



GYM SOCCER *Cheat Sheet*

ROSTERS

- There are 5 players in the court (including goalie) with a minimum of 2 females on the floor (not including goalie).
- The minimum amount of players required in order to not default is: 4 total players including at least 1 female.

GAME PLAY

- A game consists of two 25 minute halves, and a 5 minute half-time. Ties are allowed in the regular season.
- Mercy will be called after a 7 point lead, the scores freezes but teams are encouraged to keep playing for fun.
- Games Coordinators (GCs) are present at all games. GC's are SSC employees, they are not trained referees. They are there to encourage sportsmanlike play and to help to keep the games running smoothly.
- A kick off will start the game and restart the game after a goal is scored. Kick offs do not have to travel forwards, but may not be touched by the kicker again until the ball has been contacted by another player.
- All areas (wall, doors) are generally considered to be 'live'. The ball is Out of Play when it hits the ceiling, curtains or goes under a team bench.
- Players are allowed to brace themselves on the wall with their hands and then play the ball with their feet. Defenders may attempt to take the ball.
- When two players are chasing the ball into the corner, the leading player must be given possession of the ball.
- No player from either team is allowed to stand inside their own, or their opponents' crease. Players can run through the crease as long as the goalie is not interfered with and they do not touch the ball.
- A goalie has 5 seconds to throw, kick or drop-kick the ball from their crease back into play. If a goalie opts to throw the ball, and the ball crosses half before it is touched by any player, it will be blown dead resulting in a corner kick.
 - Players can pass a ball to their goalkeeper, who may choose pick it up with his/her hands in their crease.
- All free-kicks are indirect, including corner kicks. The ball must touch at least one other teammate before it's a goal.
- There are no penalty kicks, other than to break a tie in a playoff game.

PENALTIES AND VIOLATIONS

- The Advantage Rule refers to an instance when a foul occurs and the result is that the team fouled against is not disadvantaged by the play and therefore there are no consequences and the play continues. In regard to handballs, the Advantage Rule is in effect. The Advantage Rule will be called at the GC's discretion.
- Players are expected to call their own violations and fouls, whenever possible.
- **A handball** occurs when the ball touches any part of a player's arm from the bottom of the shoulder to the fingertips (except a goalkeeper within their own crease). When a ball touches a player's hand and the opposing team was not adversely affected by the handball, play will continue.
- **Using the body to advance:** Players cannot shield the ball while moving. Players can shield the ball if they are stationary.
- **Slide tackling** is not allowed in any SSC Soccer league. Slide tackling includes any player, including the goalie, who leaves the ground in a feet-forward motion towards the ball or another player.
- **Minor penalties** result in the player sitting off for two minutes and the team is not short-handed. The exception to this is if a defender plays a ball in his/her own crease – in this case the team will play short-handed for two minutes and play will be re-started with a corner kick.
- **Major penalties** result in the player sitting off for five minutes and the team is not short-handed.