

Co-ed Indoor Soccer Rules

All teams must have a minimum of four players & a goalie appropriately dressed and on the court prior to the scheduled start time to avoid default. If the official feels that one team needs to wear pinnies to properly identify themselves, it is the responsibility of the teams to sign them out (with ID).

Games will consist of a short warm-up period and two 15-minute running time periods with a quick 3-5 minute break (total 40 minutes). Time may only be extended for a penalty kick and/or unusual delays.

Teams may have up to four players on the court at any time (and a goal keeper). There must be at least one male and one female on the court at all times. Teams are entitled to substitute at any time during play as long as the player coming off the floor is in the bench area before the substitute player takes the floor. Teams may carry up to 3 substitute players.

GOAL KEEPERS: Goalies will be required to wear a pinny to differentiate themselves from the remaining players on the court. Goalies will be permitted to use their hands only while in the designated area marked by the taped crease. If a Goal tender picks up the ball they must pass the ball to an opponent before attempting to score. (i.e. they cannot score off of a goalie kick)

The gym walls are live. The ball may be played off the wall in an attempt to pass or shoot however; a height restriction will be enforced. If the ball hits the bleacher area or a person in the bleacher area, it is still considered live (with caution). Players will be held accountable for any damage done to the facility as a result of a deliberate and malicious kick, (i.e. score board, etc.).

NOT PERMITTED: Slide tackles, shoulder charges, tackling from behind, swearing, or fighting. All of these infractions will be subject to further disciplinary actions and may result in lengthy suspensions.

PENALTY KICKS: A short running start will be allowed for penalties; however, they will be taken from the centre line.

YELLOW CARD: When a player has received a yellow card he must sit off for two minutes and their team must play short-handed for two minutes. A two-minute bench penalty will be assessed for pre-mature entry. Any player receiving two yellow cards within a three game span will be suspended for a minimum of one game and will have a hearing with the Director of Athletics and Recreation.

RED CARD: Any player receiving a red card will be suspended for a minimum of two games and it will be considered as a Technical Disqualifier.

The default score will be 7-0 and if your team defaults they will lose 2 points in the overall standings. A maximum difference in score of 12 goals will be tolerated. Games ending in a tie during the regular season will remain a tie. Games ending in a tie during playoffs will be decided by a 5-minute overtime period (sudden death). If still tied at the end of sudden death a 5-player shoot out will ensue. Note: A minimum of one female and male must participate in the shootout. If still tied, a sudden death shootout will occur with each team listing three shooters. The minimum requirement is still in effect.

APPROPRIATE ATTIRE: SHORTS/SWEATS, T-SHIRT, RUNNING SHOES (NON-MARKING SOLES)

If there are any questions or concerns please feel free to contact Emily Taylor at Emily.taylor@kwantlen.ca or 604-599-2307.