



Adult 7v7 Indoor Rules

BSC, 24/25

****Unless otherwise outlined in this rule document governing the 2024/25 BSC Adult Indoor Season, all FIFA and OS Rules are assumed.**

THE BALL

The ball must be a size 5. The home team shall be responsible for providing the game ball. The ball shall be judged fit for play by the referee and or facilitator and shall not be changed during the game unless authorized by the referee/facilitator.

The league is not responsible for lost or stolen balls.

REGISTRATION OF TEAM/PLAYERS

Players must be registered with the Burlington Soccer Club before he/she plays in a League game. A team using players not on their team list (unregistered players) will be subject to disciplinary action.

A player can register for multiple leagues or teams as long as the teams aren't in the same division.

No new registrations will be accepted after the 6th week of play in each season.

The League reserves the right to approve or deny acceptance of a team and/or player application.

NUMBER OF PLAYERS

Unless otherwise specified by the rules of the competition, a match shall be played by two teams, each with not more than seven players (including goalkeeper) and not less than four players (including goalkeeper) on the field of play.

The rules of the competition shall state the number of players on each team who may be dressed to play. All persons dressed to play shall be subject to the authority and jurisdiction of the referee. Substitutes may be used in any match in accordance with the rules of the competition. Substitutions shall be made on the fly and the game shall not be delayed to allow substitution, except for the substitution of the goalkeeper. Any of the other players may change places with the goalkeeper, provided that the referee is informed before the change is made, and provided also, that the change is made during a stoppage of the game.

When any player other than the goalkeeper is to be replaced, the substitute shall not enter the field of play until the player being replaced is within 1 meter of the bench area. Neither the player entering nor the player leaving may interfere with the play while both are on the field. The substitution is completed when the substitute enters the field of play, from which moment the substitute becomes a player and the player being substituted ceases to be a player. All substitutions must take place at the half-way line. Players cannot exit behind goals or other side of field.

****The minimum number of players for a game to proceed will be 4 players. If a team has less than 4 players the game will be forfeited after a 15-minute grace period.***



**Coed Division - If a team does not have at least 2 female players on the field or the bench when the games starts, they must play 1 man short (7v6). If they do not have any female players on the pitch the game is forfeited after 15 min.*

PLAYER EQUIPMENT

If there is controversy or debate over the safety of a player's equipment the referee will have the final say on its eligibility.

Players shall not wear anything which is dangerous to themselves or another player.

- 1) The basic equipment of a player shall consist of a numbered shirt, shorts, socks, shin guards and footwear. The footwear shall be appropriate to the indoor game and the playing surface. Outdoor shoes are permissible
- 2) Shin guards, which must be covered entirely by the socks
- 3) Team colours shall not conflict with each other. Goalkeepers shall wear colours which distinguish them from each other, the other players and from the referee
- 4) It is mandatory for all players on the team to have the same shirts with different numbers
- 5) No jewelry is permitted, even if taped. The only item that is permissible is a medic-alert bracelet that is deemed secure and safe by the referee prior to play.

In the event that both teams have same-coloured jerseys/uniforms, the home team must wear alternate jerseys and/or pinnies.

THE GAME

Games must start and finish on time and teams must be ready to play 5 minutes prior to the scheduled kick-off time. A minimum of 4 players are required to start a game. If teams cannot field a team at their scheduled times, they have 15 minutes before the result of the game is a forfeit (3-0). The game will consist of one 50-minute game (running time); games starting later may have their game time reduced. If 35 minutes of the game has been played and the game gets abandoned the score will stand with no rescheduled game given. All games will consist of 6 outfield players and a goalkeeper (7v7).

Goalkeepers may not slide feet first. Spitting on the fields will result in an automatic red card. No Slide tackling; sliding without attempting to contact the opposing player may not be considered a slide tackle, therefore no foul.

Time shall be extended to permit a penalty kick being taken at or after the expiration of the normal period in either half. Teams and players must not enter the field of play until 5 minutes prior to the start of their time slot and must leave the field of play immediately after the conclusion of their match.

Captains are responsible for providing the game sheet to the referee. All areas of the game sheet must be completed before handing it to the referee. Captains are responsible for all players on the team at all times. Players will conduct themselves in a reasonable manor in accordance to the rules and regulations of the BSC Adult League. If a game is abandoned due to actions of one team's player, the game will be scored 3-0 in favor of the opposing team.

There is no offside offence in 7v7 soccer.



THE START OF PLAY

Kick-Off: A kick-off is the way of starting or restarting play:

- 1) At the start of the game
- 2) After a goal has been scored

A goal may not be scored directly from a kick-off.

BALL IN AND OUT OF PLAY

The ball is out of play when it fully crosses the out of bounds line.

The ball is out of play and play will be restarted by an Indirect Free Kick awarded to the other team should the ball touch the wires in the dome.

METHOD OF SCORING

A goal is scored when the whole of the ball passes over the goal line.

FOULS AND MISCONDUCT

Anyone who commits a foul shall be penalized by the award of a **free kick** to be taken by the opposing team from the place where the offense occurred.

Yellow Card (Caution) Offences (as deemed by the referee)

- 1) Is guilty of unsporting behaviour
- 2) Shows dissent by word or action
- 3) Persistently infringes the Playing Rules of Indoor Soccer
- 4) Delays the restart of play
- 5) Fails to respect the required distance when play is restarted with a corner kick or a free kick
- 6) Enters the field of play without the referee's permission other than in the act of substitution
- 7) Deliberately leaves the field of play without the referee's permission other than in the act of substitution or directly returning to the team bench after serving a time penalty
- 8) Or slide tackles or attempts to slide tackle

Red Card (dismissal) Offences (as deemed by the referee) 1) 1) Is

- guilty of serious foul play
- 2) Is guilty of violent conduct
- 3) spits at an opponent or any other person
- 4) denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within her/his own penalty area)
- 5) denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- 6) uses offensive, insulting or abusive language and/or gestures
- 7) or receives a second caution in the same match



Time Penalties

- 1) A player committing any offence may be given, at the discretion of the referee, a 2-minute time penalty.
- 2) A player who is cautioned shall serve a 2-minute time penalty.
- 3) A team, one of whose players has been sent off, shall serve a 5-minute time penalty and be asked to leave the field of play.

Discipline & Banning Players/Teams

Misconduct and violation of the rules may result in suspensions, point deductions or expulsions from the league without a refund to the player or team.

Any player or team official reported of violent conduct during a match, who is found guilty of such conduct, may be removed from the league.

If a player receives 3 red cards throughout the course of a year playing Indoor or Outdoor, the BSC will review the players discipline record and will have the authority to ban the player from the league and facilities.

The Burlington Soccer Club reserves the right to take disciplinary action against any individual player and/or team that has, in the opinion of the BSC, acted in a manner deemed to be detrimental to the values of the Club. Such action includes but is not limited to game suspension, denial of access to facilities, removal of a team from the league.

KICKING PROCEDURES

FREE KICK

ALL FREE KICKS SHALL BE CLASSIFIED AS "INDIRECT" (i.e. a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal). *Penalty kicks are the only kick that is direct.

PENALTY KICK

A penalty kick shall be taken from the penalty spot by a player on the field at the time of the infraction.

KICK-IN

When the ball crosses the out of bounds line, whether in the air or on the ground, the opposing team is awarded with a kick-in. The team defending a kick-in must keep a distance of 5 meters. A GOAL MAY NOT BE SCORED DIRECTLY FROM A KICK-IN.

GOAL KICK

When the opposing team kicks the ball over the goal-line, the defending team is rewarded with a goal kick. The opposing team must be clear of the penalty area and 5 meters from the ball. A GOAL MAY NOT BE SCORED DIRECTLY FROM A GOAL KICK.

CORNER KICK

When the ball crosses over the goal line, having last been played by the defending team, a member of the attacking team is awarded with a corner kick. A GOAL MAY NOT BE SCORED DIRECTLY FROM A CORNER KICK.



GAME PROTEST

A team can protest the eligibility of an opposing player before the game has begun. The protest must be made to the referee or league staff, at which point they will confirm the eligibility of the player. If a team is found using ineligible players, they lose by forfeit 3-0 and will face disciplinary action.

Any league or referee complaints are only dealt in writing. Please email all complaints to customerservice@burlingtonsoccer.com.

NO SHOW AND DEFAULT

A team not fulfilling its commitment or failing to show up for a game without 24 hours' notice can be subject to league suspension. Any team who defaults 3 games may be expelled from the entire league.

LEAGUE SCORING & TIE BREAKERS

A team shall be awarded 3 points for a win, and 1 point for a draw. In the event of a tie in the league standings at the end of the season, the tie will be broken according to the following:

- 1) Points
- 2) Goal Difference
- 3) Goals For
- 4) Head-to-Head
- 5) Coin Flip