

SAINT JOHN SOCCER CLUB

INDOOR LEAGUE RULES



Section 1 - Players

- 1.1 **Women:** The game opposes two teams of **8 players**, including a goalkeeper.
- 1.1 **Men:** The game opposes two teams of **7 players**, including a goalkeeper.
- 1.2 A game cannot take place if one of the two teams consists of less than 5 players.
- 1.3 All persons on the field (including the players' bench) must be on the PowerUp roster & match sheet before the start of the game.
- 1.4 Captains or team representatives must register new players 48 hours before the game. All late players listed on the game sheet will not be able to join the team. Only the players listed on the match sheet are allowed to play.
- 1.5 A limit of 18 players and 2 coaches can be registered. Only team members (coach, manager, and players) are allowed to be present within the technical limits of the side court more than one meter from the touchline. Only the 18 registered players can play.

Section 2 - Substitutes

- 2.1 To replace a player with a substitute, the following conditions must be taken into account:
 - 1. During a throw-in\ kick-in
 - 2. At a goal
 - 3. During an injury (if the injured player needs treatment, they must leave the pitch and be replaced)
 - 4. At half-time
 - 5. Goal kick
- 2.2 The number of substitutions is unlimited.

Section 3 - Referee

- 3.1 The referee may stop, suspend or permanently interrupt a game for any breach of the rules.
- 3.2 The referee may stop, suspend or permanently interrupt a game due to fortuitous events (intervention of spectators, or others).
- 3.3 The referee may act on the advice of the league officers relating to an incident he has not seen.
- 3.4 The decision of the referee on the facts of the game is final. The referee can only change a decision if he realizes it was incorrect or, at his discretion, in the opinion of a league official provided that play is not restarted.

Section 4 - Duration of the game

- 4.1 The duration of the game is two periods of 25 minutes. At half-time, a five-minute break will be allowed. A match is considered played after 35 minutes (70%) of the elapsed time.
- 4.2 For valid reasons, the referee and the two teams may, by mutual agreement, reduce the length of the periods. This agreement must be made before the start of the game and must be entered on the line-up sheet.
- 4.3 During the playoffs, in the event of a draw, each team is entitled to 5 shots on goal taken by different players from the penalty mark, which was on the pitch at the end of regular time. If after the penalty shoot-out the score remains equal, different players must continue according to this principle. They must keep the

starting order. As soon as a team manages to score one more goal than the opposing team, the opposing team wins the game.

4.4 Any team ending the game with a greater number of players than the opposing team is required to equalize this number downwards, to have neutralized the advantage for one or the other team.

4.5 After a gap of 10 goals, the match will be abandoned.

Section 5 - Foul and Misconduct

5.1 A player is suspended for a game if he receives five yellow cards in a season.

If the last two yellow cards are received during the same game, it will be suspended for the next two games.

5.2 A player who receives a red card is suspended for the next game and incurs a \$40 fine to be deducted from the team bond.

5.2.1 A player who receives their second red card will be suspended for a minimum of 2 games and will incur a \$40 fine to be deducted from the team bond.

5.2.2 A player who receives their third red card will be suspended for a minimum of 3 games and will incur a \$40 fine to be deducted from the team bond.

5.2.3 A player who receives their fourth red card will be ejected from the league and will incur a \$40 fine to be deducted from the team bond.

5.3 A player who receives two yellow cards in the same game will be suspended for the next game and incurs a \$40 fine to be deducted from the team bond.

5.4 The league will take action against teams that use illegal players (not listed or suspended on the scoresheet) whether at the start of the game, during the game or after the game. A fine of \$ 100 will be imposed on the team and the game will be awarded to the opposing team, 3-0.

5.5 Depending on the extent of the offenses committed, the league reserves the right to intervene and take disciplinary action. The number of red cards is not taken into account.

5.6 If a player is expelled from the league, the team will receive a minimum fine of \$100.

Section 6 - Miscellaneous

6.1 There is no offside.

6.2 On goal kick or goalkeeper throw, the ball must bounce before the centerline.

6.3 Tackling is prohibited.

6.4 If a team forfeits, it must notify the league 48 hours before the match otherwise a fine of \$50 will be imposed. The second forfeit without 48 hour notice will incur a \$100 fine. Regardless of notification, the forfeit team is defeated by the score 3-0.

6.5 In the event of a tie between the teams at the end of the season, a tiebreaker will be determined by the following points:

1. The most wins
2. The goal ratio (goals for and goals against)
3. The most goals scored

6.6 A delay of 5 minutes is allowed for late teams. The league can take disciplinary action if this problem is frequent.

6.7 Saint John soccer reserves the right to make decisions on particular facts or regulations which may have been omitted.

6.8 Point structure

Win 3 points

Tie 1 point

Loss 0 point

Forfeit 0 point and fine if applicable

Important rules to remember

- You are responsible for reading the League Rules on the website.
- NO TOLERANCE FOR PHYSICAL AND VERBAL VIOLENCE will be accepted.
- The deadline to change eligible players on the roster is February 14th.
- Only players registered 48 hours before the game can play.
- NO jewelry is allowed and glasses must be suitable for sports. Players will be refused if the rule is not applied.
- Saint John soccer reserves the right to expel a player or a team if there is a fight, depending on the circumstances.
- NO VULGAR LANGUAGE towards the officials and employees of the league will be tolerated.
- It is STRICTLY FORBIDDEN to SMOKE and CONSUME ALCOHOL (beer, wine, etc.) on the pitch and in the locker rooms. The TEAM will be fined \$500 and the player will be suspended.
- A player entering the field without the permission of the official with provocation may be sent off.
- Changing rooms and playing areas must be kept CLEAN. A fine of \$100 will be given to the offending team.

COVID-19 RULES AND REGULATIONS

All participants of the league are expected to follow recommendations of public health and rules & regulations of the Irving Oil Field House facility.