



# 5v5 Coed Turf Soccer Rules



**Updated August 27, 2025**

## 1. Pre-Game – Equipment, Game Time, Defaults, Fields

**Spirit of the League:** The primary focus of FCSSC is FUN! This league is a positive and encouraging environment that is welcoming to players of all backgrounds and playing abilities, with the goal of getting moving, meeting new people, and having fun while doing it! We look forward to an awesome season of welcoming and inclusive play.

Play that is competitive, overly aggressive, rough and/or unsportsmanlike such as pushing, shoving, elbowing, shouldering, tripping, hacking, slashing, sliding, tackling, ball blasting, chirping, name calling, threats and intimidation, is prohibited and will not be tolerated by FCSSC. FCSSC IS FIRST-AND-FOREMOST-FOR-FUN. ANY ROUGH OR PHYSICAL PLAY WILL RESULT IN IMMEDIATE EXPULSION FROM THE GAME, THE LEAGUE, THE CLUB AND/OR ALL OF THE ABOVE. All players should go out of their way to avoid contact with other players and/or eliminate actions or behaviours that could jeopardize player safety. If accidental contact occurs it is expected that players will apologize for that contact, ensure everyone is all right and stop the game to seek appropriate help as required. This rule supersedes all others!

**Game Host:** You will have an FCSSC Game Host on site to make sure everyone is having FUN during your game! They are responsible for a number of things like waivers, score reporting, rule clarifications etc. to help things run smoothly every week. FCSSC is a self-officated league, so players are responsible for making calls on the field/court. Your Game Host is NOT a referee, but can act as a mediator if there are any disputes, and has authority in the gym! Please ask your Game Host if you have any questions or concerns during your game!

**Equipment/Set-Up:** FCSSC Game Hosts will provide soccer balls for each game. Teams are welcome to bring their own balls for warm-up and practice. In addition, FCSSC's Game Host will keep score when possible (ie. Only one game at a time). If the FCSSC Game Host is unable to keep score, we ask that each team select a player to assist in keeping score and report it to the Game Host at the end of the game. Each team should bring both light and dark coloured shirts to each and every game.

**Mixed Gender Requirements:** FCSSC is committed to providing inclusive access to for-fun sport for players of all gender identities.

In this coed league, teams on the field are comprised of five (5) players (including goalie) with a minimum of 2 players of the non-majority gender (for example, a team with a majority of male players must have 2 players of another gender on the field).

### **Game Time/Default:**

- Please arrive 15 minutes early so that you can start your games on time.
- Games are 55 minutes in length.
- A default will occur if any team cannot field a squad by 10 minutes after the official start time. A team can play with a minimum of 4 people on the field, as long as gender minimum requirements are met and Game Hosts must be notified. Captains may agree to waive the rules regarding team minimum requirements but this should be decided before the game starts. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS!

**Alcohol/Drugs:** ALCOHOL AND DRUGS ARE NOT PERMITTED DURING LEAGUE PLAY! ANY OFFENDERS WILL BE ASKED TO LEAVE THE LEAGUE WITHOUT REFUND. No exceptions.

## 2. In Game – General Rules, Fouls, Slide Tackling, Scoring, & Goalies

### General Rules:

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

1. Each half and after each goal starts with one team initiating play by making a forward pass from the centre of the field.
2. If a ball is kicked out of bounds along the sidelines, a kick-in is awarded to the opposite team.
3. If a ball is kicked out of bounds along the goal line by the offence, a goal-kick is awarded to the defending team. See Goalies section below for clarification about goal kicks.
4. If a ball is kicked out of bounds along the goal line by the defense, a corner kick is awarded to the attacking team. Offensive players, please be in control of your bodies when going for balls on corner kicks. Crashing the goalie can result in dangerous play.
5. Player substitutions can be made at any time (i.e. changing on the fly is allowed). However, please ensure that the player coming off has completely entered the team area before the new player joins the action and the change does not disrupt the flow of the game. Goalies cannot change on the fly - please wait for a stoppage in play before substituting goalies.
6. A handball infraction occurs when the ball hits a player's arm from the ELBOW down (as opposed to the shoulder). In addition, players may use their hands to block the ball from hitting their face, groin area and women can also use their arms to block the ball from hitting their chest. This rule will reduce the number of stoppages in play. Please don't abuse this rule.
7. All free kicks are indirect. This rule is in place to deter players from blasting the ball at the goal in an attempt to hit the ball off the goalie and into the net – this causes goalie injuries and is therefore not permitted. To score off an indirect kick, the ball must be touched by another player (offense or defense, but not the defending goalie). Defensive players cannot be within 5 feet of the ball when an indirect kick is being taken.
8. The offending player should call their own infractions, however any players involved with the incident can also make a call. Players not on the field at the time of any incident CANNOT make a call at any time.
9. When a foul is called, play must stop as there is no "advantage" in FCSSC soccer.
10. Teams may call a one (1) minute time-out if needed, except in the final 10 minutes of play.
11. No cherry-picking at any point during the game! Planting players in front of the net as a planned play is not allowed. If players are caught cherry picking, the ball will be turned over to the opposing team. There is no off-side in FCSSC soccer as the league is self-officiated and it would present too many challenges when making the call. Do not purposely stand off-side as this is not in the spirit of the league.
12. Metal cleats are not allowed.
13. If a ball hits the top or sides of the building (including net surrounding the field), an indirect kick is awarded to the opposite team. The ball should be placed at the spot on the field that is closest to where the ball made contact with the wall/roof. i.e. directly underneath the point at which the ball hit the ceiling and on the sidelines for balls that hit the side of the net.
14. Ball blasting is not allowed or welcome in the league.
15. It is inevitable that there will be some incidental contact among players. However, any other contact i.e. pushing, hands, arms, shoulders, elbows, etc., is not allowed. (You should not touch any other player with your body at any time on purpose, and you should do your best to avoid unnecessary contact with your body).
16. **Stopped Games:** A Game Host 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. This decision is solely at the discretion of the Game Host. If the decision is made to stop the game early, the score may be recorded as a loss for BOTH teams. In addition, both teams will be given an automatic warning (Refer to the FCSSC General Indoor Policy sheet for specific details on warnings). One exception to this ruling is if the Game Host has stopped the game because of the inappropriate play of only one team. Under these circumstances, the non-offending team will receive the win, regardless of the score at the time that the game is stopped. This is also at the discretion of the Game Host.

### Fouls:

- Players are responsible for calling their own fouls. Please don't abuse this rule. If a foul call has not been made, the player who has been fouled can also make the foul call.
- All standard soccer infractions are enforced (e.g. hand balls, body contact of any kind, etc).
- Purposely obstructing an opponent's vision by placing or waving a hand in his/her eyes is not allowed.
- Only one of the two players involved with an infraction can make a foul call.
- If a foul call is disputed and the two players cannot come to an agreement, the ball will go to the team that was defending their net. Remember that games are timed, so it is not worth wasting time arguing over calls.

- Intentional fouls are not condoned by the league ie. a player is on a breakaway and fouled purposely from behind. This leads to unsafe play and is not sportsmanlike.

**Slide Tackling:** Even if contact is made with the ball first, slide tackling is not permitted by any player (including goalies) under any circumstances. As well, no players (with the exception of the goalie) can slide to block a shot or pass at any time. Stay on your feet!

**Scoring:** To score a goal, the ENTIRE ball must pass over the goal line and into the net. If a discrepancy arises as to whether the ball was in or not, the person deemed to have the "best perspective" will ultimately make the call. Please remember that you are playing in a self-officiated, co-ed, social league, so any arguments or disputes should be kept to a minimum.

#### **Goalies:**

- Goalies can use their hands ONLY when they are inside the marked crease area (lined crease or pylon line).
- When inside the goal crease, a goalie CANNOT pick up a ball with his/her hands if the ball has been played back on purpose to the goalie by a player on his/her team. This includes all forms of passing and kick-ins. The only exception is if the player directs the ball back to the goalie with their head - in this case the goalie CAN pick the ball up with his/her hands. A violation of this rule results in an indirect free kick for the other team at the spot where the goalie inappropriately used their hands.
- A goalie can "roam" as far from their goal as they want, but once outside their lined crease, the goalie CANNOT use their hands at any time.
- Goalies can score on a goal kick or a throw. Goals kicks are the only type of free kick that can be a direct kick. The distance of the kick eliminates the possibility of ball blasting the goalie (which minimizes the chance of injury) so direct goal kicks are allowed. All other free kicks must be indirect kicks.
- If a goalie makes a save by catching the ball with their hands, they can do one of three things; (a) throw the ball out, (b) kick the ball (out of their hands), or (c) put the ball down on the ground (at which point it becomes a live ball). Please note that if a goalie elects to put the ball on the ground, the goalie cannot choose to immediately pick the ball up again.

**Alcohol:** THERE IS ABSOLUTELY NO DRINKING OF ALCOHOLIC BEVERAGES PERMITTED WHILE PLAYING!! ANY OFFENDERS WILL BE ASKED TO LEAVE THE LEAGUE WITHOUT REFUND. No exceptions.

### **3. Post-Game – Departure & Score Reporting**

**Departure:** Each week after your game, it is important to leave the turf in a timely manner. Teams could be playing after you and will need to get their game started on time. It is also possible that the facility could be closing upon the completion of your game and all staff and members will need to depart the building at that time.

**Score Reporting:** FCSSC Game hosts will report the score for each game. Please be sure to inform your Game Host of the game's score before leaving the facility! Scores and standings can be viewed through your account at [www.forestcityssc.ca](http://www.forestcityssc.ca)

### **4. Playoff Games**

**No Ringers:** To play on playoff nights players must have played a minimum of 2 regular season games for that team.

**Substitutes:** A player is only allowed to play for one team in each playoff round. Players cannot sub in for another team during the same round, most particularly in a championship game. Exception: a player may sub for another team in the same league during the same play-off round IF the game is not a championship game (ie, title on the line) and the team needing a sub would default the game without the substitute player (resulting in both teams being unable to play).

**Tiebreaker:** During playoffs, games are 50 minutes in length to allow extra time in case of a tie. A game that is tied at the end of regulation time is decided by a three-minute sudden death overtime period. If still tied, a shoot-out will commence; six of the players on the turf at the end of the game takes one shot each at a distance of ten paces. Only the five players on the turf at the end of the game can participate and the goalie that finished the game remains the goalie for the shoot-out. After five 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 Matchups:** For more information about playoffs (including details about how matchups are determined), please visit our policies page at [www.forestcityssc.ca/page/policies](http://www.forestcityssc.ca/page/policies)