



CVSSC Indoor Soccer Rules

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1. Spirit Points: The “Spirit of the Game” is extremely important for all CVSSC leagues and these “spirit points” ratings will factor into the final standings starting for the Spring/09 leagues. Each team will give a spirit rating of between 0-5 points to their opponents after each game based on how fun they were to play against (showed up on time, met the female/male player quotas, called their own fouls, refrained from yelling and had fun). Spirit scores will be kept private until the end of the season, where they will be calculated and used as the first tie-breaker in the standings.

*Smile, have fun, play fair, know the rules, and show up on time and you’ll do awesome!

*If you don’t report a “spirit score” for your opponent, they get an automatic 5 and you get an automatic 2.5 (unless graded lower by your opponents).

*Report the “spirit score” and game score to the CVSSC rep after the game. Or, if not there, email it to info@comoxvalleysports.ca or call it into Scott at 250.898.7286 by the following day.

2. Weather Policy: If severe weather, such as a snowstorm, makes it dangerous for you to drive to a game, do not drive. While it is quite difficult to re-schedule games, especially with a crunch on gym time and the unpredictability of snowfall, the CVSSC tries to book extra time for the possibility of a gym cancellation or snow closure. The CVSSC cannot guarantee a full schedule of games, but will try its best. ***We will also do our best to post cancellations ahead of time on our Facebook page when we know, as it is not always possible to contact everyone ahead of time. Please check there first if you are iffy about a game.**

If you have any questions, please call Scott at 250.898.7286.

3. Equipment and Gym Set-Up:

- a) The futsal nets and hockey nets may need to be put in place before your game, and put back after. Please help with that set-up in the early games, and with putting the equipment back for the late games. An overturned bench in the corner of opposing ends will act as barriers for team benches and keep the balls in play.
- b) Each player must bring a dark shirt and light shirt to each game, or purchase team jerseys from our sponsor Aero Art (\$15 shirts for a single colour front logo and either name plate or number on the back). Please run the shirt colour past the league coordinator first, so we don't have overlap.
- c) Futsal balls, a scoreboard and a timer will be provided by the CVSSC. Teams can also decide for a player to time the games on a watch instead.
- d) Please bring a good pair of clean, dry gym shoes. Wet shoes, dirty shoes and marking shoes will not be allowed... so change into them at the gym.
- e) Shin pads are not required. If they are used, they should be fully covered by socks.

4. Match Play/Format:

- a) Games start as scheduled (check sked for exact start times), so please arrive 10 minutes early to the gym to change, warm up, stretch and help set the gym up for games (overturned benches in the corners to deflect balls back into play, and all obstacles removed from play as best as possible). Games consist of whatever time remains in your one-hour time slot after you get started. Teams can schedule a short halftime if they'd like.
- b) Each goal is worth one point and the team with the highest score at the end of the allotted time is the winner. If games end tied in regular season, they are recorded as ties. In the playoffs, teams go three-on-three (two guys, one girl per side) with no goalies in a sudden death format. Next goal wins.
- c) A win is worth two points in the standings, a tie is one point and a loss is 0 points.
- d) Games are typically six-on-six, with five players and a goalie per side (except in cases where the size of the gym forces captains to go to 4-on-4 plus goalies, which captains can agree on before the game). There must be at least two women on the floor for both teams at all times, and a female goalkeeper does not count towards that ratio. If a team is short of female players, the captains need to talk about this and work out a solution pre-game. See "H" below for the default position of the league if a team is unable to meet the ratio of women.
- e) Substitutions can be made on-the-fly, except for with goalies, who must be clearly substituted in and out of net – preferably during stoppages. Goalies cannot change on the fly. Subs must wait to enter the floor until their teammate leaves it, and must exit/enter at same place.
- f) Heading the ball is allowed.
- g) Teams are expected to call their own fouls and Team Captains are responsible for making sure they police their players to follow the rules. If one team thinks the other is not calling their fouls, the Team Captains (and only the captains) should meet at the next stoppage in play and attempt to resolve the issue. If they cannot come to an agreement, they should contact a CVSSC rep on site, or barring that, email a summary of the situation to the CVSSC office by the next day.

- h) Teams must have a minimum of three players (plus a goalie) in order to play. At least one of those must be a girl. A team with less than the two girls required on the floor will start with a one-goal deficit as well, unless the team captains decide otherwise before the game. Defaults will go down as 10-0 scores. However, please split up bodies and get some playing time in anyways, even in the event of a default, as it could still be fun.

5. General Rules of the Game:

- a) A game of “rock, paper, scissors” decides which team starts with possession. The other team gets possession to start the second half (if two halves are chosen).
- b) The game is started by making a pass from center to a teammate (even if an opponent intercepts it). The pass can go in any direction. Opponents must give a 10 foot radius, but can attack once the ball has been moved. The kick-off to start a half is an indirect kick and goals cannot be scored on that first touch.
- c) Balls that bounce off walls are still in play. Any ball that goes out of play (gets stuck or goes behind player benches/overturnd benches) will result in an indirect free kick for the team that didn’t put it out of play. Goals cannot be scored off the indirect kick and please give that player room to play the ball.
- d) Any time the ball is going into a corner, please slow down and be careful and give some room to the player who should get possession first. Dangerous and/or aggressive play cannot be tolerated. The defensive player should always be given possession of the ball when there is no leading player heading into the corner.
- e) Players cannot interfere with the goalie in the crease. They can pass through the crease, and poke at a loose ball in the crease, but cannot make contact with the goalie in the crease. Any instances of interference result in goalie’s ball.

6. Indoor Goalie Rules:

- a) The goalie can leave the crease and join the play. However, the goalie cannot go over the half line and can only touch the ball with his/her hands when he/she has at least one foot in the crease (basketball key).
- b) The goalie cannot touch a ball with his/her hands when the ball is intentionally passed to him/her by a teammate. The result is an indirect free kick for the opponent from the nearest corner.
- c) Goalies must only change at a stoppage in play or when it is extremely clear to do so. Another player cannot assume the goalkeeper’s duties on the fly (ie. being allowed to use their hands).
- d) Goalies should play the ball within five seconds of gaining possession.
- e) Goalies can choose to kick or throw the ball into play, but not drop-kick the ball. Goalies cannot score and, thus, a goal cannot be scored on a thrown ball.
- f) If a goalie breaks one of these restrictions, the other team gets an indirect free kick from the nearest corner.
- g) Goalies can go down to make a save or get a ball, but should not spend extended lengths of time on their knees, especially in the hockey nets. This makes it unsafe and awkward to shoot high on the goalie.

7. Infractions/Fouls:

- a) All of these fouls result in free kicks, which are all indirect and taken either from the nearest corner or the wall near half – whichever's closer. At least five feet of room is given by all opponents on free kicks. The ball must be touched by another player (offence or defence, but not the goalie) before the player who hit the ball can touch it again, and before a goal can be scored. *Remember that players must call their own fouls and that will be policed by their team captains.*
- b) Hand balls are balls that hit a player in the elbow or below. Hand balls result in an indirect free kick following the rules noted in "A" above.
- c) Exceptions to the hand ball rule: players are allowed to use their hands to protect their groin area with no infraction. Women may use their hands to protect their chest from the ball with no infraction. These rules are for safety concerns and to speed up play. Please do not abuse them.
- d) Slide-tackling is not allowed. Indirect kick.
- e) Bicycle kicks, and/or attempting to kick a ball above the waist is not allowed. They are dangerous. Indirect kick.
- f) Kicking, tripping or attempting to do either to an opponent will not be tolerated. Indirect kick.
- g) Obstructing an opponent with your body is not allowed. Indirect kick.
- h) Holding or pushing an opponent. Indirect kick.

8. Other Rules:

- a) Players can brace themselves with their hands on the walls while handling the ball. Opponents can attempt to get the ball from them along the walls, but should not make contact with the player. Aggressive contact along the walls results in a foul and indirect kick.
- b) On all restarts, the ball must be put into play within five seconds to keep play moving.
- c) If teams cannot reach an agreement on whether a foul has occurred, an indirect kick will be given to the offensive team from the nearest corner. Remember that this is a fun, social league and try to keep arguments to a minimum and resolve them peacefully and quietly.

9. Scores, Standings and Playoffs:

- a) Scores should be submitted to the CVSSC rep by both teams at the end of the game. If a CVSSC rep is not at the game, both teams should email the final score to info@comoxvalleysports.ca by the next afternoon. If only one team submits a score by then, that score will be used in updating the standings.
- b) The standings will be determined by number of points (2 for a win, 1 for a tie). The first tie-breaker will be most wins, followed by goal differential.
- c) The CVSSC retains the right to move teams up or down in league skill levels at any point in order to keep games competitive and fun.
- d) The playoffs will be scheduled to take up as many as three weeks of the season, but typically two.
- e) Playoff matches will be set by the CVSSC based on the standings at that point.

10. Alcohol/Smoking Policy, Waivers and Facilities:

- a) The facilities used by the CVSSC are rented from SD71 and/or the local parks and recreation facilitators and the Base. Players must follow the rules and guidelines set out for each facility and are responsible for any damage.
- b) Alcohol, drugs, and smoking of any kind are strictly forbidden in the gyms or in parking lots. Please do not bring them onto school grounds.
- c) Players are expected to clean up after games and not leave any garbage behind.
- d) Any player causing the CVSSC to receive a complaint about the facilities may be suspended.
- e) Players are asked to show up 10-15 minutes before game time to be ready to start at game time. Some facilities may not let players in ahead of time, so please be patient and respectful.

**Indoor Soccer is a fun, fast-paced sport that can be a blast. Please remember that this league is fun-first and there shouldn't be any problems. Have a great time, a great work-out and score some goals.

*Got questions or suggestions? Please contact us at info@comoxvalleysports.ca.