

TORONTO CENTRAL SOCCER LEAGUE – INDOOR RULES AND REGULATIONS 2025

1. GENERAL

The TCSC operates a “Members Only” policy. For insurance purposes, anyone who plays on your team needs to be listed on your roster. One off substitutes must be listed on your roster or an active TCSC roster. Please report all injuries which require medical attention and incidents must be reported to the TCSC if you require an official TCSC investigation.

2. MEMBERSHIP

- a) Application for membership to this league shall be made annually on a form/email to be provided by the league. The membership application must be accompanied by the required membership fees, together with a list of the contacts for the team.
- b) Any team who has not paid their team registration fee in full by the deadline date prior to the start of the indoor season, will not be permitted to play and shall have their scheduled games recorded as defaults until such time as their fees are settled in full. Default games are recorded as a 3-0 win for the opposing team.

3. REGISTRATION OF PLAYERS

- a) Each player must sign the official Registration form and the affirmation of understanding and commitment to Rowan’s Law obtained from the Registrar of the league. No player shall be deemed eligible for the league competition, nor can she compete in league competition, unless her registration is in the hands of the league no less than 48 hours prior to participation. Any team who plays an ineligible player will be issued an automatic fine of \$25 payable to the club and a default will recorded for the game in which the player participated.
- b) Each team must register at least 10 players 48 hours before the first game of the season.
- c) Each team can register and dress to play a maximum of 18 players. Players must be 18 years of age or older by December 31 of the year the indoor season starts.
- d) Player’s names, signatures and jersey numbers must be on the game sheet handed to the referee at the start of the game and at the latest half time. A player who has signed a game sheet is deemed to have played. The failure to provide a TCSC designated game sheet will result in the team being imposed a \$20 fine payable to the club.
- e) No cleats permitted. Footwear must be indoor soccer shoes (flat soles), turf shoes or running shoes.
- f) Shin guards and socks are mandatory at all times.
- g) All Jewelry should be removed. Medical Alert jewelry and fitness trackers are permitted if properly covered. At the discretion of the referee other select jewelry that cannot be removed may be permissible if covered.
- h) A player may request ONE roster transfer per season. The request must be made by contacting the Recreational Director in writing and sending the respective season’s player registration fee equivalent to the respective season’s registration fee by e-transfer to torentocentralsc@gmail.com. The request must be made prior to the last 5 regular season games of the season.

4. GAMES

- a) To ensure we start on time, please arrive 15 minutes before the start time. A 10 minute grace will be awarded if a team does not have at least five (5) roster players by game time. Games consist of **2 X 25 minute halves with a 5 minute break between halves**. Halves will be shortened by the grace time and must finish on time. If grace time has elapsed, teams may still play without a referee but the game will be recorded as a default with a score of 3-0 awarded to the opposing team.
- b) The home team will be responsible for providing the game ball of regulation size (5) in a condition satisfactory to the referee. In

the case of similarity of colours, the home team must change their colours. Player numbers **are required on all jerseys**. Goalkeepers must wear a contrasting colour to both teams.

5. RULES

In general, the standard soccer rules apply to all TCSC games. Notable exceptions are listed below:

- a) Teams will comprise of 7 players (including goalie) with substitutions allowed on the fly. Players coming off must have completely exited the playing field before a new player joins the action and the change does not disrupt the flow of the game. Goalies cannot change on the fly and must wait for a stoppage in play before coming out. Goalie changes and substitutions must be communicated to the referee in charge of the game prior to and or before the change is permitted.
- b) A team may **borrow up to two (2) players** from another TCSC indoor team. Borrowed players may give your team **one (1) substitute** on the bench. If one of your **rostered players arrives**, you must **replace a borrowed player** with them.
 - Example: The Ravens have 6 rostered players (including the goalie) and borrow 2 Exodus players - one plays, one is a sub. When the 7th Ravens arrives, one Exodus player must leave. If 2 Ravens arrive, both Exodus players must leave.
- c) Borrowed players are not permitted during playoffs. Any borrowed player must be registered as a member of TCSC indoor season and be listed on the game sheet.
- d) Teams may borrow a **goalie from another team** if they do not have one available. A borrowed goalie is allowed **regardless of how many subs** your team has. However, if your team is already borrowing players, the borrowed goalie **counts toward your 2-player maximum**.
- e) The game will begin when the team initiating play makes a pass from the centre of the court either forward or backwards.
- f) All free kicks are indirect. To score off an indirect kick, the ball must first be touched by another player (offense or defense). This holds true for corner kicks. Defensive players cannot be within 5 metres of the ball when an indirect or corner kick is being taken.
- g) If a ball is kicked out of bounds along the sidelines, a kick-in is awarded to the opposite team. There will be NO throw-ins at any time.
- h) If a ball is kicked out of bounds along the goal line by the offense, a goal kick is awarded to the defending team.
- i) There are NO off-sides at any time.
- j) If the ball hits the top or sides of the bubble, the referee or any lights, an uncontested drop ball is given to the team who touched the ball last. If the location is within the penalty area, the ball is dropped to the goalkeeper.
- k) A game can end in a tie during the regular season. In the playoffs, a game that is tied at the end of regulation time is decided by a three-shot-shoot-out; three of the players on the floor at the end of the game take one shot each at a distance of seven paces. Only players on the field at the end of the game can participate. A goalkeeper substitution is permitted from the players on the field after notification of the referee. If teams are still tied after three penalty kicks then additional alternating kicks shall be taken until a winner is produced. If no winner has been determined after all players from the field at the end of regulation time have taken a penalty kick, then the same rotation will start over again until a winner is produced.
- l) All decisions made by the referee are final. Standard rules regarding yellow/red cards will apply. Players who receive a red card will be subjected to TCSC discipline procedures including suspension or ejection.
- m) There is no sliding allowed. The player cannot intentionally leave their feet. The exception is the goalie and this can only occur inside the box.
- n) A player may only play for the team they are rostered on during a match or game time slot in which their rostered team is participating. The player CANNOT choose to play for an opponent team against their rostered team unless one of the team has forfeited/defaulted and the game has been pre-determined to be a "friendly", nor can the player choose to play as a substitute for another team in a match taking place at the same time as their rostered team is scheduled to play.

6. GOALIES

- a) Goalies can use her hands ONLY when she is inside the lined goalie crease.
- b) When inside the goal crease, the goalie CANNOT pick up the ball with her hands if the ball has been kicked intentionally back by a player on her team. This includes all forms of passing and kick-ins from her team players. The only exception is if the player directs the ball back to her goalie with her head. In this instance the goalie MAY pick up the ball with her hands. A violation of this rule will result in an indirect free kick awarded to the opposing team at the spot where the goalie inappropriately used her hands.
- c) A goalie can “roam” as far from her goal as she wishes, but once outside their lined crease she CANNOT use her hands at any time.
- d) Once the goalie is on the ground and in possession of the ball, PLAYERS CANNOT CONTINUE TO PLAY THE BALL.
- e) A goaltender is to be considered a specialty position. If a team’s regular rostered goaltender is not available the team can borrow a player willing to play goaltender when required regardless of the number of rostered players available to play. If the team is required to borrow players due to having less than 7 available players, the goaltender is to be included within the total allowable callups (refer to 5 d). Goaltenders cannot be borrowed from other teams during playoffs.

7. SCORING

- a) To score a goal, the ENTIRE ball must pass over the goal line and into the net.

8. POINTS

- a) 3 points will be awarded for a win, 1 point for a tie, 0 points for a loss.

9. STANDINGS

In the event of 2 or more teams finishing with the same number of points the final standings will be decided by the following tie breaking mechanisms applied in order:

1. Total number of points from games played between those teams
2. Goal differential from games played between those teams
3. Goal differential from all games played

10. FINALS

- a) Playoff format will be determined by the number of teams registered in the given season and the number of weeks allotted to playoffs. Where feasible, every effort will be made to design a play-off format that allows all teams a route to play in the finals. If changes are made after the start of the season, captains will be notified of the change and canvassed for their views. However, the board of executives retains the final decision-making authority over the play-off format.
- b) Players must play in and sign the game sheet for 5 regular season games to be eligible to play in the playoffs.

11. SERIOUS FOUL PLAY AND VIOLENT CONDUCT

Serious foul play and violent conduct WILL NOT be tolerated.

- a) A yellow card will be a 2 minute penalty. The registrant must sit on the bench and the team will play short. A team fine of \$10 will be imposed by the league. A player receiving two yellow cards in a single game will result in a red card.
- b) A red card will result in an automatic ejection from the game and review by the discipline panel at the next scheduled meeting. A one game suspension is typical, however, the discipline panel retains the final decision. The Panel will provide written notification of their findings with the length and timing of any penalty to the Registrant and team representative

within 4 days of a DBR, or 15 days of a DBH, being concluded. A \$25 fine is automatically imposed by the league. Players are not considered suspended from play until the disciplinary decision has been made.

- c) Two red cards awarded to a single registrant in one season will result in automatic and immediate dismissal from the league and a possible year or more ban may be imposed. Final decision will be provided in writing by the discipline panel.”

12. DISSENT

Registrants should not argue with the referee at any time. A registrant may be dismissed for using offensive, insulting or abusive language and/or gestures and would be subject to a Discipline by Review or Discipline by Hearing

13. DISCIPLINE

- a) Discipline for the league will be handled by the Discipline Panel except as otherwise stipulated by the TSA and OS rules and regulations
- b) In all cases of Match Official Assault, the Registrant shall be immediately suspended from all soccer activities until the case has been dealt with by the Discipline Committee of Ontario Soccer
- c) In the case that no particular reference has been included in the indoor rules the current TCSC outdoor rules will apply.