



Family Day Tournament

Rules and Regulations

2025 – 2026

Adult Co-Ed Indoor Soccer

- 1) Registration is limited and will be accepted on a first come, first serve basis. The fee must accompany registration form in order to confirm your spot in the Division. Late registration will incur a \$50 late fee.
- 2) A team list/roster must be provided. Players must have identification for the tournament in order to be eligible to play. Once a team roster is submitted no further additional players may be added to the roster.
- 3) Team rosters will remain in the office for the duration of the tournament
- 4) Teams will consist of players who are registered on the team roster
 - a. Teams will play with six (6) players including the goalkeeper
 - b. Teams must have two (2) female players on the field at all times; this includes the goalkeeper
- 5) All discipline shall be subject to OS mandatory penalties for player misconduct.
- 6) All game lengths will be either 20 or 25 minutes. The game length will be determined by the number of teams in the pool and by the organizing committee.
- 7) At the start of the game, the ball can be kicked in any direction by the visiting team. If the ball touches the roof, play will stop and will resume by an indirect free kick from the place where it touched the roof.
- 8) The ball will be kicked in, not thrown in.
- 9) No slide tackles allowed**
- 10) Substitution of players, with the exception of goalkeepers, may be made at any time during the game (on the fly), provided that the substitute does not enter the field of play until the player being replaced is within one meter of the bench area.
- 11) If both teams are wearing the same colour jerseys, the visiting team is required to change colours
- 12) A player may only play for 1 Team per division
- 13) All free kicks are indirect. A penalty kick is the only exception. All players must be 5m away from the ball for every free kick.
- 14) If games are tied at the end of regulation time during the quarter-final, semi-final and final round, the game will go directly to penalty kicks. Each team will take five penalty kicks using five different players. The sequence will be; Boy, Girl, Boy, Girl, Boy for the first 5 kickers, after that the sequence is open. The team with the most goals will be declared the winner. Players on the field and bench can all take the penalty kick (equal number of players). If a tie still exists, each team will take one kick at a time until a winner is determined.
- 15) Tiebreaker within group play
 - a. Head to head play *Notes: If three teams are tied, head to head play will not be considered in the tiebreaker
 - b. Goal Differential (goals for minus goals against)
 - c. Most goals scored
 - d. Least goals against.
 - e. Penalty kicks (If more than 2 teams are tied for 1st/2nd place in their group, position will be determined by best of three penalty kicks (Boy, Girl, Boy). The order of kicks will be determined by a coin toss)
- 16) Wildcard playoff spots will be determined by the tournament coordinator prior to all playoff games
- 17) *Any team wishing to protest a game must do so in writing within fifteen minutes of the completion of the game. This letter must be accompanied with \$50.00 cash. If the protest is upheld, the protest fee will be returned.*
- 18) No outdoor cleats or metal cleats are permitted on the field of play.**
- 19) All games will be played at BMO Centre, 295 Rectory Street, London, Ontario
- 20) All players and coaches agree to abide by the facility policies set out by London Optimist Sports Centre, BMO Centre
- 21) For any issues not covered in the above listed rules, a decision will be made by the tournament convener. All decisions are final.