

SDSRAI
Indoor
2024/25
Refresher
Clinic



Before the Match:

- Arrive at the field 15-minutes prior to your game(s)
- All boarded and turf games will consist of two 25-minute halves with a 1-3-minute half-time break.
- Check the field conditions – Keep eyes peeled for water leaks, loose floor tiles, wall panels, goal posts, etc.
- Make sure goal net and corner flags are set up properly (turf field). Do not set up nets at the turf soccer centre. Request for a soccer centre staff member to do it for you.
- Boarded: the use of size 5 felt balls only for all Adult Soccer Boarded Indoor league/tournament/playoff games. No low bounce balls or outdoor balls will be permitted for boarded indoor play.
- Turf: the use of size 5 outdoor FIFA regulated ball for all Adult Soccer Turf league/tournament/playoff games. No low bounce balls or indoor felt balls will be permitted for turf play.
- For indoor, the home team starts the game with the ball, and both teams start the game on the far side of the field from their bench.
- TEAMS or REFEREE** to pick up the game sheets at the admissions desk.
- Player eligibility: If a team does recognize that the other team may have an ineligible player. The team raising the concern should be raised before the start of the game. Or if the player shows up late prior to the start of the second half. This is important to us as referees because the team needs to bring this forward to the referee that it needs to be indicated on the bottom of the game sheet. That the team is going to protest. And it is important by the referee to write this down stating when the concern was brought forward per the rules and regulations of SAS

-Number of Players:

The maximum number of players (including the goalkeeper)

Boarded – Men's 6, Women's 6, Masters 6.

Turf – Men's 8, Women's 8, Masters 8, Legends 6

Coed – 7 Players 3 Male & 3 Female. Goalkeeper can be of either male or female.

The minimum number of players (including the goalkeeper)

Boarded – Men's 4, Women's 4, Master 4

Turf – Men's 5, Women's 5, Masters 5, Legends 4

Coed – 5 Players 3 male player's 1 female player & Goalkeeper of either male or female gives you 5 players. Also, there must always be at minimum 1 female out player. There is always a maximum of 3 male out players.

-Adult soccer games Saskatoon Adult Soccer I.D. card checks or Canadian Government Photo I.D. checks prior to every game. DO NOT physically touch just a visual. Referees do not keep identification of players. Players bringing forward Saskatoon Adult Soccer I.D. or Canadian Government Photo I.D. on their mobile device is not allowed. A physical form of identification needs to be presented. Match jersey number the player is wearing with name and number listed on the game sheet. If a player shows up late to a game, it will be at the referee's discretion to decide when that player's card will be checked.



-Check the players to make sure they are wearing the proper compulsory equipment. Shirt, Shorts, Socks, Shin guards, Safe and proper footwear.

-All referees must enforce the no jewelry law. Jewelry is not permitted to be taped. The only exceptions are Medic Alert bracelets. Non-compliance means that player does not play. Please note this applies to referees as well.

-Check casts and braces. Hard plaster casts are considered to pose a danger to both the player wearing the cast and other players. Players wearing a hard plaster casts are not permitted to play. Even if players try to wrap it with soft material this is still not allowed. Players wearing a soft, lightweight cast will be permitted to play. If a player is wearing a knee brace, the player must have a soft material covering the knee brace. It is at the referee's discretion to deem the knee brace safe upon inspection of the covering. (All hard/sharp edges must be covered to avoid any other players' possible injury.)

-Only registered players and team personnel (coach) are allowed on the player's bench during games. Team personnel will need to show the referee ID and match the name on the game sheet under coaching section. May have to add name. Acceptable forms of ID is SAS player card, or any Canadian government photo ID. This is due to Law 12 referees can now show the coaches a yellow or a red card.

-Adult permit players must be distinguished on the game sheet with the letter (P) beside their showing they are a permit player.

-A team can use an unlimited amount of Adult permit players per game.

-Goalkeeper permit players must be clearly marked on the game sheet as the goalkeeper (G.P.) or they will be considered a regular permit player and disciplinary action may apply. The goalkeeper must only play as a goalkeeper and cannot play as an outfield player or they will be considered a regular permit player and disciplinary action may apply. If goalkeeper does in fact switch places with out field players. Referees must make a note of this on game sheet and submit a match report to provide details.

-Youth Permits must be written and marked (Y.P.) on the game sheet and have their ID number beside their name.

-Youth permit players must have a Saskatoon Soccer player I.D. card present at the game or any form of Canadian Government Photo I.D. to be eligible to play. Can only play when their season is over and have to be 15 yrs and older to play.

-Free Agent Players is to allow new players the opportunity to play. Free Agent Players must purchase a pass to play allowing 5 permits with any team. Teams will need to notify the referee of a Free Agent Player and mark beside their name with (F.A.P.)

-Teams playing in boarded or turf have 10 min from the scheduled game start time to have a minimum number of players on the field.

Note*** Circumstances do apply when you are refereeing different leagues. Know the minimum required players for each league.

-If a team is not ready for player I.D. card check, not on the field on time, etc. The referee must state on the game sheet team(s) showed up late.

-Starting games on time is very important!!! You will have a 10 min window to get the game going or else it is not played.

-This can be from the teams showing up late, not having enough players, or the referee shows up late. Referee showing up late will count as a "NO SHOW".

-Do the math when still having enough time to get a game in within the 10 min window. Will still need to shorten halves by a couple minutes or shorten half time break.

After the Match:

- Complete the game sheet. Make note of goals, cautions, send offs, permits, etc on the game sheet in the space provided.
- Must be filled out within 2 business days no later than 5pm on second business day.
- Place game sheet into the mailboxes either at Henk Ruys or Sasktel Sports Centre or admin@saskatoonadultsoccer.com
- Score will always needs to be submitted through RAMP.
- A Misconduct Report must be filled out within 2 business days no later than 5pm on second business day and sent to the league by email to Ifman (admin@saskatoonadultsoccer.com)

BOARDED SPECIFIC

SLIDE TACKLING:

- Slide tackling is not permitted in boarded games.
- A player deemed guilty of a slide tackle will be issued the minimum of a yellow card. If the infringement is deemed serious enough, the player will receive a red card.
- Goalkeepers can tackle in a hand first manner but are not permitted to slide tackle feet first.
- Players are permitted to slide during boarded games provided it is not for the purpose of a tackle nor attempting to dispossess an opposing player of the ball.
- Slide tackles are at the discretion of the referee.

PENALTY KICK:

- Penalty kick placement is on the line at the top of the penalty area.

SUBSTITUTIONS:

-Boarded substitutions are on the fly. Players leaving the playing area must be within 2 meters of the bench area before the substitute may enter the field of play.

-When substituting the goalkeeper, you must wait for a stoppage in play and inform the referee that you are replacing the goalkeeper.

-Players may substitute on specifically to take a penalty kick.

BOARDING RULE:

-Boarding is identified when a player(s) makes any contact with the boards as a result of the actions of the opposing player(s). Even the slightest contact results in a call.

- i) All Boarding incidents are considered fouls and will result in a direct free kick.
- ii) Any Boarding incident that is deemed to be reckless will be cautioned.
- iii) A player who uses excessive force in a boarding incident will be issued a red card.



Ball hitting grey wall is out of play.

Ball hitting net is live.

Ball hitting white wall above the top of the yellow line is out of play

Ball hitting below the top of the yellow line is in play.

**Field
No. 3**

The Yellow lines above the goals will be used as an out of bounds line. Any ball striking the wall above the yellow line will be ruled as an **indirect** free kick. Out of bounds also includes the bench areas, field entrances and the ceiling. The netting is considered live unless the ball hits the netting and railing. The gathered netting in the referee box is considered out of bounds. Any restart of play after the ball has been ruled as out of bounds will take place at the point of last contact with a player.



Ball hitting glass or railing above netting is out of play.

Ball hitting netting is live.

Ball hitting boards is live.

The Yellow lines above the goals will be used as an out of bounds line. Any ball striking the wall above the yellow line will be ruled as an **indirect** free kick. Out of bounds also includes the bench areas, field entrances and the ceiling. The netting is considered live unless the ball hits the netting and railing. The gathered netting in the referee box is considered out of bounds. Any restart of play after the ball has been ruled as out of bounds will take place at the point of last contact with a player.

FREE KICKS & DISTANCE:

-Distance 3 yards

-All direct free kicks per IFAB LOTG.

Examples: Fouls and any form of misconduct.

-An attacking indirect free kick that has been awarded for the attacking but has been penalized by the defending team. The restart must be at the top of the penalty area with indirect free kick. Remember to raise your arm for all indirect free kicks very important.

Example: Shot on goal from attacker, ball deflects off a defender which goes up and over the yellow line over the net. Placement of the indirect free kick is at the top of the penalty area.

Example: Pass back from defender, goalkeeper picks up the ball. Placement of the indirect free kick is at the top of the penalty area.

-Player awarded free kick and touching the ball twice. If a player is awarded a free kick the kicker must not touch the ball again until it has touched another player. An indirect free kick is awarded.

Example: Kicker shooting on goal, ball goes off boards, black netting, goal post, or crossbar and back to the kicker. Indirect free kick for the other team.

CARD VIOLATIONS

A. Yellow card = four-minute penalty

The player will go into the penalty box and the team will have one less player on the field for the duration of four minutes. If the opposition scores, the player will be allowed out of the box and the team will resume to full strength, unless both teams are serving time penalties and have equal number of players on the field at the time of the goal. In this instance the player continues to remain in the penalty box.

A. Red card = player ejected from the match + six-minute penalty

The team will play one less player for the entire six minutes regardless of how many goals the opposition scores. At the end of the six minutes the referee will signal to the team they can bring a player onto the field to resume to full strength as long the subsequent items F) and G) are not met.

C. A team must have a minimum of four players on the field at any given time. Any team serving any time penalties including multiples at any given time will not play with less than four players on the field.

D. A time penalty begins to expire once the play has resumed after the foul.

E. If a second player or a team receive a second time penalty while another time penalty is being served, the time begins to expire once play has resumed after the foul.

G. For any subsequent time penalties (4 or more) the same ruling as F) shall apply whereas the time for any additional penalties does not begin to expire until there is only one (or in the case of two time penalties expiring at the same time, zero) other penalty being served. If the time penalty is for a yellow card violation, the player cannot return to the game until the conditions to do so in item A) are met. For red card violations the team cannot return a player to the field until the time penalty has expired in full. Upon expiring of any of the preceding time penalties being served the penalized team continues to play less a player due to the time penalty that remain to be served.

YELLOW CARD SCENARIOS The following situations could arise in a match and the adjacent punishment follows:

- i) **1 Yellow Card to 1 player** = Player will go directly to the penalty box to serve the 4-minute penalty. If the opposing team scores within that time frame the player that received the yellow card is allowed out of the box and the team no longer plays short.

- ii) **1 Yellow Card to 2 players on the same team** = Players will go directly to the penalty box to serve the 4-minute penalty. If the opposing team scores within that time frame the penalized team will be allowed to put 1 player back onto the field. If another goal is scored, then the penalized team can put a second player on the field. However, the yellow-carded players will remain in the box for the duration of the time to be served. They are allowed onto the field when the referee indicates the time is served. Stoppage of play is not required.

- iii) **1 Yellow Card to 3 players on the same team** = Players will go directly to the penalty box to serve the 4-minute penalty. However, the player carded third's penalty only starts once the two other players served their 4-minute penalty. If the opposing team scores within that time frame the penalized team will be allowed to put 1 player back onto the field. The secondary penalty start time may commence. If another goal is scored, then the penalized team can put a second player on the field. However, the yellow-carded players will remain in the box for the duration of the time to be served. They are allowed onto the field when the referee indicates the time is served. Stoppage of play is not required. NOTE: When there are 3 cards given to 1 team, the last player to receive the card will sit in the box and their timed penalty will not start until the first player's penalty has expired. This means that the first player would sit additional minutes prior to starting his or her own timed penalty.

iv) **1 Yellow Card to 1 player on each team** = Players will go directly to the penalty box to serve the 4-minute penalty. Both Yellow Carded players will remain in the box for the duration of the time to be served. They are allowed onto the field when the referee indicates the time is served. Stoppage of play is not required.

v) **1 Yellow Card to Team A and 2 Yellow Cards to Team B** = Players will go directly to the penalty box to serve the 4-minute penalty. Team B will play shorthanded by 2 players, and Team A by 1 player. If Team A scores a goal within the 4-minute time frame, then Team B is allowed to have another player enter the game so as to bring the teams to even strength. If team B scores a goal nothing changes, the yellow-carded players will remain in the box for the duration of the time to be served. They are allowed onto the field when the referee indicates the time is served. Stoppage of play is not required.

vi) **1 Yellow to Team A and 3 Yellow Cards to Team B** = SAME as above. This is the same for any variance in numbers of bookings. If Team A scores a goal, then 1 player from Team B is allowed back on the field until the teams are at equal strength.

vii) When a Goalkeeper receives a yellow card, the penalty is to be served by the Goalkeeper. A player from either the bench or field must take the place of the Goalkeeper. The Goal Keeper's penalty is completed, and the team no longer plays short, once the referee indicates the penalty time is up. Stoppage of play is not required to end the penalty. However, stoppage of play is required to change back to the original Goalkeeper. Note: A delay of game yellow card will be given for teams that delay choosing a Goalkeeper.

RED CARD SCENARIOS A player receiving a Red Card will be ejected from the match. The following situations could arise in a match and the adjacent punishment follows:

- i) **1 Red Card to 1 player** = A player receiving a Red Card will be ejected from the match. The Penalized Team will play shorthanded for the duration of the 6 minutes. They can play at full strength when the referee indicates the penalty time is up. Stoppage of play is not required.
- ii) **1 Red Card to 2 players on the same team** = Any player(s) receiving a Red Card will be ejected from the match. The Penalized Team will play shorthanded by 2 players for the duration of the 6 minutes. They can play at full strength when the referee indicates the penalty time is up. Stoppage of play is not required.
- iii) **1 Red Card to 3 players on the same team** = Any player(s) receiving a Red Card will be ejected from the match. The team that received the red card will play short by 2 players for 6 minutes, and then a secondary 6 minutes they will play 1 player short.
- iv) **1 Red Card to 1 player on each team (offsetting)** = Any player(s) receiving a Red Card will be ejected from the match. With 1 Red Card to each team both teams will play short for the duration of the 6 minutes.
- v) **1 Red Card to Team A and 2 Red Cards to Team B** = Any player(s) receiving a Red Card will be ejected from the match. Team A will play shorthanded for the duration of the 6 minutes. Team B will play shorthanded by two players for the duration of the 6 minutes. They are allowed to play at full strength when the referee indicates the penalty time is up. Stoppage of play is not required.

RED AND YELLOW CARD SCENARIOS

- i) **1 Red Card to one team and 1 yellow card to the other team** = Any player(s) receiving a Red Card will be ejected from the match, and the team will play shorthanded for 6 minutes. The yellow-carded player will go directly to the penalty box to serve the 4-minute penalty. Both teams play shorthanded, if a player from the team with the Red Card penalty scores the team with the yellow card can bring a player onto the field. However, the Yellow Carded player will remain in the box for the duration of the time to be served. He/she is allowed onto the field when the referee indicates the penalty time is up. Stoppage of play is not required.

COED SPECIFIC:

The Coed game is meant to be a fun and social way for men and women to enjoy the game of soccer together. Unsportsmanlike or potentially dangerous play will not be tolerated. Officials have been instructed to call the game very strictly. Referees will err on the side of caution in order to prevent injury and to uphold the spirit of the game.

-Boarded Coed games are played in the Henk Ruys Soccer Centre during the indoor season.

NUMBER OF PLAYERS:

-All coed boarded games are played with 7 players per team on the field consisting of 3 males, 3 females and 1 goalkeeper of either sex.

-The minimum number of players a game is 5. There must always be at minimum 1 female out player. There is always a maximum of 3 male out players.

SUBSTITUTIONS:

- Boarded substitutions are on the fly. Players leaving the playing area must be within 2 meters of the bench area before the substitute may enter the field of play. (See XVI. SUBSTITUTIONS for additional rules.)
- Players may substitute on specifically to take a penalty kick.
- When substituting the goalkeeper, you must wait for a stoppage in play and inform the referee that you are replacing the goalkeeper.
- In the event a player received a card, players must continue to substitute and field the team as they were prior to the penalty. The player in the box is still considered an on-field player. I.e.: A male player may not substitute in for the position of a female player if a male player is in the penalty box or removed from the game.

CARD VIOLATIONS:

- Same administration as you would if you were refereeing any regular league in Henk Ruys. Does not change.

BOARDING RULE:

- Same expectation as regular league play for calling any boarded infraction in Henk Ruys.

SLIDE TACKLING:

-Slide tackling is not permitted in boarded Coed games.

-A player deemed guilty of a slide tackle will be issued the minimum of a yellow card. If the infringement is deemed serious enough, the player will receive a red card.

-Goalkeepers can tackle in a hand first manner but are not permitted to slide tackle feet first.

-Players are permitted to slide during boarded games provided it is not for the purpose of a tackle nor attempting to dispossess an opposing player of the ball. v) Slide tackles are at the discretion of the referee.

OUT OF BOUNDS:

-The Yellow lines above the goals will be used as an out of bounds line. Any ball striking the wall above the yellow line will be ruled as a free kick. Out of bounds also includes the bench areas, field entrances and the ceiling.

-The netting is considered live unless the ball hits the netting and railing as well.

-The gathered netting in the referee box is considered out of bounds.

-Any restart of play after the ball has been ruled as out of bounds will take place at the point of last contact with a player.





TURF SPECIFIC:

SLIDE TACKLING:

-Slide tackling is permitted in turf games. (Legends league no slide tackles are allowed).

OFFSIDE:

-NO OFFSIDES!

PENALTY KICK:

-Penalty kick placement is on the line at the top of the penalty area.

FREE KICKS & DISTANCE:

-Distance 10 yards (9.15m)

-All direct free kicks per IFAB LOTG.

GOAL KICKS:

-Ball to be placed on goal area line.

CORNER KICKS/FREE KICKS/THROW-INS:

- i) Corner Kicks: are to be taken from the corner spot. The opposing players must remain at least 10 yards away from the ball until it is played. The kicker may not touch the ball again until it has touched another player. If he/she does, a free kick is awarded against them.
- ii) Free Kicks: players must remain 10 yards away from all free kicks until ball is played.
- iii) Throw-ins: A goal cannot be scored directly from a throw-in. The throw-in is to be taken from the point where the ball left the field of play.

SUBSTITUTIONS:

-An unlimited number of substitutions during a game. These substitutions will be allowed “on the fly” but will take place in a designated area at center field. A player must be fully off the field before their replacement is allowed on. Substitutions must take place in the designated area on your team’s side of half. Failure to follow proper substitution rules will result in a yellow card.

-Players may substitute on specifically to take a penalty kick.

-When substituting the goalkeeper, you must wait for a stoppage in play and inform the referee that you are replacing the goalkeeper.

MISCONDUCT:

Cards received in the turf games follow procedures outlined in IFAB laws of the game. No timed penalties, just like outdoor.

SOCCER CENTRE SPITTING POLICY:

Saskatoon Adult Soccer in conjunction with Saskatoon Youth Soccer and the Saskatoon Soccer Centre will be enforcing their No Spitting Policy at both the SaskTel Sports Centre and the Saskatoon Henk Ruys Soccer Centre. Anyone seen spitting on the indoor field or bench (unless in a garbage can) will be told to leave the playing area immediately. A Red Card will be issued for this, and the team will not be punished by having to play shorthanded.

Boarded Leagues Nights of Play

Men's 1: Monday, **Thursday**
Men's 2: **Monday**, Thursday
Men's 3: Monday, **Wednesday**

Women's 1: **Tuesday**, Thursday
Women's 2: **Tuesday**, Thursday
Women's 3: Tuesday, **Thursday**

Masters Men's 1: **Monday**, Wednesday
Masters Women's 1: Monday, **Wednesday**

Coed: Friday, **Saturday**

Legends Men's: Tuesday, **Thursday***
Legends Women's: Monday, **Wednesday***

Turf Leagues Nights of Play

Men's 1: **Tuesday**, Thursday
Women's 1: Tuesday, **Thursday**

Coed Masters: **Fridays, Saturdays**

Legends Men's : **Monday, Wednesday**
Legends Women's: **Tuesday, Thursday**
Legends Coed: **Fridays, Saturdays**

Coed Boarded 1

BTPU
 Beercelona
 White Claws

Coed Boarded 2

Tigers
 Grizzled Veterans
 Lions FC
 Ganbaro!!
 Vikings Coed
 Dolls & Balls
 Ghxsts FC
 GooseBumps

1 Crossover

Coed Boarded 3

Folkin Leprechauns
 The One-One-Six
 NLA CFC
 Can't Score Won't Score
 Sole FC
 Wasted Talent FC
 Peter's & Co.

Coed Boarded 4

Alpha Kenny Wun
 What the Hell?!?
 Still Kicking
 Unreal Madrid
 Shank City
 Injury Prone
 Shh Boom Shh Boom
 Ballbusters
 Dumbledore's Army
 Channel 4 News Team
 Multiple Scoregasms
 SPA Sentinels

Coed Boarded 5

Ninjas With Balls
 IV League
 The Pylons
 Rec League Rejects
 HFB FC
 Kenosha Kickers
 Flow Patrol
 Kiss My Pass

Coed Boarded 6

FC Brontosaurus
 No Hustle
 Threat Level Midnight
 Family Ties
 EY United
 Slippery Deels
 Nuclear Nuts
 The Daddy Zone

Coed Boarded 7

No Ruls
 Vecimators
 Lucky Bastards
 Tardy Troupe
 Screaming Eagles
 BDO Originals
 Fire & Ice
 Samurai Pizza Cats
 Wright on Target

Coed Masters Rec 1

The Uncoachables
 Gerihatricks
 Footloose
 Cheating Death

Coed Masters Rec 2

Past Their Prime
 Scrappies
 Stoccer Parents

Crossover 2x

Crossover 1x



Women's Boarded 1

Aftershock

Tsunami

Dragons

Old Goats

Rampage

Shooters

Alianza FC

Thorns FC

Tues/Thurs



SASKATOON
ADULT SOCCER

Women's Boarded 2

Rebels

Purple Haze

Barnstone FU

Royal Llama Queens

Beardy's

United

Coderunners

Thurs/Mon

2 rounds WB2 x WM1

Women's Masters 1

RnR Drillers

Rivercity Stars

Wed/Mon

Women's Boarded 3

Xtremes

Drillers

Barnstone Breckeez

Vixens

Blue Demons

Gongshow

Toxic Cherries

Hotspurs

Hollandia

Mon/Thurs

Legends Women Boarded

Drillers

Still Chaos

Wed/Mon

Women's Turf Rec 1

White Claws

Galacticos WFC

Olimpia

Assault

Running Behind

Tues/Thurs

Legends Women Turf 1

Prairiefire

Still Chaos

Eclipse

Ceres

Tues/Thurs

Final Alignment Indoor 2024 - 2025

Men's Boarded 1
Hub City FC
Galaxy FC
Whitecaps
Evolution

Thurs

Men's Boarded 2
Thicc & Quick
The Brodeo
Ronin FC

Mon/Thurs

Men's Boarded 3
Tauro FC
Das Boots
Exegol
Millwall FC
Tired Turtles

Wed/Mon

Men's Masters 1
Paladins
Predators
PPG FC
Vikings Masters
VendAsta Dodgers

Mon/Wed

2 crossovers

Men's Turf 1
Astra U23
Ubuntu FC
Galaxy TFC
Simba Khukuri FC

Tues/Thurs

Men's Turf 2
Cumberland FC
Proper Gander FC
Deportivo Sask
Brothers FC
PSK
AGI Sqwad
Thundercats FC

Men's Turf 3
Flamingo FC
Young Boys
NLA FC
Fulchester United
Vikings Turf
Galacticos FC
Sparta FC

Men's Turf 4
FC Con Carne
Law-Sel Pitchrippers
Red Star Clearwater Revival
Saigon FC
Thunderducks FC
Oats

Men's Turf 5
Due Birra Unito
Bohemian
Dump and Chase
Lucky Charmers
Club Atletico Saskatoon
OneTeam FC

Men's Turf 6
Whiskey Jacks Mens Turf
Donald Ducks
NHFC
Midfield Crisis
MyKey Drifters
WTFC

Legends Men 1
AFC Mens Legends
Arsenold
SAL
Eclipse O50
MG Dodgers50+
Whiskey Jacks Legends
Pitchrippers Legends

Mon/Wed

