

2014 updated version

PSAA SOCCER RULES AND REGULATIONS

[Note: we are attempting to use most of the standard indoor soccer rules. Please note that coaches are expected to have their players abide by these rules. The purpose of this document is to assist in clarifying how we would like to see our matches played at PSAA tournaments.

1- COACHES:

COMMITMENT

- We are all responsible for leaving the Pine Glen Soccer Centre clean. Please make certain that garbage is disposed of in the appropriate receptacles throughout the day and not left to the end of day clean-up. Only water should be brought onto the field for consumption – other items should stay in the student's bag. [Make certain your team picks up after itself.] Teams should use the appropriate rooms/areas for consuming food.

UNIFORMS

- Standard numbered shirt is a necessity, except for the keeper. [Note: some schools are still grandfathered regarding only have numbers on back of jersey. REMINDER that any school purchasing new varsity jerseys have to have numbers on front and back of shirt.]
- Goalkeeper must wear a different coloured shirt/jersey. [This could be your standard school gym shirt]
- Players are to wear either running shoes or molded cleats.
- Players MUST wear shin guards.

FAIR PLAY

- Coaches need to be supportive of the calls referees make. We have gone through the trouble to hire certified officials. The key is that referees make consistent calls. If an official needs to be corrected about a rule, both coaches of the teams playing must be in agreement that an error in the understanding of the rule needs to be corrected and may together bring this to the official's attention. [i.e. If slide tackles are not allowed but the official thought they were – this should be addressed since this would also be a safety issue for us since we probably put the no slide tackle rule in place for safety reasons - or when a team is allowed to substitute players. This is not about whether you agree or not regarding who gets the throw-in, whether it should have been a corner or goal kick, whether a foul or violation should have been called or not. Following the game, this information should be directed to the tournament convenor to make certain the correction made was accurate.
- Coaches need to make certain that their players, assistants, and players' parents also respect the decisions made by the on field referee.
- Comments made from the sideline should be positive, constructive, and encouraging. Remember, we should model the behaviour we expect.
- Comments by players on the field should be positive and encouraging and relating to the play.
- We are expecting that everyone will use appropriate, non-threatening, cordial language,

and will speak in a tone and manner that is non-confrontational nor condescending.

- Players are not to shout/scream in a manner to unsettle a player in order to gain an advantage. Effect: indirect free kick.

2- GAME RULES:

FIELD

- Field Size: The field will be clearly marked by the Pine Glen Soccer Centre. A regulation soccer pitch has been quartered to make our size fields possible. 35 meters x 50 meters
- Goal crease and box will be clearly marked – approx. 18 m wide x 9 m out.
- Penalty mark: approx. 8 meters from goal line.

NETS

- Nets will be provided by the Pine Glen Centre, and measure about 12' by 6'6"

BALL

- U-12 to use size 4 soccer balls, and U-14 to use size 5 soccer balls.

TIME

- Since we are playing indoors, elements are not a factor – so we shall play matches of straight time. Depending on the number of teams, we would probably have matches run between 20 and 30 minutes in length with 5 minutes provided between matches. There will be an official clock for all the games to start and end. This is different from regular soccer matches where the ref may add on 1, 3, or 5 minutes to a match or not call the game as the play is developing. Due to our time constraints, ALL MATCHES are to start and end based on the official score clock.

The Players

- A maximum of 7 players at one time on the field per team. This would mean 1 goal-keeper and 6 position players. Note that if overtime play is required, the game will be 5 on 5 [1 goalkeeper and 4 position players – 2 less than the regular play.]

Substitutions

-Substitution is unlimited.

You CANNOT CHANGE ON THE FLY/RUN but you must get permission from the referee. For major changes it is recommended that coaches make the change when a goal kick has been called – OTHERWISE you must wait until YOUR TEAM is awarded a kick-in [we are no longer doing throw-ins] so as not to delay the team from putting the

ball in play. ONLY THE TEAM AWARDED the kick-in may substitute. NOTE: You cannot decide to substitute players when the other team is doing so on their kick-in. You CANNOT SUBSTITUTE DURING A PENALTY SHOT, FREE KICK from the field of play, OR CORNER KICK. BOTH teams may substitute after a goal and on a goal kick.

General Rules of Play

- No offside. The only time that players need to be on-side is during the kickoff @ half at the start of the game and after every goal scored.

- Players may either start the kickoff with a forward, side, or back pass. [Cannot shoot ball directly into net - must begin with a pass.]

- Slide tackles are NOT permitted.

- In the Girls' Division, players may play a ball that is coming into their chest area by shielding the chest area with their forearms and play the ball in that manner. It is important to note that the girls will need to keep their arms in line with their body, with their elbows pointing toward the ground in order to avoid a hand ball call.

- Players may score from anywhere on the field of play.

- Balls that are out of play on the sideline result in an indirect free kick [kick-in instead of a throw-in]. {Note: any indirect free kick must touch any other player prior to entering the net to be declared a goal.]

- Keepers may use their hands on the ball only inside the crease area AND when the ball is inside the crease. Note: keepers may not reach outside the box to pick up the ball despite having their feet inside the crease. Effect: free kick from spot ball was touched – which is outside the box.

-Foot passes played back to the keeper may not be played by the keeper's hands. If so, an indirect free kick results. Note: a ball that deflects off a defender's foot is not to be considered a foot pass to the keeper.

-Any irregularities [obstruction, holding, dangerous play, tripping, hand ball] committed by a member of the defensive team in the crease area will result in a penalty shot from the marked area [approx. 8 m].

Point Totals/ Standings/Tie-Break Procedures

- During the round robin portion of the tournament, if a game ends in a tie, it will stay a tie [as voted in August Mtg 2014]. The result is that each team will be awarded one point. A team that wins a match will be awarded three points, while the team that did not win the match will be awarded zero points.

- Should teams tie in the standings and have an impact on which teams are to advance to the playoff round, we shall go through a shoot-out tie break. For a two-team tie break an out of 5 player team shootout will be used. Any 5 players from a team's roster may be used for the shootout. [Max of 10 shots]

Team A – first player to shoot, third player to shoot, fifth player to shoot, etc.
 Team B – second player to shoot, fourth player to shoot, sixth player to shoot, etc.

team A	player 1	player 2	player 3	player 4	player 5
team B	player 1	player 2	player3	player 4	player 5
order	1A/1B	2A/2B	3A/3B	4A/4B	5A/5B
team A	1	x	1	1	1
team B	x	1	1	x	

If one team has more goals than attempts remaining, that team will be declared the winner and the remaining shots will not be required. If tied after the team shootout, a player-by-player shootout will be used [require up to 5 different shooters per team]. Should the player-by-player shootout be required, teams may use players from the 5 player team shootout round. Continue until one team has the advantage after equal number of attempts.

If 3 teams tie, all three teams will be involved in a 6 player shoot-out at the same time. Three team A players will shoot on Team B; three Team B players will shoot on Team C, and three Team C players will shoot on Team A. Once that round has concluded, the remaining 3 Team A players shoot on Team C, Team B shoots on Team A, and Team C shoots on Team B. That will mean a total of 6 shots per team. **[Max of 18 shots] Top goal scoring team earns top spot. In chart below, GB, GC, and GA represent goalie team B, team C, etc.**

team A	player 1	player 2	player 3	player 4	player 5	player 6
team B	player 1	player 2	player3	player 4	player 5	player 6
team C	player 1	player 2	player3	player 4	player 5	player 6
order	a1/b1/c1	a2/b2/c2/	a3/b3/c3/	a4/b4/c4	a5/b5/c5	a6/b6/c6
		a1/GB 1	b1/GC 1	c1/GA 1		
		a2/GB 1	b2/GC 1	c2/GA 1		
		a3/GB 0	b3/GC 0	c3/GA 1		
		a4/GC 0	b4/GA 1	c4/GB 1		
		a5/GC 1	b5/GA 1	c5/GB 0		
		a6/GC 1	b6/GA 0	c6/GB 0		
		team A	team B	team C		
		4 F 5 A	4F 3A	4F 4A		

third first second

- If tied again, the team with fewest goals against takes top spot. [i.e. Team A scores 4 goals and gives up 5. Team B scores 4 goals and gives up 3. Team C scores 4 goals and gives up 4 goals. Since the teams are tied with the same number of goals scored, we go to fewest goals against. Thus team B gets first place, and team C gets second.

Playoffs

- A Playoff game that ends in a tied score after regulation time will:
 - a) immediately play an additional 3 minutes of golden goal time of 5 on 5 soccer - playing with 4 players out and a keeper [2 less than during the regular time]. Teams need to be prepared to get their starting players on the field of play immediately at the conclusion of the regulation time. [There is no time provided for motivational speeches, discuss tactics, or delaying time to allow your players to rest. Pull off two players/ make line-up changes within 30 seconds of the end of regulation time.]
 - b) If no goal is scored during the extra 3 minutes, teams will use the shootout format outlined.

Shootout

Playoff shootout: Any 3 players from a team's roster may be used for the shootout. [Max of 6 shots]

Team A – first player to shoot, third player to shoot, fifth player to shoot.

Team B – second player to shoot, fourth player to shoot, sixth player to shoot.

team A	player 1	player 2	player 3
team B	player 1	player 2	player3
order	1A/1B	2A/2B	3A/3B
team A	1	x	1
team B	x	1	1

If one team has more goals than attempts remaining, that team will be declared the winner and the remaining shots will not be required. If tied after the team shootout, a player-by-player shootout will be used [require up to 5 different shooters per team]. Should the player-by-player shootout be required, teams may use players from the 3 player team shootout round. Continue until one team has the advantage after equal number of attempts.

3- REFEREES:

ATTITUDE

- Will address the players and coaches cordially.
- Will know these rules and will apply them fairly.
- Will attempt to maintain good position on the field in order to make the proper call.

DECISION

- Regarding a referee's call/decision, you may get clarification if you did not hear/understand the call made.
- Bad language and attitude will result in an expulsion from the match [coaches and players].
- In the case of a player in a break away being fouled from behind, the ref will call a free kick and have the player committing the foul being substituted.

CALLS

Hand ball

- If the arm/hand of the player moves intentionally makes contact with the ball, a handball is called, and a direct free kick is given. Even if the handball is not considered intentional, if it results in a player gaining an advantage as a result of the act, the play should be called and a direct free kick awarded.
- If the handball is in the crease, a penalty shot will be called.
- NOTE: In the girls' division, girls may use their arms pressed up against the front of their upper body to protect themselves without being called for a hand ball.

No Throw-in – begin with indirect free kick from sideline. [5m distance by opposing team from spot of ball.]

No Slide tackle

Goalkeeper:

- May play ball with hands in the crease only, and when the ball is in the crease otherwise a free kick will be awarded.
- Should the keeper play the ball with his hands, he/she will have approximately 5 seconds to play the ball. If this is not respected, an indirect free kick is called.

Roster size:

It was approved by the Association that a maximum number of players any school can carry for tournament games is 18.