



USC
URBAN SPORTS CLUB

INDOOR SOCCER LEAGUE RULES

Last Updated: January 24, 2011



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1. RECENT REVISIONS & UPDATES

Last Updated January 24, 2011

Scoring: Clarifying that if a goal is scored from the other side of the centre line, the goal will not count if it goes into the net directly or if even it is touched by the goal keeper before going in.

2. SPORTSMANSHIP

USC encourages a fun-first, winning-second attitude in all leagues. All players are expected to abide by USC sportsmanship policies, any player or team who does not will be subject to suspensions or league expulsion.

ZERO TOLERANCE POLICY

In order to promote a safe and sportsmanlike environment for its players, USC has clarified its stance on unsportsmanlike behaviour. All players must understand the expectations for playing in USC leagues. Games Coordinators are required by USC to ask players to leave the gym/field if they are involved with any of the following acts:

- Swearing directly at another player or the Coordinator.
- Intentionally pushing, shoving or making physical contact with another player or Coordinator.
- Making comments to instigate an altercation with another player or Coordinator.

In addition to being dismissed from the game, a one week suspension (or more) may be assigned by USC to the involved player or team.

SPORTSMANSHIP RATINGS

In order to encourage sportsmanlike play, each team must choose and report a rating for their opponent. The sportsmanship rating for your opponent gets reported directly to the Games Coordinator at the end of each game.

Each team will be given 3 sportsmanship ratings per game, one rating from the opponent and two ratings from the GC. The best rating you can receive per game is +3, the worst is -3. The rating refers to Spirit of the Game as well as Accountability for calling your own infractions and penalties.

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For a description of how to rate your opponent, see below.

Rating	Explanation
(+1)	The team was a lot of fun and made a genuine attempt to call their fouls.
(0)	The team was OK. There are two scenarios: (1) they were average in both Fun and Accountability; (2) They were strong in one area but weak in the other area.
(-1)	The team was not fun (too intense or aggressive) and generally did not follow the rules and call their own infractions/penalties.

The GC will rate "Accountability" and "Spirit" as separate scores while Team Captains will rate them together. The ratings work as follows:

"Accountability" Rating:

This rating is based solely on how you felt your opponent took responsibility for calling their own fouls. A team that does well on Accountability either: committed few or no fouls so it was not an issue, or committed several fouls and made a genuine attempt to call most of them.

"Spirit of the Game" Rating:

This rating is based on two criteria:

- How fun your opponent was. A high rating would be for a team that appeared to put fun first and winning second and encouraged themselves or their opponent in a positive way.
- The level of respect that the opponent displayed towards the GC.

REPORTING SPORTSMANSHIP CONCERNS

- If during the game you have a concern with the other team, address the issue respectfully with the Games Coordinator at the appropriate time (during play on the sidelines or at halftime).
- If at the end of the game you do not feel that the issue has been resolved, report the details of the issue to USC by 5pm the next day by using the online complaint form - [Click here.](#)
- If you give a -1 and do not support the rating with a complaint form by 5pm the next day, USC staff cannot properly act on the issue and the rating will be changed to a zero.

Click on the links below for full details on the following topics:

- [Full sportsmanship policy](#)
- [How USC handles complaints](#)

3. WAIVERS

- All players must sign a [waiver](#) every season before playing their first game. The waiver can only be completed online.
- Any player that subs in (even if only for one game) must fill out a waiver prior to playing. Captains are responsible to ensure that this is done.
- The waiver outlines USC's liability and sportsmanship policies.

4. WEATHER POLICY

USC does not cancel any indoor games due to inclement weather. The only time that games would be canceled and rescheduled would be if the facility is closed, teams will be contacted if this is the case.

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5. DEFAULTS

- All teams are to be at the facility 15 minutes before their scheduled game time.
- At game time any teams not meeting the minimum player requirements will default the game.
- Defaults are recorded as a 5-0 score with the winning team getting +3 and the losing team getting -3 for spirit.
- If a team defaults on a second night, their status in the league will be under review and they can be expelled from the league without a refund.

6. GAMES COORDINATORS (GCs)

Games Coordinators (GCs) are USC employees, they are not trained referees. They are there to encourage sportsmanlike play and to help to keep the games running smoothly. If players are not calling their own fouls the GC reserves the right to step in and call these fouls. The roles of a GC include:

GYM MANAGER

- Facility Liaison – Open the facility if required, coordinate with the caretaker, and uphold facility standards.
- Game Set-Up – Make sure all required equipment is ready for game time.
- Manage the Time –Start the clock at the scheduled start time and manage the time for the remainder of the game.
- Keep Score – Keep track of the score throughout the game using a score board or score sheets. Team captains must confirm the final score and report a sportsmanship rating for their opponent to the GC before leaving the gym.

PLAYER LIAISON

- Pre-Game Meeting – Call in both captains for introductions, clarify sportsmanship/game play expectations and provide facility or league updates. Team Captains are to communicate their expectations to both the GC and their opponent. At the end of the pre-game meeting Team Captains are required to communicate all information with their players.
- Report Player Comments – Ensure that ideas and recommendations from players are communicated to USC staff.

MEDIATOR

- Halftime Meeting – Act as a mediator for the captains at half time for any discussions regarding play or sportsmanship. The GC will also provide feedback and re-establish expectations to both teams at this time. Team captains are expected to communicate all issues to their teammates.
- Enforce Sportsmanship Policy – The GC is required to eject players who are a threat to the fun or safety of their opponents. Players who jeopardize the safety or enjoyment of other players or the GC, will not be allowed to continue playing and must leave the facility before the game will resume.
- Call Penalties – Call any violations that the players do not call themselves.
- Disagreements – If there is a disagreement between teams during a game, both teams are expected to show respect to each other and the GC. Any disputes will be resolved by the GC if the teams cannot agree. Once the GC has made a call, play will resume without further discussion. If a player has a question regarding the rules, the team captain should address it with the GC either at the half or at the end of the game.
- Disputed Goals – If there is a disagreement as to whether a goal has been scored, a decision must be made quickly. A player from the team who was scored against should confirm whether any of his/her team mates saw the play. The GC will decide if the teams cannot agree.

GAME REPORTER

- Game Report – Submit game summary inclusive of the scores, sportsmanship ratings, notes on penalties, recommendations and comments regarding the sportsmanship of each team.
- Sportsmanship Ratings - A major focus of their report and the ratings they give each team is based on how well the team adjusted their style of play in the second half, after hearing the feedback at half-time.

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WHAT THE GC DOES NOT DO

- The GC is not a trained referee. Therefore, they will not 'referee' the game - the players are expected to respect their opponents, the GC, and play by the rules of their sport. Players should call the GC by their name – teams that call the GC 'ref' may lose spirit points.
- In any dispute, teams are expected to act in a mature manner and resolve the issue between themselves based on the current rule book. If the GC needs to step-in, their say will be final and the dispute will be considered over. Arguing beyond the GC's decision may cause teams to lose spirit points as this is considered to be a lack of respect towards the GC.

WHAT HAPPENS IF THERE IS NO GC AT THE GYM

- If no GC is present at the game, players must keep time and score. Captains should confirm the score often during the game to make sure that there are no discrepancies.
- The winning Team Captains must e-mail in their scores and sportsmanship rating to info@urbansports.ca by noon the next day.

If you would like to learn more about the benefits of being a GC, [click here](#).

7. SCHEDULES

- Schedules are posted online 48 hours prior to the first game.
- If the schedules are not posted you may assume the schedule has not been completed. Please do not contact USC regarding your schedule until after it has been posted.
- Games can be played anytime between 6:00pm-11:00pm on weeknights and 8:30am-11:00pm on weekends.
- Singles team names are assigned by USC office staff. All individuals' will be contacted by USC and advised of their team name.

8. ROSTERS & SUBS

- When registering a full team, there is no maximum limit to the number of players that you can have on the roster.
- A team that registered as a full team may add new players to their team that were not listed on the original roster. These players must fill out a waiver prior to playing.
- For Division A – A full team on the floor consists of 6 players (one being a goalkeeper) with a minimum of 2 females. If the goalkeeper is female it does not count towards the female minimum.
- For Division B – A full team on the floor consists of 5 players (one being a goalkeeper) with a minimum of 2 females. If the goalkeeper is female it does not count towards the female minimum.
- The minimum amount of players required in order to not default is: 4 total players including at least 1 female.
- If a team only has 1 female and she is unable to be on the floor playing the whole game, the team must play shorthanded when she is not on the floor.
- Any team may bring in subs (if they are short players for one game) that are not listed on the roster. They must fill out a waiver prior to playing.
- If you recruit a sub, it is your responsibility to ensure they are ready to play (know the rules, will play at the proper level and have submitted a waiver).
- If you are playing in a league where there are other USC teams playing before you, your team may borrow players under this condition: to increase your team to a minimum full line-up. USC considers it to be an unfair advantage if a team borrows players to bolster their line-up.
- In the spirit of sportsmanship, captains are expected to replace players with a person of a similar skill level. Bringing in "ringers" for regular season and particularly playoff games is discouraged.
- Teams may bring in subs for playoff games but these players must have played at least five games during the regular season with the team, unless the team would otherwise default.
- If a team's goalkeeper is injured during the game then there will be a short (2 minute) timeout to replace the goalkeeper with either another player or another goalkeeper if there is one present waiting for the next game.
- Individual team rosters will be e-mailed out 48 hours prior to game one.

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9. FACILITIES

- USC rents facilities from Parks and Recreation or private establishments. As tenants, players must respect the standards and rules of each facility.
- Alcohol is strictly forbidden inside schools or in parking lots.
- Players are expected to clean up after themselves, please do not leave any garbage behind.
- Any player who causes USC to receive a complaint regarding a field rented by USC will face a \$100 fine and may be ejected from the league. For full details on the Facility Complaint Policy, please [click here](#).
- Facilities are chosen based on quality and location. Some leagues utilize many facilities; USC always tries to ensure a fair distribution of locations throughout the city in each division.
- USC asks all players to arrive 15 minutes prior to the game start time. This time should be used to change shoes, stretch, warm-up, and any other pre-game preparations.
- We are technically not allowed into the gym until the start of the permit time so be patient. Some schools will allow us into the gym early and some will not, please ask your GC or the caretaker before entering the gym.
- Players must wear clean non-marking running shoes. PLAYERS MUST BRING AN EXTRA SET OF GAME SHOES TO BE PUT ON AFTER ENTERING THE SCHOOL - OTHERWISE, YOU MAY NOT BE ALLOWED TO PLAY.
- Players are responsible for property damage.

10. EQUIPMENT

- Each Player must bring a light and dark shirt to each game. Teams can also pick their own unique colour to wear in the games but are still required to bring a light and dark shirt. Teams will decide at the gym who is wearing light and who is wearing dark.
- Players who do not have shirts to match the rest of their team may be asked not to play by the GC or the opposing captain.
- Players are not allowed to use or wear equipment that can be dangerous to themselves and/or others including jewellery and watches. These are to be removed prior to the game and ideally should be left at home in order to minimize the potential for loss.
- Cleats are not allowed in any indoor facility including turf courts.
- The Parks & Rec office prohibits the use of outdoor soccer balls in all facilities. Players must use indoor balls. USC has provided these at all facilities and Games Coordinator will bring them to the game. There should be at least 1 warm-up ball per team plus a game ball at each gym. Any players bringing outdoor balls into the gym will be asked to remove the ball from the facility.
- At each gym, the nets are owned by USC. At most gyms, the nets need to be assembled/inflated prior to the first game and taken down and put away at the end of the night. Players are expected to help with this process.

11. REPORTING RESULTS

- It is the Team Captains responsibility to keep track of the score using the manual score boards provided by USC.
- After the game, captains must confirm the scores with the GC and report the sportsmanship rating of their opponent.
- Teams who do not report to the GC will be given a 0 sportsmanship rating from their opponent and the score will be processed as the GC has recorded on the game report.

12. STANDINGS

For all USC sports, scores are to be reported by the GC/Team Captain (as applicable) to the office by 5pm the day after the game. USC admin staff will process scores and post the updated standings to the website within 72 hours of the games. Each set of USC standings will display notes at the bottom outlining how the standings are calculated.

HOW TEAMS ARE RANKED FOR RECREATIONAL SOCCER

- 1st criteria: Total Points are derived from 2 points for a win and 1 point for a tie. Actual spirit points are then added to your points earned from wins and ties to result in your Total Points.
- PLS (Points lost due to spirit rating) can negatively affect your Total Points. Each time a team receives a -1 from two opponents over the season, they lose 1 point off their Total points.
- 2nd criteria: Differential of goals scored vs. goals allowed (Mercy rule in effect in each game).

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13. PLAYOFFS

- All teams are guaranteed 2 playoff games. The top 4 teams will play for the league championship.
- League champs receive a Gift Certificate.
- Sportsmanship during the playoffs is very important – a team that wins their playoff game but has sportsmanship issues may have their win overturned and may not be allowed to play their final game or participate in future seasons.
 - If a team receives two -1 ratings in a playoff game they automatically lose the game.
 - If a team receives one -1 rating, the game will be reviewed by the league. The Club will make a decision based on this review.
 - If both teams receive two -1 ratings in a playoff game they both automatically lose the game and do not continue to play in the finals.
- For rules regarding subs in playoffs, please see Section 8: Rosters and Subs.
- There are no ties in playoffs.
- If the score is tied with five minutes or less, a shootout will occur.
 - Five players from each team will alternate shots from the penalty-mark at one end of the gym.
 - The penalty-mark is 15 feet away from the centre of the net.
 - When penalty shots are taken, the initial five players will have a three male maximum and after that, the shooting team must alternate males and females. If all females have shot once, they must shoot a second time.
 - At the end of the ten shots if the score is still tied, then each team alternates shooters until the tie is broken per pair of shooters. A player is not allowed to take a second shot if there are players on his/her team that have not yet shot.

14. LEAGUE SPECIFIC RULES

EXPECTATIONS OF PLAYERS

All players participating in USC co-ed leagues are expected to play with respect and a "fun first" attitude. In Indoor Soccer, there is an emphasis on the players to know the rules and manage their own actions on the floor.

- All players participating in USC leagues are expected to play with respect for everyone at the gym and with a "fun first" attitude. Indoor Soccer can be an intense and physical sport however, USC Indoor Soccer leagues must be a fun, non-threatening environment.
- All players are expected to know the rules and manage their actions on the floor.
- Players are required to call themselves if they commit violations or penalties. Not calling yourself can be considered poor sportsmanship.
- Players should promote fun and safety throughout the game by: yelling "corner" to their own player when running into the corner; trying to control their kicks in front of vulnerable players; talking to their players who are not following the rules.
- Promote sportsmanship throughout the game. Let the GC know if you are enjoying an opponent, congratulate your opponent on fun and fair play throughout the game.
- Players that are concerned about a player on the opposing team are required to talk to their team captain so he/she can address the issue with the GC at the appropriate time.
- Players are expected to act in a respectful manner if approached by a GC or an opposing team captain regarding their style of play and to make any requested changes.
- Players should be mindful of how hard they kick the ball, especially if an opponent is directly in front of them. This applies to goalkeepers when trying to quickly move the ball to the other team's end.
- In certain facilities, the GC may ask the players to keep their kicks below 10 feet if the school's caretaker makes this request. This would be requested to avoid damaging fixtures that are hung on the walls.
- At any time the GC may request your name or a name of someone on your team to record on the game report sheet. Providing a false name to the GC is a serious offence and will result in suspension from USC.
- Teams are expected to cheer for their opponents at the end of a game. It is also encouraged to give an additional cheer for the GC and thank them for GC-ing the game.
- Players can provide constructive feedback to USC as needed, regarding gym conditions, unsportsmanlike play, or helpful comments.

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GAME TIMES

- Player should arrive 15 minutes prior to the scheduled game time.
- Players should only enter the gym at the appropriate time (when play is in the other end or play is stopped).
- The total floor time is 60 minutes. The clock starts at the scheduled game time and teams should warm-up for no more than 5 minutes. Each game must end exactly when the next one is scheduled to begin, regardless of what time your game actually started.
- Games consist of two 25 minute halves, with a 2 minute half-time break. Teams must agree before the start of the game if they would like to opt out of taking a half-time break. If it is not discussed and agreed upfront, a break will be called by the GC.
- In regular season games, ties are allowed - no overtime or shoot-outs.
- The clock does not stop for any reason as each game must end on time.

GAME PLAY EXPECTATIONS

- Before the game, the captains will meet with the GC to introduce themselves, discuss gym specific restrictions and rules or sportsmanship issues that need to be emphasized.
- Team Captains are to communicate their expectations to both the GC and their opponent. At the end of the pre-game meeting Team Captains are required to communicate all information with their players.
- At halftime, the team captains meet with one another and the GC to discuss any issues that arose in the first half. It is the responsibility of each captain to communicate these issues to their teammates before resuming play.
- At the end of the game, all players shake hands and team captains meet up to discuss any issues with the game.

START OF PLAY

- A kick off will start the game and restart the game after a goal is scored. The team that was scored against will always get the kick off.
- Kick offs do not have to travel forwards, but may not be touched by the kicker again until the ball has been contacted by another player.
- A goal cannot be scored directly from a kick off. During any kick off the opposing team must stay 10 feet away from the ball until it has been put into play.
- The nets will be placed flush against the wall at all facilities.

GENERAL PLAYING GUIDELINES

- **Ball in Play:** All areas (wall, doors) are generally considered to be 'live'. The ball is Out of Play when:
 - It makes contact with the ceiling.
 - It hits an obstruction that was pre-designated to be out of bounds before the game started. In the examples above, an indirect free kick will be awarded to the opposing team from the spot where the ball was last touched.
 - At gyms that have curtains or benches on the floor area, if the ball gets caught up in these areas and does not return to the floor on its own, it is considered to be a dead ball and play is re-started with the team that kicked it out losing possession. If a player has to "dig the ball out", the play needs to be stopped. The player who has possession of the ball will get 3 seconds to gain control and opponents should stand at least five feet away.
- **Heading the Ball:** This is allowed in USC leagues; players must exercise caution.
- **Ball against the Wall:** Players are allowed to brace themselves on the wall with their hands and then play the ball with their feet. Defenders may attempt to take the ball.
- **Scoring:** A goal can be scored from anywhere except:
 - Across the half line, and;
 - In the Crease Area, see Goal and Crease Area below. If the ball is kicked from over the half line and goes into the net, it will not count as a goal. Play is restarted with a goal kick. If the ball is kicked from over the half line and touches another player (**Except for the goal keeper**) before going into the net then it will count as a goal. Play is restarted with a kickoff (by the team that was scored on).
- **Ball in the Corner:** When two players are chasing the ball into the corner, the leading player must be given possession of the ball with the opponent standing at least five feet away. The opposing player must not approach for

3 seconds and must count out '1, 2, 3' once the player has gained control of the ball. Teams should yell 'corner' to their own player, if this does not happen the GC will call it. Further clarifications:

- If a player carries the ball into the corner, the 3 second rule does not apply but all other non-contact rules apply (e.g. no body contact).
- If the ball moves into the corner from close proximity (less than 20 feet), the 3 second rule does not apply; the 3 second rule is set-up to avoid collisions when two players are running at fast speeds into the corner.
- **The Bench:** Players should keep their body and gear out of the playing area. Bags, coats and other items should be stowed safely out of the way. Preferably, bags and personal equipment should be stored in the hallway as this will free up space on the bench and prevent any interference for the players.
- **Substitutions:**
 - Substituting a goaltender can only occur during a stoppage in play.
 - Substitutions on all other players can happen at any time as long as the leaving player is on the sidelines before the replacement player steps on the court/turf.
- **Pulling the goalkeeper:** Pulling the goalkeeper for an extra player is not permitted.
- **Goal Area and Crease Area:**
 - GOAL AREA - where the goalkeeper may use his hands
 - CREASE AREA - where an opponent may not score
 - The goal area is larger than the crease area. The crease area is smaller, and just in front of the net (usually where the thick black line is).
 - The crease is not a regular area used in soccer. It was introduced by USC in order to provide a certain level of safety to the goalkeeper for indoor soccer.
 - Both the goal and the crease area will be confirmed by the GC with the captains prior to the start of the game.
 - A goalkeeper must have at least one part of their body in the goal area in order to play the ball with their hands.
 - No player from either team is allowed to stand inside their own, or their opponents' crease. Players can run through the crease as long as the goalkeeper is not interfered with.
 - If a player is standing in the crease, it is the GC's job to tell that player to move. If a goal is scored and the GC deems that an offensive player was interfering with the goalkeeper, the goal will be disallowed.
 - If a goal is scored by a shooter that is not in the crease while their teammate is moving through the crease and a goal is scored, it will count as long as there was no goalkeeper interference.
 - No player can score from inside the crease.
 - If an offensive player touches the ball while any part of their body is in the crease, an indirect free kick from the edge of the crease, is awarded to the defensive team.
 - A defensive player may touch the ball in the crease to prevent a goal, but cannot use his/her hands.
- **Net out of Position:** If the net is moved during a play, the GC will decide whether to stop play and fix the net (applicable if there is potential for a goal to be scored) or fix the net while the play continues (if the play has moved down the court). The goalkeeper may readjust their own net.

GOALKEEPER RESTRICTIONS

- A goalkeeper is allowed to play the ball with his/her hands EXCEPT during the following conditions:
 - if he/she is completely outside of the goal area (as long as one part of the body remains in the goal area, the ball can be played with the hands).
 - if the ball was intentionally passed back by a teammate's foot (deflections and pass backs with the head or other part of the body can be played with the hands).
- Once a goalkeeper has gained control of the ball at any time, he/she must release the ball into play within 6 seconds.
- Releasing the ball in to play means: the goalkeeper must either dribble the ball out of the goal area where they can be challenged for possession, or they must attempt to pass the ball to another player on the court.
- If a goalkeeper throws or drop kicks the ball, it must bounce or be touched by another player on their side of the half. If the ball crosses the half before it touches the floor or is touched by any player, it will be blown dead and will result in an indirect kick for the opposing team.
- A goalkeeper is allowed to score on the opposing team.

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- If any of the above restrictions are broken a corner kick will be awarded to the opposing team. If a goalkeeper commits a handball infraction while outside of the goal area, an indirect free kick will be awarded from where the infraction occurred.

RE-STARTING PLAY

Indirect Corner-Kicks

- The ball is placed within a one yard radius from the corner closest to where the ball went out of play.
- The defending team must stand at least two yards (6 ft) away from the ball until it goes into play.
- The ball must touch at least 2 players before it can be a goal (the kicker and 1 other, which could include the goalkeeper).
- The kicker is not allowed to play the ball a second time until it has been touched by another player.

Indirect Free-Kicks

- The ball is in play when the player kicks the ball.
- The player taking the free kick may not touch it again until it has been touched by another player.
- All indirect free-kicks are to be taken from the point where a violation or offence occurred – see below 'Violation' or 'offence' section for an explanation.
- The ball must touch at least 2 players before it can be a goal (the kicker and 1 other, which could include the goalkeeper).
- If there is not 10 feet between the kicking team and the defending team's crease then the defending team may place players on the edge of their crease.

Penalty-Kicks

There are no longer Penalty Kicks in USC Indoor Soccer leagues, other than to break a tie in a playoff game. If there is a foul, the game will be restarted using an indirect kick from the location where the foul occurred.

VIOLATIONS/FOULS

Violations in USC Indoor Soccer are plays that may or may not be intentional, but typically represent unsportsmanlike play and should be avoided. They do not result in an offence unless they are repeated by the same player or team.

- If a player commits a violation, the player or their teammates are expected to call it.
- Players can call a violation by apologizing to their opponent and stepping back from the play. If a player has illegally taken the ball because of a violation, the play will stop and an indirect free kick will be awarded to the opponent from the spot of the foul.
- A GC can call a violation by stopping the play or by verbally warning the player and allowing the play to continue.
- If the GC notices the same violation being repeated by a team or player, he/she is obligated to issue penalties (minors, majors, or game misconducts). For example, if a player repeats a violation, it may become a minor offence.
- Off-sides: there are no off-sides in indoor soccer.
- **The Advantage Rule** refers to an instance when a violation occurs and the result is that the team fouled against is not disadvantaged by the play and therefore there are no consequences and the play continues. In regard to handballs, the Advantage Rule is in effect.

USC List of Violations/Fouls:

- **Handballs:**
 - A handball occurs when the ball touches any part of a player's arm from the bottom of the shoulder to the fingertips (except a goalkeeper within their own crease).
 - When a ball touches a player's hand and the opposing team was not adversely affected by the handball, play will continue. Please see below for further clarification of when the Advantage Rule would apply to a handball:
 - Team A attempts to pass the ball to a teammate and a player from team B touches the ball with their hand but team A retains possession of the ball. In this case no handball should be called.
 - Team A attempts to pass the ball to a teammate and a player from team B touches the ball with their hand and because of the handball, team B gains possession of the ball. In this case a handball should be called.

- If a player uses their hands to protect themselves from the ball, it is not a handball as long as the hands/arms are touching the players body and do not move towards the ball.
- Calling a handball:
 - It is the responsibility of the player who touched the ball with their hand to call 'handball', or else their team mates or team captain should call the foul. If they do not the GC will call it.
 - If the team cannot agree on a decision, the GC can decide if the Advantage Rule applies, they should yell 'Play On' and the play will not stop.
- **Ball in the Corner:** When two players are chasing the ball into the corner, the leading player must be given possession of the ball with the opponent stopping at least five feet away. If one player does not stop, the GC can stop play and warn the player who did not stop. The play will then be re-started with the person who reached the corner first getting possession.
- **Too Many Players:** If a player comes onto the floor several steps before their teammate reaches the bench the GC will stop the play.
- **Delay of Game:**
 - When using their hands to brace themselves against a wall, the offensive player cannot use this position as a delay tactic. The GC can turn the ball over if the offensive player does not attempt to move the ball within five seconds.
 - On all restarts of play, the ball must be put into action within five seconds. Failure to do so will result in a free kick for the opposing team at the point of the original kick.

Serious Offences

Serious offences in USC Indoor Soccer are plays that may or may not be intentional, but they are dangerous and are considered to be undesirable in the USC League. When a serious offence occurs, the play must stop and the player must serve time off.

- Serious offences are categorized as **minor, major** or **game misconducts**.
 - **Minor** offences result in the player sitting off for two minutes and the team is not shorthanded.
 - **Major** offences result in the player sitting off for ten minutes and the team is not shorthanded.
 - **Game misconducts** result in the offending player is ejected from the gymnasium and the player will be subject to a possible further suspension.
- If a player commits a serious offence, the player or his/her teammates are expected to call it. If the player or his/her team does not call it, the GC will stop play and enforce the offence.
- On all offences, after the team captains or the GC stops the play they should announce to the players why the play was stopped and who committed the infraction.
- **After any serious offence, an indirect free kick will be awarded to the opposing team from the spot of the offence.**
- If the same offence is being repeated by the same player(s), the GC has the discretion to rectify the situation as appropriate (e.g. stopping the game and talking to the team or calling a major offence or a game misconduct in the next incident).
- If a team calls a serious offence against themselves and a goal is then scored on the play, the goal will stand and the player will serve the offence (i.e. you can't stop a goal by committing an offence).
- In recent years, USC has become aware of smaller players being aggressive because they think that they are exempt from the rules. All players must abide by the same guidelines.

Serious offence - Reckless Play

Reckless play results in a **minor** offence and is the result of a player being overly careless or aggressive in a non-threatening manner.

- A player's first offence will result in a 2 minute minor offence.
- A second offence by the same player will result in a major offence.
- A third offence will result in a game misconduct.
- The following are examples of reckless play:
 - Incidental body contact: This can occur when a player makes contact with an opponent in a careless or aggressive manner. For example, if a player is running too fast or with their head down and brushes another player.

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- Tripping: Unintentional tripping occurs when a defender is pursuing a ball carrier and their feet accidentally result in the player falling.
- Holding: using an arm or a hand to impede another player.
- Kicking a player: If a player contacts an opponent with their foot while pursuing the ball and it is evident that it was an accident.
- High kicking: If a player kicks or attempts to kick a ball that is above their own waist.
- In each of the three reckless play examples above, the GC has the discretion to call a **major** offence or a **game misconduct** if they deem it was not an accident and/or the offending player does not acknowledge their action.

Serious Offence - Unsportsmanlike Play

Unsportsmanlike play is not tolerated in USC Indoor Soccer leagues and encompasses playing in an overly aggressive or intense manner, or showing a lack of respect to anyone at a game. The following items may cause a team to lose sportsmanship points from their opponent or the GC, and will result in a **major** offence.

- A player's first offence will result in a 10 minute **major** offence.
- A second offence by the same player will result in a **game misconduct**.
- Unsportsmanlike play includes:
 - Showing displeasure at a play by: throwing equipment in a non-threatening manner, kicking the ball or swearing out loud (not directed at another person).
 - Players attempting to make calls during a game: this can include players on the bench or floor trying to make calls against their opponent or petitioning the GC to make calls.
 - **Slide tackling** is not allowed in any USC soccer league. Slide tackling includes any player, including the goalkeeper, who leaves the ground in a feet-forward motion towards the ball or another player. Any sliding is a safety concern for yourself and your opponent and is considered reckless play.
 - Goalkeepers are allowed to make sliding saves inside their goal area, as long as their body does not travel outside of the goal area and they do so in a safe manner. Goalkeepers who make sliding saves outside the goal area are considered dangerous and will receive a major offence.
 - Contacting an opponent in a non-threatening manner where it appears to be intentional: for example, two players gaining position on the ball and one player pushes against their opponent with their back, hip or shoulder – it is clear that they are not trying to hurt their opponent but they are physically moving them away from the ball. Any use of the hands or more aggressive action will result in a **game misconduct**.
 - An intentional handball to prevent a goal if you are not the goalkeeper.

Serious Offence - Threatening Behaviour Towards an Opponent

Threatening behaviour is a serious offence in USC Indoor Soccer leagues and will result in a **game misconduct** and automatic further suspension upon review by the Club.

- A player's first offence will result in a **game misconduct**.
- Threatening behaviour towards an opponent includes:
 - Aggressive reaction to a play: throwing equipment in a threatening manner or verbally responding in a way that is inappropriate and compromises a fun and safe playing environment.
 - Verbally threatening an opponent: this includes swearing or yelling directly at an opponent or verbally challenging them to a confrontation.
 - Physically threatening an opponent:
 - Slide tackling, kicking, tripping, pushing or checking an opponent with a clear intent to injure or start an altercation.
 - Being involved in a physical altercation that includes pushing, punching, slapping, wrestling or any other physical misconduct.

Serious Offence - Disrespecting a GC

USC GCs are valuable assets to the sports programs and without them there would be no Indoor Soccer leagues. As with all other USC participants, GCs should be treated with respect. Players may disagree with the way a GC is calling their game, but must refrain from challenging a GC during the game.

- A player's first offence will result in a **minor** or **major** offence or a game misconduct depending on the severity of the actions. An automatic review will be done by the Club and further action may be taken.
- Disrespecting the GC includes:
 - Challenging calls: any player that disagrees with a call and tries to make the GC change their call. Once a GC has made a call, the play will resume with no further discussion.
 - Players on the sidelines discussing the GC in a negative manner.
 - Players questioning the integrity of the GC: all GCs are trained in the same manner and do not favour one team over another.
 - Swearing at a GC: this will result in an automatic game misconduct.
 - Physically threatening or confronting a GC: this will result in a game misconduct and automatic further suspension upon review by the Club.
 - Ignoring a GC as they are giving feedback or having a discussion: these conversations can happen before, after or during a game.

SERIOUS OFFENCES AND PLAYERS ON THE FLOOR

- Any time a player receives a **minor** or **major** offence, they must stay off for the full duration.
 - The exception to this is if the team would be short players if the player serving the offence does not return to the floor.
- If a team has only two female players at the game and one of them receives a **minor** offence, she will not serve the offence because the team would be shorthanded, a male will serve the offence for her.
- Anytime a female or male player receives a **major** offence, they will serve it on the bench even if this will make the team short handed. The one exception to this is if the team only has one female playing; if she gets an offence, a male player would serve it for her.
- No team will be forced to play 2 players short due to **minor** or **major** offences. Any offences that would result in the team playing two players short will be served one after another.
 - If a player receives a **game misconduct**, they will always serve the misconduct - even if the team has to play shorthanded for the rest of the game. This applies even if the team is forced to play more than one player short.
- If a team only has the minimum amount of players to field a full team on the floor and one of their players receives a **minor** offence, that player will serve the offence and the team will play shorthanded.
- If a goalkeeper gets a **minor** or **major** offence, the goalkeeper will serve the offence and the GC will allow time for gloves to be changed.