

## WOMEN'S LEAGUE INDOOR FOULS AND MISCONDUCT

A player who commits any of the following six offences in a manner considered by the referee to be careless, reckless or involving disproportionate force:

- a) kicks or attempts to kick an opponent;
- b) trips or attempts to trip an opponent;
- c) jumps at an opponent;
- d) charges an opponent, including forcing into the boards;
- e) strikes or attempts to strike an opponent; or
- f) pushes an opponent;

or who commits any of the following five offences:

- g) when tackling an opponent makes contact with the opponent before contact is made with the ball;
- h) spits at an opponent;
- i) holds an opponent;

j) handles the ball deliberately, i.e., carries, strikes or propels the ball with hand or arm (this does not apply to the goalkeepers within their penalty areas); or

k) slide tackles or attempts to slide tackle an opponent (Sliding is only permitted when not in the area of an opponent).

shall be penalised by the award of a **free kick** to be taken by the opposing team from the place where the offense occurred, subject to the over-riding conditions of Playing Rule 13 "The Free Kick". Should a player of the defending team commit one of the above eleven offences within the penalty area, the player shall be penalised by a **penalty kick**.

A penalty kick can be awarded irrespective of the position of the ball, if in play, at the time an offence within the penalty area is committed.

A player committing any of the five following offences:

- 1) playing in a manner considered by the referee to be dangerous.
- 2) charging fairly, i.e., with the shoulder, when the ball is not within playing distance of the players concerned and they are definitely not trying to play it;
- 3) when not playing the ball, impeding the progress of an opponent, i.e., running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent, or using the boards or walls to delay play, trap, fend-off an opponent or support themselves so as to gain an advantage;
- 4) charging the goalkeeper except when the goalkeeper:

- a) is holding the ball;
- b) is obstructing an opponent;
- c) has passed outside the goal area.

5) when playing as a goalkeeper and within the penalty area commits any of the following five offences:

- a) takes more than six seconds while controlling the ball with her/his hands, before releasing it from her/his possession,
- b) touches the ball again with her hands after it has been released from her/his possession and has not touched any other player,
- c) touches the ball with her/his hands after it has been deliberately kicked to her/him by a team-mate,
- d) touches the ball with her/his hands after she/he has received it directly from a kick-in taken by a team-mate,
- e) wastes time

shall be penalised by the award of a free kick to be taken by the opposing side from where the infringement occurred, subject to the over-riding conditions of Playing Rule 13.

A player shall be cautioned and shown the yellow card if, in the opinion of the referee, the player:

- a) is guilty of unsporting behaviour;
- b) shows dissent by word or action;
- c) persistently infringes the Playing Rules Of Indoor Soccer;
- d) delays the restart of play;
- e) fails to respect the required distance when play is restarted with a corner kick or a free kick;
- f) enters the field of play without the referee's permission other than in the act of substitution;
- g) deliberately leaves the field of play without the referee's permission other than in the act of substitution or directly returning to the team bench after serving a time penalty; or
- h) slide tackles or attempts to slide tackle an opponent.

If the referee stopped play to administer the caution, a free kick shall be awarded to the opposing team from the place where the offence occurred, subject to the over-riding conditions imposed in Playing Rule 13, unless a more serious infringement of the playing rules was committed.

A player shall be sent off the field of play and shown the red card if, in the opinion of the referee, the player:

- a) is guilty of serious foul play;
- b) is guilty of violent conduct;
- c) spits at an opponent or any other person;
- d) denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within her/his own penalty area);
- e) denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick;
- f) abuses offensive, insulting or abusive language and/or gestures; or
- g) receives a second caution in the same match.

If play is stopped by reason of a player being ordered from the field of play for an offence without a separate breach of the playing rule having been committed, the game shall be resumed by a **free kick** awarded to the opposing team from the place where the infringement occurred, subject to the over-riding conditions imposed by Playing Rule 13.

## **Rule 13 - FREE KICK**

All free kicks shall be classified as "indirect" (i.e., a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal).

When a player is taking a free kick inside the player's own penalty area, all of the opposing players shall be at least five metres from the ball and shall remain outside the penalty area until the ball has been kicked out of the area. The ball shall be in play immediately when it is kicked directly beyond the penalty area. The goalkeeper shall not handle the ball, in order to kick it into play. If the ball is not kicked directly into play, beyond the penalty area, the kick shall be retaken.

When a player is taking a free kick outside the player's own penalty area, all of the opposing players shall be at least five metres from the ball, until it is in play, unless they are standing on their own goal line, between the goal posts.

The ball shall be in play when it is kicked and moves.

If a player of the opposing team encroaches into the penalty area, or within five metres of the ball, as the case may be, before a free kick is taken, the referee shall delay the taking of the kick, until the playing rule is complied with.

The ball must be stationary when a free kick is taken, and the kicker shall not play the ball a second time until it has been touched or played by another player.

Notwithstanding any other reference in these playing rules to the point from which a free kick is to be taken:

1) Any free kick awarded to the defending team, within its own goal area, may be taken from any point within the goal area.

2) Any free kick awarded to the attacking team within its opponent's penalty area shall be taken from the penalty-area line, at least one metre from the goal-line, at the point nearest to where the offence was committed.

### **Infringements/Sanctions**

If the kicker, after taking the free kick, plays the ball a second time before it has been touched or played by another player, a free kick shall be taken by a player of the opposing team from the spot where the infringement occurred. If the offence is committed by a player in the opponents' goal area, the free kick shall be taken from any point within the goal area.

## **Rule 14 - PENALTY KICK**

A penalty-kick shall be taken from the penalty-mark and, when it is being taken, all players with the exception of the player taking the kick, properly identified, and the opposing goalkeeper, shall be within the field of play but outside the penalty-area, and at least 3 metres from the penalty-mark and must stand behind the penalty mark. The opposing goalkeeper remains on her/his goal line, facing the kicker, between the goal-posts, until the ball is kicked. The player taking the kick must kick the ball forward; it shall not be played a second time until it has been touched or played by another player. The ball shall be deemed in play directly after it is kicked and moves. A goal may be scored directly from a penalty-kick. When a penalty-kick is being taken during the normal course of play, or when time has been extended at half time or full time to allow a penalty-kick to be taken or retaken, a goal shall not be nullified if, before passing between the posts and under the crossbar, the ball touches either or both of the goal posts or the crossbar, or the goalkeeper, or any combination of these agencies, providing that no other infringement has occurred.

### **Infringements/Sanctions**

For any infringement of this playing rule:

a) by the defending team, the kick shall be retaken if a goal has not resulted.

b) by the attacking team other than by the player taking the kick, if a goal is scored it shall be disallowed and the kick retaken.

c) by a member of both teams, the kick, if taken shall be retaken.

d) by the player taking the penalty kick, committed after the ball is in play, a player of the opposing team shall take an indirect free kick from the spot where the infringement occurred, subject to the over-riding conditions imposed in Playing Rule 13.