



2019-2020

OFFICIAL RULEBOOK

BENEFITS OF THE AISL

The AISL offers an extensive list of benefits to its members.
The full range of products and services include:

- Online registration
- Supplemental sport accident insurance for players
- Online stats, schedules, and administration
- Balanced schedules and divisional parity
- Facility champions and playoff prizing
- BC Soccer certified referees

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SECTION ONE: THE FACILITY

1.1 ARENA/INDOOR FIELD PROPERTY

Any damage to the arena/indoor field property will be paid for by the individual(s) responsible, prior to participation in further league games. Non-compliance constitutes automatic indefinite suspension from the league and possible legal action. If the individual(s) responsible for the damage cannot be identified, the team will be removed from the schedule until the damages are paid in full.

Individuals using the facility do so at their own risk. The operator assumes no liability for any injuries or accidents which may occur.

CANLAN CORP

Participants and spectators are to be advised that Canlan Corp. is a private facility and anyone who does not act or behave in an appropriate manner can be disqualified from participation in our leagues and also barred from entering our property and premises. Any such decision to bar any individual from our facility will be the decision of the facility General Manager and is NON-APPEALABLE.

1.2 ALCOHOL CONTAINERS & SMOKING POLICIES

As of May 1st, 2013, all Canlan Ice Sports owned and operated facilities have adopted a ZERO tolerance policy on Alcohol consumption and transport as well as Smoking in unlicensed areas of our facilities. This includes, but not limited to, lobbies, parking lots, area playing surfaces and surrounding areas, and dressing rooms. Any player/team found consuming or carrying alcoholic beverages or smoking in non-designated areas will receive a warning letter (1st offence) outlining the policy and expectations moving forward. A second offence by the same team/ player will result in a \$500 refundable performance bond that will be taken immediately. This will be returned in full at the conclusion of the season if no further incidents arise. If a 4rd offence occurs, the \$500 bond will not be returned and the team/player will be suspended indefinitely from the AISL participation and must apply for reinstatement at a later date. No refunds will be issued for league fees under any circumstances.

We remind all members that the consumption of alcohol in unlicensed locations and smoking indoors is against the law and that serious liability issues may arise from this action. Teams are to be out of the dressing rooms after their games in the specified time period outlined by the facility. Players will be asked to voluntarily withdraw from any League game if any League Official suspects that a Player or Team is participating under

the influence of alcohol or drugs (before or during a game). If a player refuses to leave the playing surface, the game will be temporarily stopped until the player in question withdraws from the game. Failure to comply may result in the offending team forfeiting the game. Supplementary discipline may be levied against the Team and/or Player(s) involved.

1.3 ILLICIT DRUG USE

Illicit drug use in Canlan facilities or any of our managed locations, including satellite locations, is strictly prohibited. Teams or individuals found in violation of this policy will be suspended indefinitely. No refunds will be issued.

1.4 FOOD & BEVERAGE

No food, beverages, chewing gum or tobacco products are permitted within the field area (water bottles are permitted on player benches). Please respect this rule as the makeup of the field turf playing surface restricts excessive cleaning.

1.5 SPITTING ON THE FIELD

Spitting on the field is not permitted at any time. Please respect this rule as the makeup of the field turf playing surface restricts excessive cleaning. Please respect the other user groups in the facility at all times!

1.6 PERSONAL PROPERTY

The league accepts no responsibility for personal property. We strongly suggest that no valuables be taken into the facility. Locks are not provided for dressing room doors, so it's the team's responsibility to provide their own lock to secure the room prior to going on the field.

1.7 NOTICES

All players should check the league bulletin board and internet for any postings concerning game changes, standings and league news. Team Representatives are encouraged to check in with the league office before each scheduled game and communicate all concerns to the League Manager.

1.8 ACCIDENTS

All accidents and injuries must be reported to the League Manager and to the Facility Management, immediately after an incident has occurred.

SECTION TWO: LEAGUE ADMINISTRATION

2.1 TEAM REPRESENTATIVE & HIS/HER DUTIES

Each team must have a declared Team Representative. The registered Team Representative is responsible for the conduct of the team. The Team Representative shall be responsible to ensure all of his/her players have registered with the league, by filling out the online league registration form before playing their first game. Also, in the event that the official requires the identity of any player, the Team Representative must truthfully and accurately provide that information (ex: red/yellow cards or game ejections).

All Team Representatives are responsible to ensure full registration of all players on their team, including spares. Failure to ensure full registration of all team members by the Team Representative can result in severe penalties to the team. There will be zero tolerance for playing unregistered players. Team Representatives are encouraged to be an active playing participant on their teams. If the registered Team Representative is a non-player, the team must declare a playing Co-Team Representative.

It is the expectation of the League Office that Team Representatives will embody the philosophy of Canlan Corp. which is fun, safe, and enjoyment of the game of soccer for all. Team Representatives are expected to control their teams and encourage the league philosophy or risk being held accountable for team actions.

2.2 ELIBILE PLAYERS

Only eligible players registered with the league may participate. ALL PLAYERS MUST LEGIBLY SIGN AND PRINT HEIR OWN NAMES ON EACH OFFICIAL GAME ROSTER. Jersey numbers must also be inputed on the roster sheets alongside their names before every game. Forging of signatures or use of abbreviated signatures may result in a player's disqualification from that game, or a team default of that game. A team found guilty of using an ineligible player during a playoff game will be assessed a default loss for that game. It is the responsibility of the Team Representative to ensure that all players have printed and signed their names on the game roster and that all players are eligible for participation in the game.

If there is a discrepancy between the number of games played listed for a player on his/her online roster and the number of official game rosters printed and signed by the player, then the number of properly signed official game rosters will be used to determine eligibility. The Team Representative (or designated alternate) is responsible for ensuring their online roster accurately reflects the correct games player statistics for all of his/her players.

All players participating in an Adult Indoor Soccer League (AISL) must be 18 years of age or older. Any player under the age of majority must acquire the League Manager's approval and submit written parental consent prior to registration.

Players may play on multiple teams within a division during a season, with the exception of playoffs. For playoffs, players who play on multiple teams within a division will have to choose a single team for the duration of playoffs. No changing of teams during playoffs will be allowed.

Players who are sparing with a team must provide their Personal Identification Card and check in with the timekeeper to ensure they are added to the roster.

2.3 PLAYER IDENTIFICATION

All players participating in the AISL are required to register online at www.registration.canlansports.ca and to complete their registration by signing the league waiver at the facility before they participate.

Additionally, all players must carry government-issued photo identification (ID) or player ID card in the facility on their person and be prepared to produce it for League staff upon request. Checks for ID may be randomly conducted and failure to produce ID will prevent the player from being permitted on the field.

Government-issued photo id's are **mandatory** for the participation in all playoff games.

2.4 PLAYOFF ELIGIBILITY

For a player to be eligible for playoff competition, he/she must meet or exceed a minimum of 33% of regular season games played with the team that he/she wishes to play for in playoffs with.

Example 1: Player participates in six of twenty regular season games = 30% and is therefore ineligible for playoff participation.

Example 2: Player participates in seven of twenty regular season games = 35% and is therefore eligible for playoff participation.

The only possible exception to this rule is in the case of severe player injury. If a player misses several regular season games due to a serious, documented injury, a valid doctor's certificate will be required that specifically indicates the date the injury was reported. The doctor's certificate must be handed in to the League Manager before the player returns to the field. The League Manager will then subtract the games missed due to injury from the team's total games and the player will be deemed eligible if they have played in at least 33% of the games that were

not covered in the doctor's certificate.

2.5 TEAM NAMES & JERSEYS

All teams will be required to register using a unique team name. All team names must be approved by the League Management and should not include language which could be taken as offensive or objectionable in any context.

All players must wear matching jerseys, and be numbered differently. The number on the jersey must be at least six inches high. In the event of a conflict of team colors (the visiting team representative and/or official will determine if there is a conflict), the visiting team will wear their alternate jerseys or the league jerseys (pinnies), providing they are available and requested. It is highly suggested that all teams carry a second color of jerseys with them.

2.6 ROSTER LIMIT

Each team is permitted to dress a maximum of 18 players for an AISL game. The number of persons on the bench for any AISL game shall not exceed 20 (including coaches and/or trainers).

2.7 NUMBER OF PLAYERS

Each team will have a total of 6 players on the field, including the goalie. Due to insurance and eligibility requirements, official game rosters must be signed by each player prior to every game. Signing in refers to printing their name and jersey number as well as signing the game roster sheet.

For all co-ed games: Co-ed teams need a minimum of 2 females and 2 males (non-goalie) on the field at all times. If there is only 1 female OR 1 male, then the team must play down a player for that gender.

Winnipeg Exception: A minimum of 3 players (non-goalie) must be female at all times. Should a team have less than 6 players, the number of female outfield players may be equal to the number of men outfield players. At no time, may there be less female players than men. If the team is not able to comply with this rule within 10 minutes of the scheduled start time, then the team that is short players will forfeit the game.

2.8 SIGNING OF GAME ROSTERS

Due to insurance and eligibility requirements, official game rosters must be signed by each player prior to every game. Signing in refers to printing their name and jersey number as well as signing the game roster sheet.

NOTE: Any person(s) behind the bench must sign the official game roster for insurance purposes.

2.9 AGE-RESTRICTIVE DIVISIONS

To participate in any age-restrictive division, all players must be the minimum allowable age (ex: 35+, 40+, 50+, etc.) as of December 31st of the year in which the season began.

2.10 SKILL LEVELS – DIVISIONS

AISL Management reserves the right to move a team to a different division based on overall and/or individual player skill level, win/loss record, or statistical data versus current divisional opponents. This rule is applicable at any time during the season.

2.11 SKILL LEVELS – PLAYERS

AISL League Managers reserve the right to limit player(s) to what division(s) they can play in, based on skill and/or experience level.

2.12 STANDINGS & TIE BREAKERS

Standings will be determined by winning percentage and will establish playoff rankings. Winning percentage will be calculated through games played in current division. This ultimately levels out the playing field for teams forced to move divisions throughout the season.

Tie breakers are as follows:

- a) Winning percentage
- b) Best record in head-to-head (applicable for 2 team ties)
- c) Most wins
- d) Largest goal differential (goals for minus goals against)
- e) Least goals against
- f) Coin toss

Note 1: If there are still teams tied after a step (ex: no single team is advanced), only the tied teams from that step move on to the next step of the procedure.

Note 2: Each time one team has been advanced using this method (ex: a tie has been broken) the remaining teams that are tied will revert back to step a) to break the remaining tie(s).

2.13 PLAYOFF STRUCTURE

Divisional playoffs will follow the official AISL format. The brackets will be posted online (or distributed to Team Reps) at least one (1) week prior to the first playoff game.

Note: The AISL Manger may alter the standard format due to special circumstances.

SECTION THREE: DISCIPLINE

3.1 FOULS, MISCONDUCT & DISCIPLINE

Team Representatives are fully responsible for their teams. The AISL Management reserves the right to apply escalating levels of discipline to Team Representatives whose teams are often playing overly aggressive or are verbally abusive towards opponents/officials/staff and/or receives an excessive amount of yellow or red cards.

All players who receive a yellow or red card must accurately and truthfully identify themselves to the referee. If the player refuses to do so, they will no longer be allowed to participate in the game and the Team Representative will then be required to identify the player. If the Team Representative should refuse, the Team Representative will personally serve the full suspension in place of the player who was not identified.

3.2 YELLOW CARDS

A yellow card shall be considered an official caution. Any player who receives a yellow card receives a 2 minute penalty. Their team will be short handed for a full 2 minute period. If the goalie gets the penalty, someone that was on the field when the penalty was awarded must serve the penalty.

If 3 different players were to receive a penalty (at separate times) the player awarded the third penalty will not start serving that penalty until the first person's penalty is over. The player that is penalized first may not enter the field until a stoppage in play or until the 2nd penalized player's time has expired. The minimum number of players on the field at anytime is 3 (not including the goalie).

If two players receive coincidental 2 minute penalties, both teams shall play at even strength (5 players and a goalie per team). The players must wait until the first stoppage in play after the penalty has expired to return to their benches.

Any player who receives two yellow cards in a single game will also receive a red card (see section below).

If a player accumulates 3 Yellow Cards throughout a season, they will be awarded a Red Card (1 game suspension). They will be allowed to play the remainder of the game they got the third yellow card in, but will sit out the following game.

3.3 RED CARDS

Players receiving a straight red card in a game shall be ejected from the game and will also not be permitted to play the next game. In addition, their team will play short-handed for 5 minutes (running game time – timed by the referee). If a male player receives the red card, another male player must sit the 5 minute penalty in the box. If a female player receives the red card, a male or female will sit the 5 minute penalty in the box. Each red card incident will be reviewed by League Management.

Players receiving 2 yellow cards in a game will be ejected and will be required to sit the next game. In addition, their team will play short handed for 5 minutes (running game time – timed by the referee).

If red cards are given to each team (at the same time) both teams will remain at full strength. Each player will be required to sit the next game. Player's ejected from the game are obligated to retire to the dressing room and/or leave the viewing area entirely. Ejected players who remain at the field or refuse to go to the dressing room will be subject to further suspension and/or possible expulsion from the league. In this situation, AISL officials can end the game prematurely and charge the offending team with a default. Any player who has been ejected from a game and returns to the field surface will face an indefinite suspension pending review by AISL management.

3.4 TEAM FOUL RULE

Any fouls other than those resulting in yellow or red cards will be recorded by the referee or by the timekeeper under the direction of the referee. Each team will be allowed 4 team fouls per half without penalty. Upon receiving a 5th team foul; the referee shall award a 2 minute penalty to be served by any player from the offending team who was on the field at the time of the infraction (male or female). After receiving its 5th team foul, the team's foul total returns to zero and the count begins again. Teams always begin each half with no team fouls. Please note that yellow and red card infractions do not count against the team foul total.

Note: Accidental handballs do not count as part of the team foul count.

3.5 SUSPENSIONS

All infractions occurring before, during and after any scheduled game are subject to review by League Officials. AISL Management has the authority to levy suspensions in accordance with the minimum standards and at their discretion, increase or decrease suspensions due to extenuating circumstances. League Management reserves the right to increase suspensions due to the violation of the philosophies of Canlan Corp.

A player receiving a suspension of more than one game is suspended from all AISL teams until their suspension is completed (ex: their return date is achieved). For example, a player is playing for team "A" and team "B". The player received a 3 game suspension for fighting while playing for team "A". The player must sit out three of team "A's" games before he/she is eligible to play again for team "A" or team "B". Therefore, if team "B" has 2 games in that period of time, the player will sit out a total of 5 games for the original penalty infraction (applies to men's, co-e and women's).

Players are not permitted on the bench (or near the bench area) during games while they are under suspension.

OFFENCE & MINIMUM RECOMMENDED

2 yellow or 1 red card	1 game & review by League Manager
Red Card (first offence)	1 game & review by League Manager
Red Card (second offence)	2 games & review by League Manager
Red Card (third offence)	5 games & review by League Manager

MATCH PENALTY & MINIMUM RECOMMENDED

Fighting (first offence): 3 to 5+ games (depending on severity, instigator, aggressor, official's report, etc.) The instigator will receive indefinite suspension from the league upon return (if allowable), all players who have served indefinite length suspensions will be required to post a monetary bond.

Fighting (second offence): Indefinite suspension from the league

Players playing while under suspension will have their suspension doubled and cause the team they played for to forfeit any and all games they played in while under suspension.

Match Penalties are issued for immediate game ejections and will result from one of the following 3 categories;

3.6(A) SERIOUS FOUL PLAY

Serious Foul Play is defined as "Intent to injure, when the ball is in the vicinity." Minimum recommended suspension: 3+ games (more if injury results).

Example: Boarding, Illegal Tackles (slide or from behind)

3.6 (B) VIOLENT CONDUCT

Violent Conduct is defined as "Away from the play, intent to injure."
Minimum recommended suspension: 5+ games (more if injury results)

Examples:

- Fighting (attempting to or intending to) – **zero tolerance**
- Boarding (deliberate)
- Punching
- Reckless play
- Kicking
- Spitting (due to its foul nature, spitting is considered violent conduct)
- Throwing or kicking an object at another player, game official or facility staff member.
- Leaving the bench area to join an on-field altercation

3.6(C) FOUL AND ABUSIVE LANGUAGE & ACTIONS (INCLUDING RACIAL/CULTURAL SLURS)

There is zero tolerance for violent conduct and abusive behavior in the Adult Indoor Soccer League. Any player/team/participant found to be conducting themselves in a violent way can have permanent suspensions and banishment from all league play issued during a first offence. The League Office reserves the right to determine the length of suspensions that fall into this or any category.

Foul language or abuse directed at another player carries a minimum recommended suspension of 3+ games.

Foul language or abuse directed at an official or facility staff member carries a minimum recommended suspension of 3+ games.

Threatened aggression directed toward another player carries a minimum recommended suspension of 3+ games.

Threatened aggression directed toward an official or facility staff member carries a minimum recommended suspension of 5+ games.

Physically shoving, hitting, kicking or otherwise improper touching of a game official or facility staff member will result in a lifetime suspension and possible criminal charges! Lifetime suspensions are non-appealable.

The lengths of all suspensions are determined by the League Management and/or Senior Management of Canlan Corp.

3.7 SUSPENSION APPEALS

A player may appeal a suspension of five or more games by filing a written submission with the League Manager and paying a two hundred dollar (\$200) review fee. The appeal letter must be submitted to the League Manager within forty-eight (48) hours of the suspension(s) issue and must be paid before an appeal hearing will be organized.

The letter must outline the basis for the appeal (ex: player's penalty history, comparable suspension length for a similar incident, etc.) and include the registered charity of choice. A suspension appeal may only be made by the Team Representative.

The League Manger will convene a hearing with an odd number of Team Representatives (minimum three) currently registered with the League at the facility. The committee will examine league evidence, review the appeal letter, and allow an opportunity for the suspended player to address the panel. If the suspension length is reduced, the \$200 fee will be refunded. If however, the suspension length is upheld (or extended), the \$200 fee will be donated to the registered charity of the appealing player's choice.

Note: A permanent suspension or facility ban is **non-appealable**.

3.8 MANAGEMENT RIGHTS

AISL Management reserves the right to restrict player movement and (re)align teams in any division based on game performance and/or their assessment of individual or group skill levels at any time during the season. Players wishing to move to a different team within the same division will need to apply to League Management for approval in all circumstances.

League and/or Facility Managers reserve the right to suspend or remove players or teams that are not displaying the appropriate behavior that reflects the image of the Adult Indoor Soccer League at any time during the season.

The League manager maintains the right to designate and therefore disqualify any overly competitive or aggressive player from participating in any division if he/she cannot tone down their playing style and adopt the proper spirit. These special rules are meant to allow us a safe and comfortable playing environment that protects players from needless injury, whether accidental or not, it must be understood that some players in these divisions may not be in good physical condition and/or may not have the body control and reflexes to protect themselves ye still wish to participate without worry.

3.9 GAME PROTESTS

A team may protest a game by filing a written submission to the League Manager and paying a two hundred dollar (\$200) review fee. The protest letter must be submitted to the League Manager within forty-eight (48) hours of the conclusion of the scheduled regular season game.

Protests during the playoffs must be made within 24 hours after the scheduled playoff game. **It is the responsibility of the team representative to verbally notify the league manager within 24 hours of the game.** Once the protest has been acknowledged the Team Representative must file a written submission and pay a two hundred dollar (\$200) review fee. The fee must be paid before the League Manager will review the protest.

The letter must outline the basis for the protest (ex: ineligible player, rule interpretation, etc.) and include the registered charity of choice. Note that game calls such as a missed foul or a disallowed goal are not eligible grounds for protest. **A game protest may only be filed by the team representative.**

The League Manager will convene a hearing with the Team Representative, another League Official (if the League Manager deems their participation necessary), a neutral party and the Official involved in the game. Attendance by the opposing Team Representative is optional. If the ruling is reversed the \$200 fee will be refunded. If however the ruling is upheld, the \$200 fee will be donated to the registered charity of the appealing team's choice.

SECTION FOUR : PROTECTIVE EQUIPMENT

4.1 SHIN GUARDS

All players are required to wear shin-guards at all times.

4.2 CLOTHING

Sweatpants or track pants may be worn if they do not have any exposed metal (snaps or zippers).

4.3 BRACES/MEDICAL

All braces must be covered by Neoprene or similar material.

4.4 FOOTWEAR

Indoor soccer shoes (flat sole), turf shoe's or outdoor cleats (molded stud) and running shoes are acceptable. No metal cleats or six studs will be permitted. *Burnaby does not allow any cleats (molded stud included).

4.5 JEWELRY

Jewelry, earrings and studs are not allowed under any circumstances. Medical alert bracelets may be worn but must be covered with a cloth wristband or something equivalent. While referees have some liberty in determining the safety of certain items, ex: soft hair bands or bows which might be considered as jewelry, they do not have any discretion concerning earrings or other jewelry that is worn in a clearly visible body piercing. These items are strictly prohibited and must be removed.

SECTION FIVE: PENALTIES

5.1 FIFA LAWS OF THE GAME

All games are to be played under the recognized FIFA Laws of the Game. However, the following rules have been adapted for the facility and may differ from those of similar indoor facilities.

5.2 FIELD OF PLAY

The field of play shall reflect the facility playing surface and may differ from one facility to the next.

5.3 THE BALL

A regulation soccer ball shall be used (same as outdoor ball). The home team must provide the game ball.

5.4 PLAYER'S BENCH AREA

Only those players that are eligible to play, plus 1 coach and/or trainer, are allowed at the player bench area during the course of a game. This area is defined as anywhere past the step that leads to the benches. At no time are spectators allowed in the player's bench area during a game. Suspended players/coaches are not permitted on/or behind the bench while under suspension.

5.5 SUBSTITUTIONS

Unlimited "on the fly" substitutions are permitted. However, any player who is leaving the field must be within 3 meters of their team bench before the substitute may enter the field otherwise an illegal substitution will occur. Each team will be allowed one "goalie substitution" during the game at which time the game clock will be stopped to allow a player change.

Teams cannot make substitutions through the game official (referee) causing play to be halted at any time. (Ex: a game official will not hold the play for teams to make substitutions after a goal or during a goal kick).

5.6 LENGTH OF GAME

Two (2) x 25 minute halves (total of 50 minutes of game time). Half-time and pre-game warm-up at the discretion of the facility.

5.7 GAME PLAY (BALL IN PLAY VS OUT OF PLAY)

The ball is considered out of play when:

- It makes contact with the perimeter netting
- It makes contact with the building structure/lights/roof
- It goes into the player area or over the side netting
- When the ball leaves the field of play

If the ball contacts the perimeter netting, play shall be re-started with a direct free kick by the team that did not touch the ball last (from a point closest to where the ball made contact with the netting) or otherwise left the field of play. In all locations the exterior boards and glass are considered part of the playing area. If the ball hits the ceiling, play is re-started with a free kick from the non-offending team's offensive red line. After a ball goes out of bounds, the other team (once in possession of the ball) shall have 6 seconds to return the ball into play. If more than 6 seconds elapses, there shall be a reversal of possession.

5.8 BALL OUT OF BOUNDS (END ZONE)

If the ball is last touched by an offensive player and then touches the netting behind the goal, play will be restarted with a throw-out by the goalkeeper (from within the goal crease area). The goaltender does not need to wait for the referee to blow their whistle and can do a quick throw if they desire. If the ball touches the end netting and was last touched by a defensive player, play will be restarted by a corner kick by the offensive team from one of the marked corner kick spots.

5.9 GOALKEEPERS

Goalies will have a minimum of 6 seconds to distribute the ball out of the penalty arc area once they have gained possession of the ball (either in their hands or at their feet). If more than 6 seconds elapses, the opposition shall get a free kick from the Free Kick mark at the top of the penalty arc. Goalies are permitted to take possession outside of the crease and dribble back into his crease and use his hands as long as he/she does not gain possession from their own team

5.10 FREE KICKS

All free kicks are direct except for out-of-bounds kicks. Free kicks are awarded and will either be a direct free kick or a direct penalty shot. For all free kicks, defending players must remain a minimum of 5 feet away from the spot from where the free kick is to be taken. All free kicks must originate from outside the goal crease area. Any free kick occurring from within the goal crease area shall be moved back to the nearest point

outside the crease. Players not giving the required 10 foot distance will be warned once by the referee to yield the required space, after which the referee can reforce the defending wall to back up another 5 feet.

5.11 PENALTY KICKS

A penalty kick shall be awarded for the following circumstances:

- Any direct foul committed inside the penalty arc
- Fouling a player with possession of the ball who is past the last defender in the offensive zone (on a clear-cut breakaway)
- Stopping a shot with a player's hand that is headed towards an open, undefended net
- Last defender hand balls in the offensive zone and denies an attacker a breakaway

All penalty kicks shall be taken from the penalty mark – approximately 30 feet from the goal (slight variations in certain facilities). All players with the exception of the defending goalkeeper and shooter will position themselves beyond the "40 feet" line. The referee will signal the commencement of the penalty kick.

If the shooting team does not score on a penalty kick, the ball is live.

During playoffs, if a game is tied after 5 minutes of overtime, a shootout (penalty kicks) will be used to break the tie. The only players on the field shall be the goalie and the selected shooters from each team.

5.12 SLIDE TACKLING VS SLIDING

No player can touch the turf with any part of their body (other than their feet), when they are within 1-2 strides of the ball. If a defender slides and blocks a ball from entering the goal, a penalty kick will be awarded.

Goalies are permitted to slide tackle while making a save, as long as they are in the crease area and if the slide tackle is not considered by the referee to be reckless or dangerous.

5.13 BRIDGING

Any player who is attempting to shield the ball and places both hands on the wall and thrusts themselves backwards to try to knock the opponent away, shall be considered 'bridging'. Bridging can only occur when the player's forward momentum has ended. Any player who places both hands on the wall to stop their momentum is not bridging.

If bridging occurs, the referee will award a free kick to the other team from the spot of the foul.

5.14 SAFETY ZONE

With the addition of the new perimeter line on our field, we have named the area outside the line as the safety zone. The amount of contact and checking that is allowed in the safety zone will be limited and will be governed by the following additional rules:

- No hard, overly physical or excessive physical contact (whether intentional or not) will be allowed in the safety zone. Allowable contact will be limited to the "on the ball" contact only.
- Players will be expected to keep the ball moving. Incidents can arise from players hacking at a pinned ball.
- Players with possession of the ball cannot put their foot on the ball or pin it against the boards. If they do so, they lose possession of the ball.
- Players cannot "squeeze out" opposing players into the boards.

Squeezing out (or pinching) refers to taking a path/angle that causes the opposing player to go into the boards because the forward path was denied. This will be considered a form of obstruction.

5.15 DEFAULTED GAMES

The following situations will result in a defaulted game:

- If either team does not have a minimum of 4 players and 1 goalie on the field ten minutes after the scheduled start time.
- If a player who has been ejected from the game for any reason does not leave the field in a timely manner (discretion of the referee). It is the team's responsibility to ensure an ejected player leave the playing surface and returns to their assigned dressing room.
- If a team chooses not to continue a game after an injury to any of their players.
- If either team cannot field five players at any point during the game due to players being ejected or injured
- If either team refuses to continue the game for any reason other than safety concerns agreed to by the referees and League Official. If either team fails to meet the financial payment terms of the league.

The team that the default was committed against will get the field time for their use for a scrimmage or practice. Referees and timekeepers will not stay on the field once the game has been declared a default. The game will be listed as a 3-0 win for the non-offending team. The game will not be rescheduled.

If you team is unable to field a team, please call the league office a minimum of 48 hours prior to the scheduled game. This will provide some time to contact the other team. League Management will outline specifics during the team rep meetings, as some facilities have stricter rules.

For a team to be considered "in attendance", they need to have a minimum of 4 players and a goalie at the scheduled game time. A 10 minute grace period will be provided.

In a situation where both teams default, the game will be cancelled and the game will be counted as a 0-0 tie game.

Note: Forfeited games for playoffs will be listed as a 5-0 win for the non-offending team, unless otherwise stated by the league manager.

5.16 PROCEDURE FOR START OF GAME/DELAY OF GAME

The following procedure will be in place for the start of all AISL games:

At the start of the scheduled game time or once the previous game is complete (whichever comes last), the warm-up time will start running down. The buzzer will sound (or the referee will blow their whistle) with one minute remaining to make players aware that the warm-up session is nearly complete. Teams must send their starting line onto the field for the opening kick-off.

Note: The clock will stop if there is no referee present on the field to start the game at the advertised first half time.

In situations where one or both teams are unable to field the minimum four players and one goalie at the end of the warm-up or are not ready for the kick-off, the following procedure will apply:

- a) The clock will continue to run into the game time.
- b) After six (6) minutes have elapsed: the offending team will receive a two-minute penalty.
- c) After eight (8) minutes have elapsed: the offending team will receive another two-minute penalty.
- d) After ten (10) minutes have elapsed: the game will be defaulted.
- e) If the offending team manages to meet the minimum player requirement during this process, the gam will be started immediately. Game time will not be added back onto the clock.
- f) If both teams are unable to meet the minimum player requirement during this process, the time penalties will not apply.

Note: If one team becomes ready during this process, the penalties against the other team will be taken from that point in the process and onward. For example, if one team manages to get enough players after 7 minutes, the other teams will receive one two-minute penalty at the 8 minute mark, but since the 6 minute mark is already passed, that penalty is not in effect.

5.17 LAST MINUTE OF PLAY

When the game goal differential is 2 goals or less, the last minute of the 2nd half and/or overtime period will be "Stop Time", with the clock being controlled by the referee or timekeeper.

5.18 OVERTIME

In a game requiring a winner to be declared, one overtime period of 5 minutes shall be played. If at the end of overtime the game is still tied, there will be a three player sudden death shootout (best of 3). If the game is still tied, there will be a one player sudden death shoot out until the game is won. No player may shoot again until all players from their team have shot.

Any penalty in the five minute overtime that has not expired, will eliminate the penalized player from shootout participation.

There is no overtime in the regular season games.

5.19 PLAYER INJURY – BLOOD DRAWN

If a player is cut during a game and blood is drawn, the player must leave the field to clean and bandage the wound prior to being allowed to return to the game.

5.20 RULE CHANGES & AMENDMENTS

All changes and amendments to the Canlan Indoor Soccer Rules shall take effect at the beginning of a new season, unless deemed by the League Management to be directly linked to player safety, whereby changes can be imposed at any time. In these situations, rule changes must clearly be posted on the League Notice Board at field level.

All rules will be enforced in accordance to the spirit in which League Management deems appropriate.



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