



Sports League Canada Inc.  
Indoor Soccer  
COVID-19 Modified Rules

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## Introduction

Sport makes an important contribution to the physical, psychological and emotional wellbeing of Canadians. The COVID-19 pandemic has had devastating effects on communities globally, leading to significant restrictions on all sectors of society, including sport. Resumption of sport can significantly contribute to the re-establishment of normality in Canadian society.

# Indoor Soccer

## COVID-19 Modified Rules

### **Please adhere to the following safety adjustments:**

1. It is recommended that all participants utilize the “Self-Check” on [Ontario COVID-19 Self-Assessment App](#)
2. If an individual is exhibiting symptoms related to COVID-19, they must be sent home immediately. If an individual is experiencing symptoms of fever, cough, shortness of breath, runny nose or sore throat, they are legally obligated to self isolate. As per the Declaration of Compliance, they are NOT permitted to return to play for 14 days from the day they last experienced symptoms.
3. If you experience any of the symptoms, please follow recommendations and contact your medical health provider.
4. Do not carpool unless with immediate family members.
5. Arrive no more than 20 minutes prior to activity commencing. You must also leave the facility within 20 minutes of your completed match.
6. NO SPECTATORS. Only the participant is allowed in the facility during their allotted game time.
7. Always respect physical distancing. Physical distancing of two (2) metres (6 feet) must be maintained.
8. Do not congregate at the facility entry point.
9. Arrive prepared to play – changing rooms will not be in use.
10. Bring your own water bottles clearly labelled with your name.
11. All “non-essential” contacts should be avoided (handshakes, high 5’s, etc.).
12. Only use your own equipment.
13. Wash hands with hand sanitizer immediately before leaving home and after soccer activities and during scheduled breaks.
14. Do not spit at any time.
15. Any individual equipment used should be taken home and washed separately from others in the household (e.g. uniform).
16. Carry hand sanitizer in order to enable good personal hygiene.
17. No food of any type can be consumed at the field/facility.
18. Cover mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze.
19. Avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly.
20. Avoid touching eyes, nose or mouth.
21. Shower at home before and after training.

**Please adhere to the following discipline adjustments:**

1. Automatic cautions for any players who are involved in face-to-face (but non-mass confrontation) interactions. Shoving, jostling, and fighting for space will result in a straight Yellow Card for Unsportsmanlike Behavior. Match Officials should stay away and allow the emotional situation to deescalate before engaging from a safe distance.
2. Serious physical altercations will result in an automatic red card.
3. Mass confrontations will result in automatic dismissals for all involved.
4. There will be ZERO tolerance for spitting on or around the field of play. If spitting is seen by one of the match officials, the following procedure will be followed: If aimed/directed towards an individual it is an automatic red card and send off as per the Laws of the Game. For all other types of spitting, if a player is seen to be spitting on or around the field of play:
  - a. The First incident will result in a verbal warning.
  - b. Second incident by that same person, a Yellow Card/Caution for Unsporting Behavior will be issued.
  - c. Third incident by the same person will result in a second yellow card and therefore dismissal from the game.

**Please adhere to the following game rule adjustments:**

1. To reduce body fluid transfer onto ball surface, heading of the ball has been removed for this phase. After the first verbal warning, heading of ball will result in an indirect free kick for the opposing team.
2. Walls for Free Kicks – Defender and attacker deliberate contact is not permitted when creating a wall. After the first verbal warning, failure to comply will result in an indirect free kick to opposing team.
3. Corner kicks: Defender and attacker deliberate contact is not permitted. After the first verbal warning, failure to comply will result in a goal kick to the defending team.
4. The drop ball requirement has been removed to reduce handling of the ball and has been converted to an indirect free kick. If the drop ball is inside the penalty area after hitting the Referee, the ball automatically goes to the Goalkeeper. The Referee leaves the ball on the ground, and the Goalkeeper picks it up.
5. There will be no gathering at a Coin toss. The Home team chooses, every game, at every level.
6. No pinnies. Please bring alternating jerseys.
7. No goal celebrations are permitted which incorporates physical touching. First violation is a verbal warning, second violation by the same team will result in a caution to the goal scorer.
8. All soccer leagues will have a maximum of 6 teams in a division & a maximum of 8 players on a team roster. Games will be 5v5 (4 players and a goalkeeper).

**For Referee guidance, please adhere to the following game rule & safety adjustments:**

1. Match Officials should regularly complete the COVID-19 Self-Assessment through the [Ontario COVID-19 Self-Assessment App](#).
2. Match Officials to thoroughly wash equipment, towels, clothes, bags, water bottles, and other items after use.
3. Referees to bring a full personal use water bottle(s) and avoid touching or using public water fountains.
4. Do not share pens, cards etc.
5. Consider wearing a mask or a face shield when you are officiating. Use this [reference](#) to help with your decision.
6. Wash hands prior to leaving for games; bring personal use hand sanitizer to the fields.
7. It is recommended that gloves are worn to the field and individuals avoid touching gates, fences, benches, etc. Wear latex (or similar) gloves and discard after each game, or purchase gloves that can be washed.
8. After games and at half time, limit your distance to two (2) meters (6 feet) from others.
9. Avoid contact with others, such as hand shaking, fist bumps and high fives.
10. Leave the field as soon as reasonably possible after training or games.
11. Avoid post training/game socializing as much as possible.
12. Match Officials have the right to abandon any game where the required COVID-19 protocols are not being followed. In these cases, it must be reported on a Special Incident Report to the appropriate authorities.
13. It is recommended that hydration breaks be increased to allow for players and match officials that may be wearing masks/shields to take time to refresh. Please ensure players are aware at the start of each game as to the timing of the breaks.
14. Player inspections may still be completed, but must be at a distance of no less than two (2) meters (6 feet).
15. Match Officials are to use their foot to pass the ball when transferring to a player (i.e. free kicks), or direct the player to retrieve the ball themselves.