



ADULT INDOOR SOCCER RULES

Revised May 2025

Oakville Soccer Club Adult League Indoor Soccer Rules

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RULES OF PLAY

OSC Adult Indoor House League games will follow the [FIFA Laws of the Game](#) and [OS Playing Rules](#) for indoor Soccer unless otherwise stated in Oakville Soccer Club Rules.

CODE OF CONDUCT

The Oakville Soccer Club expects and mandates that all participants and spectators abide by [OSC Adult League Code of Conduct](#), as well as [Town of Oakville R Zone Procedure](#), in all matters and capacities. Any reports of misconduct will be reviewed and could result in immediate removal for players and/or the team as a whole without refund. The Club reserves the right to remove any individual and/or team from the League at any time. OSC [Team/Player Removal Categories](#) can be found here.

The Oakville Soccer Club Code of Conduct mandates the following for all players, coaches/captains, and spectators:

General Expectations

- Abusive behavior and communication styles are not acceptable towards staff or participants. They will lead to disciplinary actions against participants ranging from removal from facility to league suspensions/removals.
- The use of profanity is prohibited.
- Alcohol or other controlled substances are prohibited from all Town of Oakville recreational grounds; this includes parking facilities; Town of Oakville By-Law 1999-159.
- Smoking or vaping of cigarettes or e-cigarettes and other controlled substances in the facility is prohibited.
- Keep fields and facility clean of garbage.
- Respect all municipal by-laws and area residents by parking respectfully in designated areas.
- Water is the only allowed liquid in the field area, food and other liquids are prohibited
- Spitting is prohibited

Player Expectations

- Players have all signed waivers to abide by the following requirements.
- Play co-operatively with teammates.
- Treat opponents, game officials, coaches, and spectators with respect.
- Arrive a minimum of 5 minutes before game time in uniform ready to play.
- Shin guards must be worn for all games and practices – no exceptions.
- Cannot wear metal cleats.
- Must not enter field area or benches until 5 minutes prior to game time or previous group has completely vacated the facilities
- Must not wear any jewelry (including wedding rings) and all piercings must be removed
- Must not wear metal or glass eyeglasses. Sports spectacles/goggles are allowed if safe for the players themselves and for other players
- Players must not change clothing/uniforms in a public area including on the field, on the sidelines or in the parking lot
- Players must be ready to show government issued photo ID if requested by match officials or Club staff, or opponent team official/captain.
- Team captains may request to see opponent player ID if they are questioning the eligibility of a

- player
- Water is the only allowed liquid allowed on the turf, food and other liquids are prohibited
- Spitting is prohibited

Coach/Team Captain Expectations

The individual who has registered the team has agreed to abide by these requirements and ensure that all their team members as well as spectators abide by their respective requirements.

- Demonstrate fair play, respect of others and good sportsmanship through example during the season
- Speak respectfully to players, officials and spectators
- Offer constructive criticism in an effort to improve the skills of their players
- Ensure the accurate rostering/registration of players, accurate entry of name as it appears on player's government issued ID, clear and forward facing picture with no glasses or hats or dark backgrounds
- Ensure the accuracy of game sheets, including roster, photos, and player numbers
- Ensure that all players on your team are aware of and abide by the [Code of Conduct](#) and league rules
- Ensure there are no ineligible or unregistered players participating on their team
- Check opponent eligibility by reviewing opponent game sheet and report any issues to match official before start of 2nd half
- Ensure spectators that are in attendance with your team follow the Code of Conduct, any spectators that are an issue may and will cause disciplinary repercussions for the team

Spectator Expectations

- Treat players, referees, opponents and other spectators with respect
- Spectators must not step onto the field during the game
- To avoid injury to themselves and players, spectators must remain seated on the bench at all times they are in the field area
- Ensure young spectators in their care do not interrupt the game and remain well away from the field
- Adhere to the [Town of Oakville Rzone Policy/Procedure](#)
- Must not play with a ball when they are in the field area
- No pets or animals are allowed into facility other than animals that have proof of certification to show their role and requirement
- Water is the only allowed liquid in the field area, food and other liquids are prohibited
- Spitting is prohibited

REGISTRATION OF TEAM/PLAYERS

Players must be registered with The Oakville Soccer Club 24 business hours before they play in a League game. Players and teams are required to register and pay in full, by the league's stated deadline. Teams must have a minimum of 6 players registered before they are eligible to play in a league game. A team using players not on their roster or game sheet (unregistered players) will be subject to disciplinary action, including team manager/captain suspension, forfeit of game, abandonment of game, or removal from the league.

A player can register for multiple leagues or teams as long as the teams aren't in the same division.

No new registrations will be accepted after the team has played 3 games. Team roster cap is set at 14 players, for any player registration over 14 the team will incur \$70.08 + HST charge per player. Fees will be charged to captain's account and will need to be paid by the captain or person who registered the team.

GAME PROTEST

A team can protest the eligibility of an opposing player before the game has begun or prior to start of second half. The protest must be made to the referee and league staff, at which point they will confirm the eligibility of the player. All players must have government issued photo ID with them at all games. Any player questioned regarding their eligibility will have to produce ID or be deemed as an ineligible player with all the appropriate repercussions. If a team is found using ineligible players, the game will stop immediately, the offending team will lose by forfeit 3-0 and will face disciplinary action. Player eligibility protests will not be heard after game completion.

NO SHOW AND FORFEIT

Any team needing to forfeit a game must contact League Manager (sobadina@oakvillesoccer.ca) 24 hours before game kick off time. Any forfeit due to misconduct, or insufficient player numbers, will be 3-0 win for opponent. A team not fulfilling its commitment or failing to show up for a game without 24 hours' notice can be subject to league suspension and appropriate fines. Any team who forfeits three games may be removed from the entire league. The league is not responsible for any teams forfeiting and there will be no refunds or credits for any games or teams that forfeit their games. Any games that are forfeited due to a team being disciplined for team Code of Conduct Violations or removal from league will not be played and teams will not be refunded for the loss of these games.

RESCHEDULES AND LEAGUE SEASON

The league will consist of a total of 12 games including playoffs. Playoff formats may differ between divisions and will be at the league's discretion.

The only time that the facility will be closed is if the Town of Oakville closes their facilities (community centers, hockey rinks, arenas). Barring that, OSC will remain open, and all games will go ahead as scheduled. The only time that OSC will reschedule games is if the facility is closed. Notification will go out to captains and players through email. Games may be rescheduled to a day of play that is different than the team's regular day of play (teams will be expected to attend these games).

VIDEO RECORDING

OSC's Adult League is a highly regulated program, with sanctioned referees and strictly enforced discipline procedures. Games may be recorded by VEO software and reviewed by OSC staff. Any behavior concerns expressed by players, match officials and/or staff will be reviewed if footage is available and may result in disciplinary actions, including team and/or player removal from the league. OSC may share, when possible, footage of games that occurred without incident, however this is not guaranteed. The Oakville Soccer Club reserves the right not to share game recordings if deemed necessary.

DISCIPLINE

Oakville Soccer Club's Adult League will adhere to and is subject to [OSC's Discipline policy](#). Any red cards dealt by Discipline By Review will incur a \$25 fine to the guilty party. Any red cards dealt by Discipline By Hearing will incur a \$75 charge to the guilty party. Fines must be paid before suspension is lifted.

All participants in OSC's Adult League must be 18 years of age or older and are therefore fully responsible for their own actions. Discipline matters will be discussed directly with the players involved, and input from parents, guardians, or other individuals will not be considered by the Club.

INJURIES

OSC has an [Emergency Action Plan](#) to ensure that all coaches/team captains understand what is required of them in the event of an incident or injury during an OSC sanctioned game or practice.

Any injuries sustained in Adult House League team activities must be reported immediately on an Incident & Injury Report Form. This form must be submitted to OSC's Director of Operations within 24 hours of the injury/incident for compliance with OSC and OS insurance requirements. All players are covered by the OS Accident Insurance Policy, please see [OSC's Insurance Policy](#) for info.

TEAM NAME/JERSEYS

Adult League players have a responsibility to maintain and enhance the dignity and self-esteem of individuals and other persons by demonstrating respect to everyone, including, but not limited to teammates, opposing teams, match officials and coaches. Please note that the use of team names, logos and/or uniforms which go against this policy will not be permitted and the offending team will be required to change their name/logo/uniform to meet the rules of the Oakville Soccer Club. Teams that are not created by the Club, will be required to provide their own kits.

PLAYER EQUIPMENT

If there is controversy or debate over the safety of a player's equipment the referee will have the final say on its eligibility. Players must not wear anything which is dangerous to themselves or another player.

- The basic equipment of a player must consist of a numbered shirt, shorts, socks, shinguards and footwear. The footwear must be appropriate for the game.
- Shin guards must be covered entirely by socks and worn during all games and practices.
- Team colors must not conflict with each other. Goalkeepers must wear colors which distinguish them from each other, the other players and from the referee.
- It is mandatory for all players on the same team to have the same shirts each with different numbers. No tape on jerseys to indicate numbers will be allowed.
- Jewelry must be taken off before the start of the match and cannot be worn during games
- Must not wear metal or glass eyeglasses. Sports spectacles/goggles are allowed if safe for the players themselves and for other players
- In the event that both teams have same colored jerseys/uniforms, the home team must wear alternate jerseys and/or pinnies. Pinnies must be signed out by home team captain at front desk.

THE BALL

The ball must be a size 5. The home team must be responsible for providing the game ball. The ball must be judged fit for play by the referee and or facilitator and must not be changed during the game unless authorized by the referee/facilitator.

The Oakville Soccer Club is not responsible for balls stuck in the ceiling or lost/stolen balls.

THE GAME

Games must start and finish on time and teams must be ready to play at scheduled kick-off time. A minimum of 4 players are required to start a game. If teams cannot field a team at their scheduled times, they have 10 minutes before the result of the game is a forfeit (3-0). The game will consist of two 25 minute halves; games starting later may have their game time reduced. At half time the interval must not exceed 2 minutes, except by the consent of the referee. If 35 minutes of the game has been played and the game gets abandoned the score will stand with no rescheduled game given.

All games will consist of 5 outfield players and a goalkeeper (6v6). Goalkeepers may not slide feet first. Spitting on the fields will result in a two minute penalty; repeated abuse will result in a sending off and disciplinary action (5 minute penalty).

*Sliding without attempting to contact the opposing player is not considered to be a slide tackle, therefore, no foul.

**A slide tackle that does not contact the player will result in an indirect free kick; a slide tackle that makes contact with the player will result in a Yellow Card and an indirect free kick

Time must be extended to permit a penalty kick being taken at or after the expiration of the normal period in either half. Teams and players must not enter the field of play until 5 minutes prior to the start of their time slot and must leave the field of play immediately after the conclusion of their match.

Captains are responsible for collecting the team's game sheet from the front desk. All areas of the game sheet must be completed before handing it to the referee. Captains are responsible for all players on the team all times. Players will conduct themselves in a reasonable manner in accordance to the rules and regulations of the OSC Adult League. If a game is abandoned due to actions of one team's players or spectators, the game will be scored 3-0 in favor of the opposing team.

There is no offside offence in indoor soccer.

*Coed Division – a minimum of 2 women and 2 men must be on the field at all times. If a team can only field 1 female player or only 1 male player at any point in the game they're not permitted to add another player in replacement and must play a player down. If a Coed team cannot field a minimum of 1 female player or a minimum of 1 male player the game will not proceed and will be rendered a forfeit if the player cannot be produced within 10 minutes of game scheduled start time.

LEAGUE SCORING & TIE BREAKERS

A team will be awarded 3 points for a win, and 1 point for a draw. In the event of a tie in the league standings at the end of the season, the tie will be broken according to the following:

- 1) Points
- 2) Goal Difference
- 3) Goals For
- 4) Head-to-Head
- 5) Coin Flip

For playoff games, if the game is tied at the completion of regular time, a 5v5 penalty kick shoot out will occur. In COED, the shootout must begin with a female player and alternate female/male. Every player must shoot once before the same player may shoot again.

OSC Contacts

| Name | Title | Phone – 905-849-4436 | Email |
|----------------|-----------------------------|----------------------|--|
| Samuel Obadina | Adult League Coordinator | Ext. 4449 | sobadina@oakvillesoccer.ca |
| Richard Bowden | Referee Development Manager | Ext. 4428 | rbowden@oakvillesoccer.ca |
| Rudy Dahdal | Discipline Coordinator | | discipline@oakvillesoccer.ca |