



Sport & Social Club General Rules

SCORE & SPIRIT POINT REPORTING

- Game Scores (account for 75% of total points): Team captains are responsible for reporting the scores after your game by logging into your player profile and clicking on 'My Team' tab and selecting 'Report Score/Spirit Points'. Teams have a 48 hour window to report scores after the completion of the game. Please be timely with your score reporting so league standings can remain updated for playoff positioning.
- Spirit Points (account for 25% of total points): Spirit points are awarded to a team from their opponent after each game to encourage sportsmanship, honesty, integrity and fair play. For more information and how to properly award spirit points, please see our section '[All About Spirit Points](#)'.

STANDINGS/SCHEDULES

- Players can view league standings & schedules by logging into your player profile and clicking on 'Standings/Schedule'.

PLAYER ELIGIBILITY

- All players must be added to the team roster by the team captain. This process confirms that all players have electronically agreed (checked the box) to our policies and online waiver.
- Substitute players are allowed, however they must be added to the roster (check the online waiver). Adding a substitute player from another team in the same league is allowed, however, regular/consistent use of a substitute player in the same league is considered unsportsmanlike and not encouraged.
- For a player to be eligible for a playoff game, the following criteria must be met or the team will default the game:
 - Be on the SSC online team roster.
 - Play a minimum of two regular season games in a 6-10 week season, or three regular season games in an 11-14 week season.
 - Play for only one team per league/pool in playoff games. If a player plays for two teams, the second game will be defaulted.

DEFAULTS

- A default will occur if a team cannot field a squad by 15 minutes after the official start time. If a team does not meet the standard eligibility requirements, team captains must confirm the outcome prior to starting the game. Captains may agree to waive the rules regarding minimum players. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS! In the event there is a default dispute and the game was played, the SSC ruling is that the game counts.
- In the event of inclement weather, follow the sport specific instruction below. To view our general SSC foul weather policy [click here](#).

ROUGH PLAY & PLAYER CONDUCT

- It is recognized that incidental contact between players is inevitable – however, all players should go out of their way to avoid creating unsafe play.
- Any unsportsmanlike conduct may result in immediate expulsion from the league. This includes, physical or rough play, verbal abuse, damage to facility property and/or loss of facility permit. Fighting will result in immediate expulsion from the league. To view our Unsportsmanlike Conduct policy [click here](#).
- Drinking alcoholic beverages, use of drugs and smoking at your game site before, during, or after your game is strictly prohibited. Offenders will be asked to leave the league without refund. No Exceptions.

GAME COORDINATOR (GC) ON-SITE SSC STAFF

- A GC presence is dependent on sport, season, and/or facility locations. They are not referees, as all games are self-officiated. They are on-site to be a neutral supporter of both teams, clarify rules, manage equipment, start/stop games, and to inform players of league news.
- Game Coordinators may stop a game before the full time has expired due to overly aggressive play, persistent unsportsmanlike conduct or a general violation of the rules of the game.



SSC Official Indoor Rules – Coed 4-on-4

OBJECTIVE	<ul style="list-style-type: none"> Indoor Soccer is a team sport in which the objective is to score more goals than your opponent on their keeper.
GAME LENGTH	<ul style="list-style-type: none"> Games are 55 minutes in length with a 5 minute stop for halftime. Games start and end according to your online SSC schedule. If games start late, games must finish at the scheduled time (e.g. 6:15pm-6:55pm).
EQUIPMENT	<ul style="list-style-type: none"> Indoor soccer balls are available to rent through SSC. A \$75 refundable deposit is required, payable through online registration. Equipment is provided for the All-Sorts-of-Sports League. Captains are responsible for ensuring nets are placed appropriately in the goal area. Teams should bring both light & dark coloured t-shirts to help distinguish opponents.
PLAYERS ON COURT AND GENDER RATIO	<ul style="list-style-type: none"> Teams are comprised of 4 players on the court (3 players and 1 goalkeeper). Teams must play with a minimum of 1 males and 1 female on the court at all times. A team can play with a minimum of 3 people, as long as gender requirements are met. Captains may agree to waive the rules regarding minimum players and gender ratio before the game starts.
GAME & COURT SET-UP	<ul style="list-style-type: none"> Team captains should meet before the start of the game to go over the court lines as well as defining the goal crease (in most courts, this is a line approximately 1 metre in front of the bench). Teams are responsible for keeping score and time. Often an SSC Event Coordinator is on-site and will offer to keep score for the game. To start the game, teams should decide who is awarded the kick-off. The opposing team will then start the second half with the ball. The game begins with the ball being passed back to a teammate before crossing centre line.
GENERAL GAME RULES	<p>Standard indoor soccer rules apply to all SSC games. Notable exceptions are listed below:</p> <ul style="list-style-type: none"> Player substitutions can be made at any time and ensuring the player has left the court before a new player joins the play. Keepers must wait for a stoppage in play before substituting for an alternate keeper. To score off an indirect kick, the ball must be touched by another player (offense or defense). Teams may call a one 1 minute time-out per half if needed, except in the final 10 minutes of play. Balls can be played off all walls. There are no offsides. <i>Slide tackling or blocking a shot is not allowed under any circumstances (with the exception of the keeper).</i>
SCORING	<ul style="list-style-type: none"> To score a goal, the ball must completely pass the goal line. Goals cannot be scored from your own side of half – the ball must be first touched by an offensive player in the attacking half, or deflect off a defender in the attacking zone. This will help to reduce the amount of ‘ball blasting’. If a discrepancy arises about a goal, an indirect kick is awarded to the offensive team from where the original shot was taken.
GOAL CREASE & GOALKEEPER	<ul style="list-style-type: none"> Goalies: <ul style="list-style-type: none"> May only use their hands to touch the ball within their own crease in front of the net. Cannot control the ball with their hands for more than 4 seconds before releasing. Are allowed to handle the ball from a pass back or kick in; however, must only use their feet. Can only slide within the confines of their own penalty area. Sliding feet first toward an opponent is illegal and considered a dangerous play. May not score a goal by throwing the ball. When a keeper has control of the ball in front of the bench, it is good sportsmanship to allow the keeper to clear the ball. However, if the keeper is outside of their crease line opponents can play the ball. If goalie handles the ball outside of the crease, a penalty kick (direct) is awarded to the opposing team. The penalty kick is taken from 10 paces from the goal line, and the goalie must remain on the goal line.

<p>VIOLATIONS & MAKING CALLS</p>	<ul style="list-style-type: none"> • It is inevitable incidental contact may occur among players. However, any aggressive contact such as pushing and shoving is not allowed (you should not touch any other player with your body at any time on purpose, and should do your best to avoid unnecessary contact). • It is extremely important that all players make the appropriate calls for infractions and illegal plays. The offending player should call their own infractions, however any player that is currently on the court can make a call. • When a foul is called, play must stop as there is no 'advantage'. • A handball infraction occurs when the ball hits a player's arm from the elbow down (as opposed to the shoulder). • If a disagreement cannot quickly be resolved, the two team captains should meet at the middle of the court (without any other players) and discuss a resolution.
<p>PLAYOFFS</p>	<ul style="list-style-type: none"> • A game can end in a tie during the regular season. • Playoff games should only be 50 minutes in length in anticipation of needing the extra time to settle a tie (there are no playoff games in All-Sorts-of Sports). • In the playoffs, a game that is tied at the end of regulation time is decided by a three-minute sudden death overtime period. If still tied, penalty kicks will commence and each of the 5 players on the floor (including the goalkeeper) takes 1 shot each at a distance of 8 paces from the bench. After 5 shots, if still tied, teams continue taking single shots until one team has scored (and the other team does not). The order of shooters must be maintained. • Playoff games should only be 50 minutes in length in anticipation of needing the extra time to settle a tie. • Team playoff position: Ties in the standings will be broken first by head-to-head play. If there are more than 2 teams that are tied, all the teams must have played each other in order for the results to go to head-to-head. Otherwise, least points against, then +/-, then most points for will determine the placement in that order. • The SSC office will update the playoff schedule once all scores have been submitted and after the last regular season game. Please do not assume the time/location of your playoff game until team names have been posted into the schedule.

Remember... Always have fun!