BURLINGTON SOCCER CLUB
3325 North Service Road, Unit 1, Burlington ON L7N 3G2
905.333.0777 • www.burlingtonsoccer.com

Indoor Rules

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

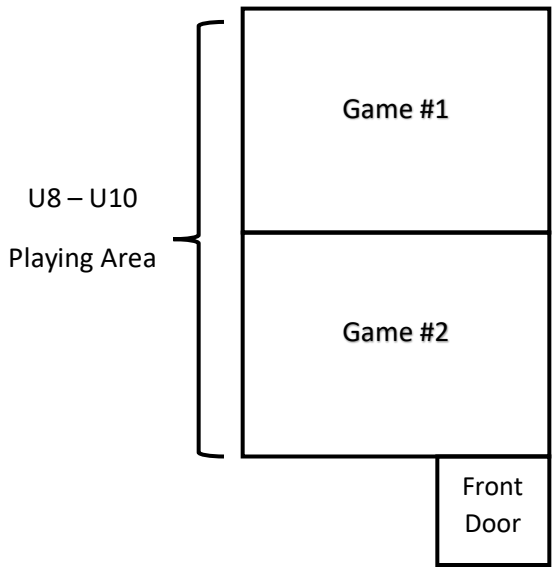
RULES OF PLAY

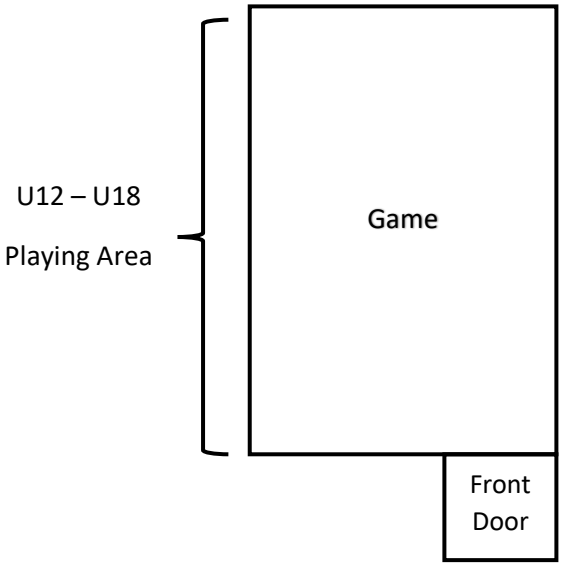
Burlington Soccer Club (BSC) Youth Indoor League games will follow the FIFA Laws of the Game and the OS Playing Rules for Indoor Soccer unless otherwise stated in BSC Rules.

PLAYING AREA

The playing area for each division will be as follows:

Division	*Playing Area*
U8	2 Games / Field
U10	2 Games / Field
U12 – U18	1 Game / Field





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RECREATIONAL INDOOR FORMAT

	U8	*U10*	*U12*	*U14 – U18*
Pass-In	Yes or Dribble In	Yes or Dribble In	Yes	Yes
Corners	No	Yes (please refer to "Corners" in this document)	Yes	Yes
Match Official	Game Leader & Coach	Small-sided Game Official	Yes	Yes
# of Players	5v5	5v5	7v7	7v7
Retreat Line	Halfway	Halfway	1/3 Field	No
Duration	4 x 11 Minute Quarters*	4 x 11 Minute Quarters*	50 Min. Game (no halftime)	50 Min. Game (no halftime)
Substitution	At the end of each quarter or in the case of injury		On the Fly	On the Fly
Ball Size	3	4	4	5

***any player that receives treatment for an injury, with the exception of the goalkeeper, **must leave** the field of play.*

Rule Amendment – First Two (2) Weeks of the U8 & U10 Fall Indoor Season ONLY

For the first two (2) weeks of the 2026 Fall Indoor Recreational Season, the U8 and U10 divisions will follow the game format outlined below:

- Warm-up: 10 minutes
- Game format: Two (2) 20-minute halves

Following the completion of the second week, the standard recreational game format of four (4) 11-minute quarters will take effect and remain in place for the remainder of the season.

NUMBER OF PLAYERS

For U12+ a team must field no fewer than five (5) players including a goalkeeper at the scheduled kick-off time. A 10-minute grace period will be provided from the scheduled start time in order for a team to field the minimum number of players. Failure to do so will result in a forfeiture and the score will be determined by the club.

PLAYERS EQUIPMENT

Players must wear their assigned uniforms. Indoor suitable shoes that do not pose a risk to the player or others on the field may be worn. The match official will determine the suitability for the field of play. Shin guards **must** be worn and completely covered by socks. Should long tracksuit pants be worn, the shin guards must still be covered and worn. No exceptions.

Absolutely **no jewelry shall be worn**. Using tape to cover jewelry is **not acceptable**. Medic Alert bracelets must be shown to the match official prior to kick-off if worn to ensure they are secured and safe.

GAME DURATION *(see chart)*

All games will start promptly, as per schedule, and will finish after 45/50 minutes (sound of buzzer) after the scheduled time, regardless of the actual start time. The match official/game leader will keep the official time and not award any additional minutes for stoppages.

KICK-OFF, FREE KICKS AND PENALITIES *(ball must be stationary for all)*

Kick-Off

Only two (2) players will be in a position to play the ball at kick-off at the beginning of each half or after a goal scored by the opposition. All other players shall be a **minimum** of five (5) metres (m) from the ball which can be kicked and clearly moved in any direction.

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

Free Kicks & Penalty Kicks

Free kicks and penalty kicks may be awarded and taken in accordance with FIFA Laws of the Game (LOTG), with the following modifications

1. Penalty kicks will be taken from the penalty mark or 3m above the penalty area line parallel to the goal line. If a penalty kick is awarded before the buzzer, it **must be** completed (even after the buzzer has gone).
2. All other Free Kicks are **indirect**
3. Indirect Free Kicks will be awarded for all infractions except for those that occur inside the penalty area of the team that commits the infraction that the match official deems to be a foul whether intentional or not. These will be penalty kicks and will be the only **direct free kicks** allowed.
4. A goal **cannot** be scored directly from an indirect free kick unless the ball has been touched by another player before completely passing through the goal line. The secondary touch of the ball can come from a teammate or an opposing team's player.
5. Corner kicks are indirect and shall be taken from the place where the goal line and touch line meet closest to where the ball passed over the defending teams goal line. A goal **cannot** be scored directly from a corner kick.
6. All opponents must be 5m from the ball for each free kick.
7. No free kick shall be taken from closer than 5m from the goal.

Corner Kicks – U10 Only

Corner kicks for our U10 age group will follow the new modified rules, as per Ontario Soccer. The result is that corner kicks will be placed 5-yards up the sideline, rather than at the traditional corner spot, and will allow the player to choose to kick or dribble in. **refer to Appendix*

PASS IN

When the ball passes over the touchline, whether on the floor or in the air, a pass in will be awarded to the opposition of the team that last touched the ball. All opposition players must be a minimum of 3m from the place where the pass in occurs.

Pass-ins only for U12+. All U8-10 teams are able to pass or dribble in.

A goal **cannot** be scored directly from a pass in or from a dribble in.

GOAL KICK

The ball **must** be stationary for a goal kick. A goal kick is awarded when the ball passes over the goal line and not between the goal posts, last touched by the team attacking that goal.

RETREAT LINE

For U12 and under, the retreat line will be respected on any goal kick or save by the goalkeeper where the goalkeeper picks up the ball. The retreat line will be outlined as above for all age groups. Players from the opposition cannot cross the retreat line until:

1. A second player on the kicking team touches the ball
2. The ball crosses the retreat line
3. The ball goes out of play

The ball **must** leave the penalty area to be in play and failure to do so will result in a retake.

If the goalkeeper touches the ball a second time after it is in play before being touched a second time by anyone else, a free kick will be awarded to the opposition.

If a second player deliberately delays touching the ball, the match official can say “ball in play” if they feel this is tactical.

If the opposing team crosses the retreat line and gains an advantage by touching the ball or interfering with a player before the kicking team can successfully touch it, the goal kick shall be retaken.

SLIDE TACKLES

Slide tackling is a foul in indoor soccer. A slide tackle is deemed when all players, including the goal keeper, slide to tackle an opponent to dispossess them of the ball. Should contact be made with an opponent, a caution may be issued at the discretion of the match official.

Players **may** slide to keep the ball in play or to save the ball from entering the goal as long as there is no contact with an opponent.

CAUTION & DISMISSALS *(U12+ ONLY)*

A 2-minute penalty may be awarded by the match official without having to issue a yellow card. Yellow card infractions will always carry a 2-minute penalty. Players will serve the full 2-minutes regardless of events on the field of play.

Two (2) yellow cards will result in an automatic red card and dismissal.

A player who receives two yellow cards in the same game is no longer eligible to participate in that game. The team is able to replace that player after a 2-minute penalty is served.

Straight red card offences will be handled in a similar way, whereas the team of the player receiving the red card will serve a 5-minute penalty regardless of events on the field of play. A player that receives a red card is no longer eligible to participate in that game. The team is able to replace that player after a 5-minute penalty is served.

PENALTY AREA

There will be an area in front of the goals called the penalty area. If a deliberate handball by the defending team occurs within its own penalty area, a penalty will be given from 3m from the edge of the penalty area, parallel to the goal line or the penalty mark (if present).

SUBSTITUTIONS

Substitutions will be on the fly **for all U12+ age groups,** and the match official does not need to be informed. However, the player entering the field of play must do so at the halfway line and only enter the play after the player they are replacing has left the field of play (preferably close to their own team's bench). Substitution of the goalkeeper **must be** made at a stoppage in play.

The match official will monitor all substitutions for fair play.

For all other age-group substitution rules, please refer to playing format chart on page two (2).

LEAGUE CHAMPIONS

Where a tie occurs at the end of the league schedule, tournament rules shall be used to determine the final order of team standings.

In the event that a game goes to kicks from the penalty mark at any time during playoffs or championship games due to a winner having to be determined after a tied game, teams must have an equal number of players taking the kicks, but will not be limited to those players on the field at the end of the game.

A coin toss by the match official will determine which team has the choice of kicking first or second.

Both teams will take three (3) alternating kicks and if still tied, a sudden-death scenario will take place.

Before any player kicks a second time, all players must have taken a kick (incl. both goalkeepers).

Example

If one team has 10 and another has 9, then one player from the team of 10 does not take a penalty, therefore 9v9.

APPENDIX – Modified Corner Kicks (U10 Only)

