberately striking a competition official	10 weeks

*Please note these are minimum suspensions and do not include additional penalties handed down by the club.
Any player guilty of the same offence twice in one season will incur a $50.00 fine and also earn twice the normal suspension for that offence.

Suspension of a Player
A decision to suspend a person must be made within 48 hours from the incident The Coordinator will advise the suspended person in person, by telephone, by email or by letter as deemed appropriate by the Coordinator.

Player's Appeal Against Suspension
An appeal against a suspension must be made in writing to Highfields FC within 48 hours of being notified. The subsequent appeal will be heard by the Coordinator and one other member of the Highfields FC Executive within seven (7) days of the appeal being lodged. The appeal process will adhere to the principles of due course and natural justice. The appeal process will involve a formal meeting between the Coordinator, a member of the Highfields FC Executive and the suspended person. The suspended person is entitled to bring a support person to the appeal hearing; should the suspended person choose a legal practitioner as their support person they must notify the Coordinator prior to the appeal hearing to allow the solicitor for Highfields FC Inc to be present at the appeal hearing. At the appeal hearing the suspended person will have an opportunity to present their case against the suspension. The Coordinator and Highfields FC Executive can then ask questions of the suspended person. The Coordinator and Highfields FC Executive must make a determination on the appeal within 24 hours from the appeal hearing. The suspended person will be notified of the outcome of the appeal hearing in writing (by email, letter or other written form). NB: If the suspension was imposed due to an

offence made against the Coordinator , the appeal will be heard and a determination will be made by (2) members of the Highfields FC Executive (independent of the Coordinator).

Spectator's Conduct

Spectators wishing to support their team must act in a civil manner at all times. They must not interfere or be distracting towards referees/officials and/or players. The referee's decision is final and any queries concerning referee's decisions should be made to the coordinator only. If a spectator interrupts the course of play, uses foul or abusive language or is found to be distracting to the game in any way, they will be asked by the coordinator to vacate the venue immediately. If the spectator refuses to leave, the Coordinator may contact the police and report the incident.

Standings

Standings will be calculated following each round. Points will be given as follows: Win-3pts, Draw-1pts, Loss-0pts. A Bye will be treated as a 3 goal win.

Finals Series

Semi Finals - 1 v 4 and 2 V 3.
Grand Final – Winner of each Semi Final Game will play in the Grand Final.
In the finals, teams may only use players that have played a minimum of five games for their team in the competition.
If the score is tied at the end of normal time two periods of extra time will be played and the golden goal rule will apply. The game will continue until a goal is scored.
First period. 5 minutes duration (5v5).
Second period. One player from each team removed (4x4). Every two minutes another player from each team is removed. If 2 on 2 eventuates, play until a result.
If a team qualifies for the finals and is unable to play at the scheduled time, the Coordinator will decide how the finals series will be played.

Mixed Division Finals.

Normal finals rules apply as well as the following:
Either male or female player may score in extra time.
If 4 v 4, a maximum of 2 male players
If 3 v 3, a maximum of 2 male players
If 2 v 2, a maximum of 1 male player

Protests

Any team wishing to lodge a protest must lodge the protest in writing to the soccer coordinator within 48 hours of the conclusion of the match and notify the opposing team captain of their intention to do so within the 48 hour limit. Such cases will be reviewed by the soccer coordinator, and a decision will be reached within seven days.
A panel may be appointed by the soccer coordinator if necessary to resolve the matter.

Blood Policy

The following Blood Policy will apply for all indoor soccer matches:
A referee is required to call time, when the referee observes that the player is bleeding or there is blood on the court, ball or any other player.
Play may be stopped for up to three minutes. Before
any player may retake the court:
The flow of blood must have stopped;
Any wound must be cleaned and adequately covered;

Any blood stained clothing must be cleaned or removed;
If necessary, the ball and court must be cleaned before play restarts. Play will re-start with a drop-ball.

Misc

These by-laws will be enforced by the soccer coordinator, officials and players where applicable. If at any time there is a question over the by-laws it will be the sole responsibility of the coordinator to determine suitable action.