



OMSC Indoor Rules:

Number of players: (A minimum of 4 players are needed to start a game from U8 to U18)

U6- plays 3 v 3 for 30 minutes and then development for final 30 minutes

U8- plays 5 v 5 (4 + 1 goalie) for 40 minutes and then development for final 15 minutes

U10- plays 5 v 5 (4 + 1 goalie) for 45 minutes

U12 – U18 plays 7 v 7 (6 + 1 goalie)

Game Length:

- U10 – U12 10 minute warm up and game starts at 12 minutes past the hour regardless. Games are then 45 minutes in length with NO half time.
- U14 – U18 2 x 25 minute halves with a 2 minute half time. Games are to start at 5 after the hour and end 2 minutes to the hour regardless. Any games not completed will end regardless of time left on the clock.

Game Sheet:

All game sheets are to remain with the indoor binder at the dome.

General Rules:

- U8-U12 use a size 4 ball
 - U14 –U18 use a size 5 ball
 - A goal may not be scored directly from a kick-off
 - There shall be no offside in indoor soccer
 - All free kicks shall be classified as "indirect" (ie., a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal)- includes corner kicks, goal kicks, pass-ins, kick off, free kicks
- **ONLY Exception- Penalty kicks in 18 yd box- ***NO Penalty kicks in U6-U10*****

Time Penalties- U14 and U18

- 1) A player committing any offence may be given, at the discretion of the referee, a 2 minute time penalty.
- 2) A player who is cautioned shall serve a 2 minute time penalty.
- 3) A team, one of whose players has been sent off, shall serve a 5 minute time penalty.

Administration of time penalties

- 1) Time penalties shall commence when the game is restarted.
 - 2) Time penalties to goalkeepers may be served by another player who was on the field at the time of the offence.
 - 3) 2 minute time penalty shall be served until the time penalty expires.
 - 4) 5 minute time penalties shall be served until the time penalty expires.
 - 5) When a player has been sent off another player on the same team shall serve the 5 minute time penalty.
- All restarts from the side lines are taken as pass-ins for U6-U10. Throw in's for U12-U18. There is absolutely no slide tackling allowed.



Playoff Format

- All divisions 12 and Under – No Play offs for these divisions
- U14-U18 divisions – The standings in PowerUp will determine seeding for the playoffs.

- Points: Win = 3 points
- Tie = 1 point
- Loss = 0 points
- All games tied at the end of regulation in the round robin will be recorded as a tie game.
- If, at the completion of the Round Robin Games, there is a tie the following will be used to break the tie
- Head to Head (does not count if 3 teams tied)
- Goals for/Goals against • Total Goals allowed
- Coin Toss

- All games tied at the end of regulation of semi-final games will go to Penalty Kicks in accordance with FIFA rules.

- All Championship Games tied at the end of regulation will immediately go to 10 minute overtime. There is no golden goal. The full 10 minute overtime will be played regardless of the number of goals scored. If the game is still tied then penalty kicks, in accordance with FIFA rules, will be used to determine a winner