

Competition Rules

Indoor Soccer

In this competition the emphasis is on enjoyment, social atmosphere and skill development/maintenance. While competitiveness is not discouraged, it should be remembered that novice players need some encouragement and the "win at all costs" philosophy is not appropriate. All rules are open to the interpretation of the Referee and their decision is final.

Clarification of Common Misinterpretations

Hand-ball – the ball touching the hand of a player will not necessarily constitute a free-kick. The Referee will call a hand-ball if a player intentionally makes contact with the ball by a hand or arm (not shoulder or chest). Usually this is by moving the hand or arm towards the ball, but it could also be holding the arm stationary in position where contact would advantage the player's team.

Free Kicks – if a free kick is called, the team awarded the kick can take this kick straight away without the need for a whistle from the Referee, unless the Referee asks the kicking team to wait. The Referee will do this if they need to caution or discuss an issue with a player or move defensive players back the minimum distance of five (5) metres. Players should assume that all free kicks are direct free-kicks, unless the Referee holds one hand straight up above their head to signal an indirect free kick.

Dangerous Play – A Referee can award an indirect free kick against a player at any time if in the opinion of the Referee the player performs a dangerous act even if contact is not made with any other player. Examples of dangerous play include raising your foot above waist height to kick a ball and raising your studs at a player to challenge for the ball.

1. Responsibility of Players

All players are responsible for reading and understanding the rules contained herein.

If there are any rules that are not clear please discuss these with the Referee or Convenor prior to the commencement of the game or at half time. Due to time constraints the Referees will not discuss rules or rulings during the game.

2. Responsibilities of the Officials

Referee

The Referee is directly responsible for the game and ensuring the described rules are adhered to. They are responsible for the safety of the players; and the timing and conduct of the game. They have a duty to be respectful and considerate to teams, act in an unbiased manner and ensure the game remains social and enjoyable for all involved.

Convener

The Convener is responsible for the management of all the games, teams, venue, equipment and administration. They will be present at all games to ensure First Aid is administered, information is provided and that all players and officials are conducting themselves in an appropriate manner. Also the convener may observe the game and help the referee to make the correct decision regarding the infringements or player behavior during game play.

3. Conduct of Players

It is the responsibility of all players to conduct themselves in a way that is respectful and considerate to team members, opposing teams, the Convenor, the Referee and any other people concerned. Any behaviour, act or language that is considered inappropriate by the officials (Referee or the Convenor) will not be tolerated. Poor conduct either on or off the court will be determined by the officials and action will be taken based upon the offence. This can include the removal of a player, or team, from the competition, should they be deemed dangerous or offensive to players or officials.

4. Location

Unless otherwise indicated, all games will be played in the Sports Hall, at the UQ Sport Fitness Centre, University of Queensland St Lucia Campus.

5. Game Commencement

- a) Teams should arrive ten (10) minutes prior to the commencement of their match to allow for smooth transition of games. All players are required to bring a form of PHOTO ID for the Convenor to check when signing the team registration form for every game.
- b) Any teams that are not ready to commence play with a minimum of three (3) appropriate players five (5) minutes after the Referee has signaled the game can start will incur a 0-5 loss. See Section 6.
- c) Note that as this competition is social, the game may go ahead after ten (10) minutes; however the 0-5 loss will stand regardless of the actual score.

There are 45 minutes allocated for each game with games running for two 18-minute halves so all teams must be ready for their scheduled game

In all circumstances the game must finish at the scheduled time.

6. Number of Players & Substitutions

There is no limit to the numbers of players that a team can register. However, team members can only play in the finals (quarter final, semi-final and grand final) if they have played two (2) or more games during the normal rounds. This must be indicated on the team registration form.

- a) A team is allowed a maximum of five (5) registered/eligible players (including a goalkeeper) on the field. Three (3) registered/eligible players is the minimum number of players that a team can have without a forfeit resulting.
- b) In mixed competition, there must be at least one female player and one male player on the court at all times. Three (3) is the maximum amount of players allowed on court from one sex i.e. If four players are only available, at least one of these players has to be from either sex.
- c) In the men's competition, female players are not allowed. All members of the teams must be male.
- d) Teams are allowed unlimited substitutions, which may only be made once the ball is out of play. Substitutions may not be made while the ball is in play.
 - i) In cases where there is a minor injury to a player on the court and the ball is still in play, the game will be stopped and the affected team may request an 'injury' substitution (while the ball is still in play) to occur to 1) allow the injured player to come off the court and 2) allow play to continue. Acceptance of this request is at the discretion of the Referee.
 - ii) At all times, enforcement of the rules regarding the procedures for substitutions is at the discretion of the Referee.
- e) Teams may commence games with three players provided all applicable conditions of rule 6(b) are satisfied.
- f) In the event that rule 6(a), (b) or (d) are broken, at any time the Referee notices an extra player on the field a red card will be applied to any chosen player. The team will continue to play with a player down for the rest of the game. It is the responsibility of individual players and team captains to ensure that they maintain the appropriate number of players on the field in accordance with Rule 6. It is NOT the responsibility of the Referee to monitor this.
- g) During finals matches, each player on court must have played a minimum of two (2) games to be eligible. If it is found that a player is on court that is ineligible for finals this will result in an immediate 5-0 forfeit by that particular team. It is the responsibility of individual players and team captains to ensure that all their players are eligible for finals matches. While the Referee and Convenor will try to prevent such situations via the team registration form, the responsibility does rest with the individual players and team captains.
- h) Continually breaching these rules will result in the offending team receiving an official warning. Persistent infringement may involve further disciplinary actions applicable to each case.

7. Players' Equipment and Attire

Shirt

UQ SPORT advises that players in a team should all wear the same colour t-shirt or jersey. If there is a clash between teams, coloured bibs will be provided by the Convenor. If they are distributed, it is the responsibility of the team captain to ensure that they are all returned to the Convenor after the game.

Shoes

It is compulsory for all players to wear appropriate enclosed sports shoes. Moulded-soled shoes or boots with tags will not be permitted under any circumstance. Players are also not permitted to wear work boots or hiking boots.

Safety

No player can take the field with bare feet or while wearing jewellery of any kind. All watches, necklaces, dangling earrings, bracelets, rings which are not bands **MUST** be removed prior to the game. The Referee will ask any player breaking this rule to remove the piece of jewellery.

Shin Guards

It is **HIGHLY RECOMMENDED** that ALL players wear shin guards at all times, however if players do not wish to wear shin guards, they do so at their own risk. **Should they be worn**, shin guards must be made of a suitable and protective material and fully covered by socks.

Goal Keeper

While it is not compulsory, the goalkeeper is encouraged to wear colours that distinguish them from other players and officials.

8. Game Length

Games will consist of two halves, each lasting for no longer than 18 minutes which is separated by a half-time break lasting up to five (5) minutes. No clock stoppages will be made except under exceptional circumstances and will be at the sole discretion of the Referee.

No time outs are permitted.

If a game commences late (and is not deemed a forfeit) then it still must finish at the scheduled time. The length of the halves may be shortened at the discretion of the Convenor.

9. Start of Play

A kick off is used either to start play at the beginning of a half or restart play after a goal is scored. Note that a goal cannot be scored directly at the kick off (see Goals below).

All players shall be in their own half of the field for kick-off. Opponents of the team taking the kick-off must be at least 3m from the ball until it is in play.

The ball must be placed on the halfway line (centre mark) and may be kicked forward or backward. The ball is in play the moment it is kicked and the kicker cannot touch the ball again until it has been touched by another player.

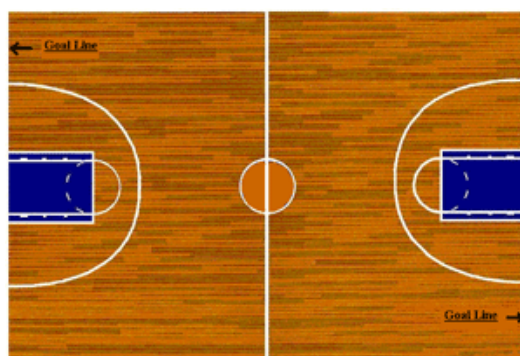
10. The Playing and Goal Areas

The Sports Hall is divided into two (2) courts separated by a divider running the length of the created soccer courts, making up the sides. The ball is allowed to rebound off these nets and is still considered in play.

The goal lines are marked with a black line (white line on the diagram) and are located at opposite ends of the courts. A goal kick or corner kick is awarded (See Goal Kick and Corner Kick) when the ball crosses over this line and a goal is not awarded.

Each court appears as follows:

The blue zone is a penalty box area and is also known as the goal area.



Fouls committed by the defending team in their own goal area will warrant a penalty kick against them from the edge of the area.

Fouls committed outside of the goal area and in the field of play warrant a direct or indirect free kick depending on the type of offence committed (see Fouls and Misconducts below).

Goal Kicks

A goal kick is awarded if:

- the ball passes over the goal line, resulting in the ball being out of play, without being awarded a goal and the attacking team had the last touch of the ball.

The goal kick is taken by the goalkeeper by either kicking the ball from inside the goal area or by throwing or rolling the ball from inside the goal area. In kicking the ball, the ball must not be bouncing at the moment of the kick. If another player other than the goalkeeper takes the goal kick, this player must only kick the ball in performing the goal kick, and the ball must not be bouncing.

The goal kick can be taken anywhere inside the goal area. At all times, the ball is not in play from a goal kick until the ball has been played outside of the goal area. Also, the player taking the goal kick may not touch the ball again until it has touched another player.

If the player taking the goal kick touches the ball a second time before another player, the Referee will blow his whistle and instruct the player that they must kick it to another player before they can touch it again. The goal kick is then retaken.

If this rule is broken again, an indirect free kick shall be awarded to the opposing team from where the player touched the ball a second time.

Corner Kicks

If the ball passes over the goal line without a goal being awarded, last touching a defending player, a corner kick will be awarded to be taken from the corner of the court.

The player taking the corner kick cannot 'kick it to themselves'.

If the player taking the corner kick touches the ball a second time before another player, the Referee will blow his whistle and instruct the player that they must kick it to another player before they can touch it again. The corner is then retaken.

If this rule is broken again, an indirect free kick shall be awarded to the defending team from where the player touched the ball a second time.

11. Goals

Goals can only be scored when the ball enters the opponent's net after it has been last played by the attacking team in their attacking half. No goals can be scored from an attacking team's defending half.

If a shot is taken in the defending half, and the ball goes into the back of the net (regardless of whether the opposing goalkeeper fumbles, or the ball takes a deflection off an opposing defender) a goal kick shall be awarded to the opposing team.

If a shot is taken from the defending half, takes a deflection off a teammate who is in the attacking half, and goes into the back of the net, a goal shall be awarded (because the ball was last played by the attacking team in their attacking half).

In a mixed competition if a female player scores a goal it counts as 2 goals.

If, during the finals rounds, a game goes to shootout, all goals scored will be counted as 1 goal regardless of gender.

A goal cannot be scored at the kick off without another player touching it first, which can be any player from their own team or the opposing team.

If a team directs the ball into their own net **while in possession** then the goal is awarded to the opposing team as an 'own-goal'. If a deflection off a defending player from a shot by the attacking team results in the ball going into their own net, the 'own-goal' condition does not apply and a goal is only awarded if it satisfies the normal conditions.

12. Goalkeeper

The ball can be passed by the defensive team to the goalkeeper by kicking, heading, or chesting the ball. The goalkeeper may also pick up the ball with his hands if it is played by a teammate with a head or chest. However, the goalkeeper may not pick up the ball with their hands if it is kicked to him. In this instance, an indirect free kick will be awarded to the opposing team from where the goalkeeper handles the ball.

When a goalkeeper has the ball in their hands, when in the goal area, he/she must distribute the ball within four (4) seconds of gaining control of it or an indirect free kick to the opposition team will be awarded.

When substitutions occur, the player coming onto the court may assume any position on the field including the goalkeeper position. If the player coming on assumes the goalkeeper position, then the player who was goalkeeper must either immediately remove themselves from the field (if they are the player being substituted off) or immediately assume another position on the field (if another outfield player is being substituted off).

A change of goalkeeper can only be done when the ball is out of play as it is deemed to be a substitution. The Referee **MUST** be notified of this change.

The goalkeeper can only make a sliding tackle within his/her own goal area (see diagram above) and he/she is the only player permitted to make a sliding tackle. The sliding tackle must be appropriate, as well as:

- play the ball before making contact with the opponent
- and not endanger the safety of any of themselves, their teammates or their opponents.

Offences against the goalkeeper

It is an offence for a player to stop the goalkeeper from throwing, clearing or releasing the ball from their hands. This includes trying to play the ball with their feet or any other violent manner.

Additionally, it is an offence to restrict the goalkeeper's movements in an unsportsmanlike manner during a corner kick and players doing so will be penalised accordingly.

13. Fouls and Misconducts

Direct Free Kick

A direct free kick shall be awarded to the opposing team if a player commits any of the following six infringements in a manner considered by the Referees to be careless, reckless or excessively forceful:

- Kicking or attempting to kick an opponent.
- Tripping or attempting to trip an opponent, either by sliding or by bending down in front of or behind an opponent.
- Jumping on an opponent.
- Charging an opponent.
- Striking or attempting to strike an opponent.
- Pushing an opponent.

A direct free kick shall also be awarded to the opposing team if a player commits any of the following four infringements:

- Holding an opponent.
- Spitting at an opponent.
- Sliding in an attempt to play the ball while an opponent is playing it or is about to play it (i.e. Sliding tackle). The goalkeeper is not subject to this specific infringement.
- Carrying, striking or throwing the ball with one's hands or arms, except for the goalkeeper in his own goal area.

The direct free kick shall be taken from the place where the infringement occurred, unless the free kick has been awarded to the defending team in its own goal area, in which case the free kick may be taken from any point inside the goal area.

Penalty Kick

A penalty kick shall be awarded if a player commits any of the above-mentioned infringements inside their opponent's goal area.

Indirect Free Kick

An indirect free kick shall be awarded to the opposing team if a goalkeeper commits any of the following offences:

- The goalkeeper picks up the ball with his/her hands after it has been kicked deliberately** to him by a teammate.
- The goalkeeper releases the ball from his/her hands and picks it up again without an opposing team touching** the ball first.
- The goalkeeper does not distribute the ball within 4 seconds.

** Any trick or maneuver that attempts to circumvent this offence will be considered outside the spirit of the game and a caution for unsporting behaviour will be awarded to the offender. i.e. intentionally bouncing the ball off an opponent or performing a deliberate lob in order to achieve a headed or chested pass in order to pick up the ball.

An indirect free kick shall also be awarded to the opposing team from the place where the infringement occurred, if, in the opinion of the Referee, a player:

- Plays in a dangerous manner.
- Deliberately obstructs an opponent.
- Prevents the goalkeeper from throwing the ball with his hands.
- Commits any other infringement not previously mentioned above for which play is stopped to caution or dismiss a player. The indirect free kick shall be taken from the place where the infringement occurred.

14. Slide Tackles

Due to safety concerns, NO slide tackles are permitted in this competition, except for the goalkeeper in certain circumstances.

A warning shall be given to the offending player upon their first offence. If they commit the same offence again, the Referee shall show them the yellow card.

15. General/Other Rules

In this Competition, the ball may be lifted above waist height without incurring a penalty. All rules are open to the interpretation of the Referee and his/her decision is final.

It is not an offence if a player, with the ball under control within playing distance, shields the ball from an opponent without using his arms. However, if the player stops the opponent taking the ball from him by using his/her hands, arms, legs or body in an unsporting manner, this will be punished with a direct free kick or penalty kick if the infringement was committed inside the penalty area.

16. Disciplinary Sanctions

This competition is social. Any rough play, abusive language, bickering, trash talking or challenge to the Referees authority etc. will not be tolerated. This may also be punished by a yellow or red card. This punishment will be decided by the Referee.

Rough play includes, but is not limited to, any form of aggressive slide tackle, tackling a player from behind, shoulder charging and any other act or omission that, in the Referees opinion, places the safety of players at risk.

In most instances the following procedure will apply for the above infringements. Note however that the Referee is perfectly entitled to send off any player at any stage for any reason for any period of time if they feel it necessary to do so for player safety or their ability to effectively control the game:

Yellow and red cards may only be shown to players or substitutes. The Referees are authorised to take disciplinary action from the moment players enter the pitch until the moment they leave it after the final whistle. A player who receives a yellow card may also be asked to take a timeout. If the player who is cautioned is asked to take a timeout, they may be substituted immediately while their timeout is served. The length of the timeout is to be determined by the Referee, and the player must only return to the court when permitted to do so by the Referee.

Caution able offences

A player or a substitute shall be cautioned and shown the yellow card if he/she commits any of the following infringements:

- Unsporting behaviour.
- Dissent by word or action.
- Persistent infringement of the Laws of the Game.
- Delaying the restart of play.
- Failure to respect the required distance when play is restarted with a corner kick, kick-in, free kick or goal clearance.
- Entering or re-entering the court without the Referees permission or infringement of the substitution procedure.
- Deliberately leaving the court without the Referees permission.

Sending-off offences

A player or a substitute shall be sent off and shown the red card if he/she commits any of the following offences:

- Serious foul play.
- Violent conduct.
- Spitting at an opponent or any other person.
- Denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (with the exception of a goalkeeper inside own goal area).
- Denying an opponent moving towards the player's goal an obvious goal-scoring opportunity by committing an offence punishable by a free kick or a penalty kick.
- Using offensive, insulting or abusive language or gestures.
- Receiving a second caution in the same match.

Decisions after sending-off offences

1. A player who has been sent off may not re-enter the play.
2. A player who has been sent off cannot be substituted immediately by another player, as with a timeout.

Misconduct behaviours

- A tackle that endangers the safety of an opponent shall be sanctioned as serious foul play.
- Any act of simulation on the pitch that is intended to deceive the Referees shall be sanctioned as unsporting behaviour.
- A player who removes his shirt when celebrating a goal shall be cautioned for unsporting behaviour.

Violent conduct

Violent conduct can occur on or off the court, regardless of whether the ball is in play or not. A player is guilty of violent conduct if excessive force or brutality is used against an opponent, without either of them challenging for the ball. The player is also guilty of violent conduct if excessive force or brutality is used against a team-mate or any other person.

Serious foul play

A player is guilty of serious foul play if he/she uses excessive force or brutality against an opponent when challenging for the ball when it is in play. Any player who lunges at an opponent when challenging for the ball from the front, from the side or from behind using one or both legs with excessive force and endangering the safety of an opponent is guilty of serious foul play.

17. Free Kicks

Position

All opponents shall be situated at least 3m from the ball until it is in play. The ball shall be deemed in play after it has been touched or played by the team awarded the free kick. When a defending team is taking a free kick from inside its own goal area, all opponents shall remain outside that area. The ball shall be deemed in play immediately after it has left the goal area directly from the free kick.

Scoring a Goal

When a 'direct' free kick is awarded, a goal can be scored off the free kick but only into the opponents' net and as long as the free kick was taken inside the attacking half.

When an 'indirect' free kick is awarded, a goal cannot be scored off the free kick rather it must be touched a second time by another player before entering the net.

Infringements/Sanctions

If, when a free kick is taken, an opponent does not observe the required distance:

- The kick shall be retaken.

If, after the ball is in play, the kicker touches the ball a second time before it has been touched by another player:

- An indirect free kick shall be awarded to the opposing team from the place where the infringement occurred.

It is at the discretion of the Referee to determine whether a free kick has been taken properly and may indicate by allowing play to continue following a free kick procedure.

18. Finals

All players must register and play at least two (2) games during the normal rounds to be eligible to play in the finals (quarter final, semi-final and grand final). If a team uses a player who is not eligible to play in the final rounds an automatic forfeit and disqualification will be recorded to the offending team. See Section 6 (f).

All finals matches must have a winning outcome for one team.

If at the end of two regular halves of play a draw results, then the game will continue with a single extra-time period lasting 5 minutes. Before it is played, a coin will be tossed to decide who kicks off. The first team to score once play is restarted shall be declared the winner of the game; this is also known as the 'golden goal rule'.

If at the end of extra-time a draw results, the outcome will be determined by penalty kicks. A minimum of five (5) penalty kicks will be taken by each team in alternating fashion before the winning team can be determined. The team with the greater number of successful penalty kicks shall be declared the winner.

For mixed competition under normal circumstances, an equal number of females to males must have taken a penalty kick by the first five initial penalties. In sudden death penalty shootout (if first 5 penalties there is still no winner) a guy vs guy and girl vs girl rule is applied. Note, should one team have only one male or female player available to take a penalty, that player must be included in their team's first five penalty kick-takers, and the opposing team is only required to have one of their male or female players (whatever the case may be) take a penalty in the first five penalties. This condition is to maintain the spirit of 'mixed' competition.

At all times, every player must have taken a penalty kick, whether successfully or not, before a player can take a second penalty. The exception of the rule is in sudden death situation where a guy vs guy or girl vs girl rule applies.

If there is no outcome after five penalty rounds, single penalty kicks are taken alternately by each team until one team has scored a penalty when the other team has missed a penalty in the same round.

The player playing in the goal keeper position at the end of the extra time must be the one in goals for the penalty kicks. No substitutions will be allowed.

19. Team Draws

It is the responsibility of the team captain and individual team members to read the draw. All correspondence will be forwarded via e-mail to the team contacts and will be available through the website.

Please ensure that you check the fixtures right up until game day as changes can be made to the fixtures from time to time.

20. Scorecards and Points

Referees will keep a record of all goals scored during a game on the official scorecard. The final result recorded by the Referee is final. However, captains from each team are encouraged to verify the final result and sign the scorecard to acknowledge that the game was accurately recorded.

Competition points will be allocated as follows -

- Win – 3 points
- Draw – 2 points each team
- Loss – 1 point

Please note that the Competitions Coordinator reserves the right to ask a team to leave the competition, without refund, should they forfeit more than two (2) games and do not provide a valid reason. In this instance, what is deemed "valid", shall be at the sole discretion of the Competitions Coordinator.

Should teams finish with equal competition points at the end of the regular season then For/Against will be used to separate the teams ie. (Team A goals scored – Team A goals scored against) – (team B goals scored – Team B goals scored against).

If there is still a tie the team with greater goals scored finishes above the other team. If it is still a tie the result of the game between those two teams during the season will determine the final position of the teams on the table.

21. Unforeseeable Acts

The following formula is to be used to determine the result for a game that cannot be completed for whatever reason (eg. Serious injury requiring ambulance attention, fields unsafe, power outages, etc).

- A game called off anytime in the first half will be declared a draw, regardless of the score. All attempts will be made to reschedule the match.
- A game called off anytime in the second half will be determined based on the scoreline when the game was called off.

22. Injury and Insurance

A player may call for a stoppage due to an injury or illness, although the decision to stop play shall be at the sole discretion of the Referee. If a player is injured, it is their or their team mate's responsibility to immediately inform the Referee. The Referee may stop the game at any time.

For a minor injury, the Referee should send the injured player or a bystander to the Convenor for first aid treatment and to collect an Incident Report Form (this must be completed by the injured or another responsible person before they return to the field of play or leave the venue for further treatment).

If a player has a minor injury or blood on their clothing or their person, they have a maximum of two (2) minutes to be treated and/or remove all signs of blood on field, or they will have to be substituted with another player. After two (2) minutes have elapsed, the Referee should immediately restart the game. Time for injury will not be added on to the final half during grading or round games. The Referee can stop a game for any period of time to deal with an emergency.

For a medical emergency, the Referee is to remain with the injured player and send somebody else to inform the Convenor of the emergency. Time for medical emergencies will not be added on to the final half during grading or round games.

Time for medical emergencies will not be added on to the final half during grading or round games. See section 21 for information regarding the protocol for games that cannot continue due to injury.

During time for injury, all players must remain on the field unless involved in a substitution. In the event that a player is bleeding, they must leave the field immediately (for health and safety reasons) and not return until the wound has been cleaned and all blood and blood stained items have been removed and covered. If necessary, the ball and court surface shall be cleaned before play resumes.

During finals matches the above injury rules apply injury time may be added to the final half. This includes any time taken for an emergency. However the injury time able to be accumulated is to be a maximum of ten (10) minutes.

Many injuries that occur during officially sanctioned and managed UQ SPORT activities are covered by our insurance policy. For further information regarding insurance please email insurance@uqsport.com.au or call 3365 6612. Alternatively you can contact the Competitions Coordinator at socialsport@uqsport.com.au or call (07) 3365 6612.

1.0 23 Grievance and Disciplinary Procedures

Should any player, team or official conduct themselves in a manner that is deemed inappropriate, discriminatory, disrespectful or dangerous, then action will be taken by UQ SPORT Officials and Management.

If you feel that a player, team or official has conducted themselves in such a manner, you may lodge a formal grievance report to socialsport@uqsport.com.au

Disciplinary Procedures are in place to ensure that action is taken against any player, team or official who has acted in an inappropriate manner. Any action(s) taken will be at the sole discretion of UQ SPORT Officials and Management.