



Adult League Rules

The League will follow the Ontario Soccer Indoor Rules under the “Indoor Laws of the Game” available online at <https://www.ontariosoccer.net/referee-rules>.

Team Registration

Payment for the League and Ontario Soccer Player Registrations must be paid as per League fee schedule (see below). All League payments must be received before your second league game.

Payment can be made online with a credit card (VISA/MasterCard) or through an Interac e-Transfer sent to info@miltonasl.ca.

League fee schedule	Deposit	Post-Dated Payment	Total Team Fee
	\$500.40	\$1850.00	\$2350.40
Amount due:	Upon registration	Before 1 st league game	

The Ball

The ball will be an outdoor regulation ball. No Indoor/Futsal balls will be permitted. The Ball must be Size 5.

Registration of Players

Players must complete their Ontario Soccer Player Registration before he or she is allowed to play in a League Game. Players are required to register before they will be eligible to play. A team playing unregistered players will result in disciplinary action from the league. Players must register online at the team link provided to team captains via email. Each link is specific to the team that you play on in the league.

A player is allowed to play on more than one team as long as these teams are not in the same division on the same league night. The players name must appear on the game sheet of both teams he/she is registered for.

In the Over 35's league all players registered on a team must be born in or before 1989. If a player is 34 and there 35th birthday falls in the same time as the session they are registered in they will be allowed to register.

No new registrations will be accepted after the team has played 6 games. Fall 2024 registration deadline days are Friday, November 22nd for the Friday league, Sunday, November 24th for the Sunday leagues, Monday, November 25th for the Monday women's league, and Wednesday, November 27th for the Wednesday leagues. NO EXCEPTIONS. Maximum roster size is 23 players for indoor 6v6. 15 player spots are included in the team fee, any additional player beyond 15 on the roster is subject to a \$50.00 player registration fee. This additional fee will be charged to the team captain's credit card.

Teams must have a minimum of six players registered before they are eligible to play in a league game.

Number of Players

Unless specified otherwise by the Rules of the competition a match shall be played by two teams, each with not more than six players and not less than four players on the field of play. One of the players shall be the goalkeeper.

Substitutes are made on the fly or at any stoppage of play. The game shall not be delayed to allow substitution, except for the substitution of the goalkeeper.

Unlimited substitution shall be allowed.

When any player other than the goalkeeper is to be replaced, the substitute shall not enter the field of play until the player being replaced is within 1 metre of the bench area. Neither the player entering or the player leaving may interfere with the play while both are on the field. Any abuse of this rule could result in a two minute penalty.

Any of the other players may change places with the goalkeeper, provided that the referee is informed before the change is made, and provided also, that the change is made during a stoppage of the game.

During a Co-Ed game each team must have two women on the field at all times; may include the Goalie.

Start of Play

The game shall commence from the center circle and the ball can be played in any direction. Ball will be kicked in when the ball crosses the sideline. When a goal is scored the game may not restart until both teams have reached their respective end. Any attempt to delay this process or excessive celebration could result in a 2 minute penalty.

The Game

Games must start and finish on time and team must be ready to play at least 10 minutes prior to the scheduled kick off time. A minimum of four players is required to start a game. If a team cannot provide the minimum number within 10 minutes of the scheduled kick off time, they may forfeit the game by a score of 3-0.

Teams that do not show up for a scheduled game without providing prior notice to the League office via email, info@miltonasl.ca, will be subject to a \$50.00 fine.

The game will consist of two 25 minute halves. Games starting late may have the time reduced. At half time the interval shall not exceed three (3) minutes, except by the consent of the Referee.

All games will consist of five outfield players and a goalkeeper (6v6).

Goal keepers may not slide feet first.

Spitting on the fields could result in a two minute penalty. Repeated abuse could result in a sending off (5 minute penalty) and a \$50.00 fine.

FREE KICKS

All free kicks are indirect. Players who encroach within 5 meters of the kicker may be cautioned by the Referee.

PENALTY KICKS

Penalty kicks during regular or overtime shall be taken from the penalty spot. The kick may be taken by anyone on the game sheet for that game.

DISCIPLINE

Fouls and misconduct will be the same as the OSA published rules. See Appendix "A"

For a minor infraction - the player will serve a two minute penalty. The player must serve the entire two minutes even if his/her team were to concede a goal.

Fighting will not be tolerated.

Red Cards - Decisions will be made by the league disciplinary committee. Players will have 48 hours after receiving a red card notice to request a hearing. Players must pay a \$50.00 appeal fee. The appeal fee is refunded should

Red cards will result in a team fine of \$10.00 - \$100.00 depending on the nature of the offence. All fines must be paid before the teams next scheduled league match. Non-payment could result in a forfeit.

If a player is given a red card, he/she shall leave the playing area immediately. The guilty team shall place a player in the penalty box for the full five minutes, no matter how many goals are scored against them. After the five minute period, the team shall return to full strength, excluding the player that received the red card.

If a goalkeeper receives a two minute penalty, his time may be served by another player on the field. For a red card, he will be ejected from the game and will not be allowed to come back to play.

Each team is responsible for the behavior of their spectators. Spectators must remain away from the players benches at all times. Only Individuals indicated on the Game Sheet are allowed on the field/player bench areas.

Game Protest

A team must protest the eligibility of an opposing player before, during or at half time of the game in question. The protest is made to the match referee or league staff. You must point out which player(s) you wish to protest. A limit of two player's eligibility will be checked by the league staff.

Any team found using ineligible players will forfeit that said match by a score of 3-0.

Players Equipment

The player's equipment shall consist of a regular uniform with a number on the shirt that corresponds to his/her number on the Game Sheet. It is mandatory for all players on the team to have the same shirts with different numbers. Numbers must be permanently printed on the team shirts. Tape is not permitted.

The goalkeeper must wear a numbered shirt with colours that distinguish him/her from the other players on both teams.

The number shall be of contrasting colour to the shirt. Footwear shall be running shoes, indoor soccer shoes (Flat sole), Turf Shoe's or outdoor cleats (Molded Stud). No metal cleats or six studs will be permitted.

In the event that the teams have the same colour shirt the home team must change. It is the home team's responsibility to check our website prior to the game to plan for any potential colour conflicts. All team colours are listed next to team names on the schedule/standings page at <https://miltonsportsdome.ezleagues.ezfacility.com/leagues>

Shin guards and Socks are mandatory at all times.

All players are subject to OSA's Law #4 "Players Equipment" – Appendix "B"

Game Sheets

Each player on a team must be represented on the game sheet. The team captain/representative must sign the bottom of the game sheet.

Referees

A referee will be appointed to each game. He/She shall enforce the laws of the game and his decision at time of game shall be final. He/She must complete the game sheet at the end of each game and report in writing any discipline problems occurring during the game.

The League will not tolerate any abuse to Referees or League officials at any time. Referee's decision or interpretation is final.

LEAGUE TIE BREAKERS

1. Points
2. Goal Difference
3. Most Goals
4. Least Goals
5. Goal Average (Goals against divided by goals for)
6. Coin Toss

The laws of the game shall be as close as possible to the outdoor rules, but will be subject to revision, if required. If any rule is not covered or there is confusion the Conveners decision will prevail. The League administration will have final discretion on all league matters.

TABLE 1 - Standard Penalties for Misconduct by a Player Based on Playing Seasonal Offences

Type #	Description of Misconduct	First playing seasonal Offence	Second playing seasonal Offence	Third or More playing seasonal Offence
1.1	First Caution.	no action		
1.2	Second Caution	no action		
1.3	Third Caution.	1-game suspension		
1.4	Fourth Caution.	no action		
1.5	Fifth Caution.	2-game suspension		
1.6	Sixth Caution & any subsequent caution.	3- game suspension		
1.7	Notwithstanding Misconduct Types 1.1, 1.2, 1.3, 1.4, 1.5, and 1.6 above, the following suspensions will be applied to players in the Regional & Provincial Divisions of the Provincial & Regional Senior Leagues:			
1.7.1	First Caution.	no action		
1.7.2	Second Caution	no action		
1.7.3	Third Caution.	no action		
1.7.4	Fourth Caution.	no action		
1.7.5	Fifth Caution.	1-game suspension		
1.7.6	Sixth Caution	no action		
1.7.7	Seventh Caution.	1-game suspension		
1.7.8	Eighth Caution.	2-game suspension		
1.7.9	Ninth Caution.	2-game suspension		
1.7.10	Tenth Caution	suspended for remainder of season		
1.13	Dismissed for "Receiving a second caution in the same game" for which neither of the cautions was directed at the match official(s).	1 game suspension	3 game suspension	See misconduct 1.22
1.14	Dismissed for "Receiving a second caution in the same game" for which at least one of the cautions was directed at the match official(s).	2 game suspension	4 game suspension	See misconduct 1.22

1.14A	Dismissed for "Receiving a second caution in the same game" for which at least one of the cautions were directed at a Match Official under the age of 18.	4 game suspension	8 game suspension	See misconduct 1.22
1.15	Dismissed or reported by Match Official for "Using offensive, insulting or abusive language and/or gestures" directed at anyone other than the match official(s). If racist or sexual comments - please see 1.73	1-game suspension	3-game suspension	See misconduct 1.22
1.16	Dismissed or reported by Match Official for "Using offensive, insulting or abusive language and/or gestures/actions" directed at the match official(s). If racist or sexual comments - please see 1.73	3 game suspension	8 game suspension	See misconduct 1.22
1.16A	Dismissed or reported by Match Official for "Using offensive, insulting or abusive language and/or gestures/actions" directed at Match official(s) under the age of 18. If racist or sexual comments - please see 1.73	8 game suspension	16 game suspension	See misconduct 1.22
1.17	Dismissed or reported for "using offensive, insulting or abusive language and/or gestures/actions" directed at a match official(s) after having been previously dismissed or reported Note: A suspension of 9-12 games can only be applied for 1.17 where the charge has been reduced from Game Official Assault charges 1.51/1.52. Otherwise the maximum suspension for 1.17 is 8 games.	6 to 12 games suspension	8-16 games suspension	See misconduct 1.22
1.17A	Dismissed or reported for "using offensive, insulting or abusive language and/or gestures/actions" directed at a Match official(s) under the age of 18, after having been previously dismissed or reported Note: Suspension for a youth player under 1.17A cannot exceed 8 games. An adult player can be suspended up to the maximum of 16 games.	8-16 games suspension	12-18 games suspension	See misconduct 1.22
1.18	Dismissed for "Denying an opponent a goal or an obvious goal-scoring opportunity by deliberately handling the ball".	1 game suspension	2 game suspension	See misconduct 1.22
1.18A	Dismissed for "Denying an opponent a goal or an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or penalty kick".	2 game suspension	4 game suspension	See misconduct 1.22
1.19	Dismissed for "Serious Foul Play". (Must occur on the field of play, against an opponent when challenging for the ball, while the ball is in play). Otherwise see 1.21	2 game suspension	4 game suspension	See misconduct 1.22
1.19A	Dismissed for "Serious Foul Play" where in the opinion of the Discipline Hearing Panel there was an obvious "attempt to injure" or "a complete disregard for the safety of an opponent" (Must occur on the field of play, against an opponent while the ball is in play) otherwise see 1.21A	4-8 game suspension	8-12 game suspension	See misconduct 1.22
1.20	Dismissed or reported for "Spitting at an opponent or any other person", other than a Match Official. NOTE: Spitting at a Match Official is Misconduct Type 1.52.	4 game suspension	8 game suspension	See misconduct 1.22
1.21	Dismissed or reported for "Violent Conduct".	3 game suspension	6 game suspension	See misconduct 1.22
1.21 A	Dismissed or reported for "Violent Conduct" where in the opinion of the Discipline Hearing Panel there was an obvious attempt to seriously injure a registrant or non-registrant.	6-10 game suspension	10-15 game suspension	See misconduct 1.22
1.22	Received and found guilty of a third dismissal in a playing season within that league or competition	1 - 11 month suspension		
1.23	Senior player played as an ineligible player except for a player who played while under suspension in which case Misconduct Type 1.64 shall apply.	2 game suspension	4 game suspension	8 game suspension

1.25	Re-enters the field of play or player bench area after having been dismissed from the game by the Match Official	2 game suspension	5 game suspension	See misconduct 1.22
Standard Penalties for Misconduct by a Player Based on Lifetime Offences				
Type #	Description of Misconduct	First Lifetime Offence	Second Lifetime Offence	Third or More Lifetime Offence
1.51	Match Official Assault for "deliberate physical contact (i.e., pushing, pulling, charging, etc.) or attempted physical contact or threatening". <i>This charge carries an immediate suspension from all soccer activity</i>	6-12 month suspension + \$200.00 fine	1-3 year suspension + \$200.00 fine	Minimum 5 year suspension
1.51A	Match Official Assault (against a Match Officials under the age of 18) for "deliberate physical contact (i.e., pushing, pulling, charging, etc.) or attempted physical contact or threatening". <i>This charge carries an immediate suspension from all soccer activity</i>	1-3 year suspension + \$300.00 fine	3-5 year suspension + \$300.00 fine	Minimum 7 year suspension
1.52	Match Official Assault for "striking, spitting, kicking, or any form of violent conduct, or attempted violent conduct". <i>This charge carries an immediate suspension from all soccer activity</i>	2-5 year suspension + \$400.00 fine	5-10 year suspension + \$400.00 fine	Minimum 10 year suspension
1.52A	Match Official Assault (against a Match Officials under the age of 18) for "striking, spitting, kicking, or any form of violent conduct, or attempted violent conduct". <i>This charge carries an immediate suspension from all soccer activity</i>	5-10 year suspension + \$500.00 fine	10-15 year suspension + \$500.00 fine	Minimum 15 year suspension
1.61	Failed to attend a discipline hearing at which he/she was accused of Match official assault.	player is fined \$100.00 and remains suspended until he/she requests and attends a subsequent discipline hearing		
1.64	Participated in a soccer activity from which he/she was suspended	6-12 month suspension	1-3 year suspension	2-5 year suspension
1.65	Instigated and/or participated in a brawl between two teams before, during, or after a game.	1-3 month suspension	3-12 month suspension	1-3 year suspension
1.66	Senior player acted in contravention of, or failed to act in accordance with, a "Published Rule". (see restrictions in procedure 9.14)	1-3 month suspension	3-12 month suspension	7-12 month suspension
1.67	Acted in a manner deemed to be detrimental to the game. (see restrictions in procedure 9.14)	3-12 month suspension	1-3 year suspension	2-5 year suspension
1.68	Committed one of more of the following: a) Changed any information on a registration form without the consent of the person being registered on such form. b) Provided false or inaccurate information on a registration form.	3-12 month suspension	1-3 year suspension	2-5 year suspension

	c) Provided an invalid photograph for registration purposes. d) Misidentifying one's self to a Match Official			
1.69	Provided false information or withheld information (including date of birth; Club, country, and year last registered; etc.) on a player registration form.	3-6 month suspension	6-12 month suspension	1-3 year suspension
1.70	Provided a false address on the player registration form.	1-3 month suspension	6-12 month suspension	1-3 year suspension
1.71	Participated in any soccer related activity under a false name.	3-12 month suspension	1-3 year suspension	2-5 year suspension
1.73	Dismissed or reported by a Match Official or other registrant for racist or sexist comments made during the game or in the vicinity of the playing field either during or after the game	1-3 month suspension	4-6 month suspension	7-12 month suspension
1.74	Reported for "using offensive, insulting or abusive language and/or gestures" directed at a discipline or appeal hearing panel member(s)	3-12 month suspension	1-3 year suspension	2-5 year suspension

Standard Playoff Formats

8 team divisions – seeding of teams based on regular season standings to determine quarter-final match-ups, 1v8, 2v7, 3v6, 4v5

6 team divisions – seeding of teams based on regular season standings to determine quarter-final match-ups, seed #1 and #2 get a bye to the semi-finals, 3v6 & 4v5

4 team divisions – seeding of teams based on regular season standings to determine semi-final match-ups, 1v4, 2v3

***Note** – *Some 8 team divisions may be split into two (2) divisions of 4 for the playoffs to create a more competitive environment. The split divisions of 4 teams will follow the above "4 team divisions" playoff format*

All playoff match-ups are posted at the bottom of the schedule under the respective division. Playoff games start once the regular season is completed.