

London Indoor Soccer League

2025-26 Season Rules



House Rules:

If a ball touches the ceiling during play, the restart will be an indirect free kick for the opposing team (from the spot directly below where the ball hit the roof).

NO SPITTING is permitted. If a player is caught spitting on the field by a referee, they will be given a 2 (two) minute penalty.

Code of Conduct:

Administrators and Team Officials must conduct themselves in such a manner as to set an example that if followed, would enable every player to be a credit to the game.

Violent Conduct:

A player who is given a RED CARD by a referee for violent conduct (i.e. fighting, punching, kicking, etc.) may be banned from the facility for the duration of the playing season. This includes coaches, managers and spectators. They are also subject to all fines and discipline set forth by the Elgin Middlesex Soccer Association (EMSA), the London Indoor Soccer League (LISL) or the BMO Centre.

A player who receives a RED CARD during any game is NOT allowed to play in any other games on the same day.

The referee must report the RED CARDED player to the office at all times, regardless of the nature of the offence.

If a team is caught playing illegal players (Players who are NOT REGISTERED WITH THE LEAGUE), they will be subject to disciplinary measures. There are also financial penalties associated with playing illegal players. A team may be fined up to \$1000.

Team managers are responsible for ensuring all players on their team are registered with the league through the team's submitted roster.

League Standings:

1. For the League standings, points shall be awarded as follows:
 - a. Three (3) points for a win
 - b. One (1) point for a draw/tie
 - c. Zero (0) points for a loss)
2. The League champion shall be the team that accumulates the most points after all games have been played or decided by the League schedule.
3. In the event that two or more teams are tied for any ANY position in the league standings or playoff standings with the same number of points, the following tiebreakers will be used:
 - (i) Goal Differential → (ii) Most goals for → (iii) Fewest goals against → (iv) Coin Toss

Division Skill Levels & Age Requirements:

A PLAYER IS CONSIDERED TO BE A PREMIER, REGIONAL OR DIVISION 1 PLAYER IF THEY PLAYED IN ONE OF THOSE DIVISIONS DURING THE PREVIOUS OUTDOOR SEASON, OR ARE REGISTERING IN ONE OF THOSE DIVISIONS FOR INDOOR.

A player may register for and play for up to three different teams, each in three separate divisions.

NOTE: No player may play for more than one team in the same division.

Team Responsibilities:

1. All teams wishing to play in the London Indoor Soccer League must be duly registered with the League (official forms provided) and must pay the prescribed fee **within the allowable time period or be removed from the league, thereby forfeiting all financial payment.**
2. A player must be in possession of the following documents to be eligible to play in this league:
 - (ii) **This team roster must be completed before the first game.**
 - (iii) Teams who wish to add a player to the roster after the first game must notify the league administrator of said addition so the roster can be updated.
3. All teams must make their LISL rosters available up to and including the half time period. Failure to do so will automatically constitute ineligible player(s) and the game shall be awarded to their opponent at a score of 3-0. In the event that both teams do not have their LISL roster available, then the game will be double forfeited and no points will be awarded. **Teams should check rosters prior to the start of games and notify the referee before the start of the game if they wish to protest.** Any delay due to this will result in the game period being shortened by the time used. If no protest is lodged by this time, then the official result will stand. Players who are on team rosters **must have a photo ID at all times, if requested to provide it.**
4. If a player's name appears on the game sheet, then he/she is considered to have played in that game. Only the players and officials **whose names appear on the game sheet** shall be permitted to play and occupy the team benches.
5. The minimum number of players required on the field of play is 2 fewer than the division's standard number of players. Teams having less than the required number of players prior to the game (or during the game) will forfeit the game by a score of 3-0 for the opposing team.
6. Any team found guilty of playing an ineligible player will automatically forfeit any game(s) in which the player(s) were involved and the opponents will be awarded the game by a score of 3-0. If this continues to happen, then the team may be suspended for the remainder of the season.

7. All teams will submit a completed game sheet (preferably typed) to the referee prior to the start of the game, along with **referee fees of \$25 per game**.

Team Colours:

In the event of two teams wearing similar colours, the away team shall change their shirt colours. All sweaters must have different numbers on the back (at least six inches high).

Player Movement:

1. The cut-off date for transferring players from team to team in the indoor league is January 31st.
2. New players have to be registered before February 15th, 2026.

Rules of the Game, League, and Cup Competition:

1. All games will consist of two halves of 25 minutes each, separated by a one minute half-time break.
2. All games must start promptly and no later than five (5) minutes after the scheduled kickoff time. No further grace period will be given to a late-arriving team. If the grace period of five minutes has passed, then the game shall be awarded to the opposing team by a score of 3-0. If BOTH teams are past the grace period of five minutes, then both will forfeit and the score shall be recorded as 0-0.
3. The visiting team kicks off. The ball may be kicked in any direction - forward, backward, or sideways - to start the game.
4. Cup competition and League Championship games: If the game is tied after the full game time is completed, then penalty kicks will be taken in a "best of 5" format (as per FIFA rules).

Substitutions:

1. Teams can substitute "on the fly" at all times (including the goalkeeper, although the referee must be notified first if a team wishes to substitute the goalkeeper). Play will only be held up for substitution if play is restarting because of a goal, or because of an injury.
2. The referee may stop the time at his/her discretion; otherwise, the clock will remain running at all times.
3. Any player leaving the field of play must be within the touchline closest to his/her bench area. Failing to do so will result in a penalty for too many players on the field, with the player in question serving the two minute penalty. All players must enter and exit the field of play from their bench area at the touchline.

Ball out of Play:

1. Sidelines: Kicked in by the opponents of the player who last touched the ball.
2. Corner: Kicked in by the attacking team
3. Goal Kick: Ball placed on the ground within the goal area and kicked into the field of play by the defending team.

NOTE: There will be no offside or three-line rule.

Delay of Game:

1. If, in the opinion of the referee, a player is deliberately delaying the game, the referee may award a caution (two-minute penalty) for: taking more than six (6) seconds to put the ball back into play from a free kick or for failing to respect the required distance (5 metres) from the ball on a penalty kick or any free kick
2. Another player on the field of play may serve a time penalty for the goalkeeper. **The time penalty does not expire if a goal is scored.**
3. In the event of an "ejection/dismissal", an alternate player does not have to serve time in the penalty area. The penalized team will simply play shorthanded for the duration of the time penalty (5 minutes).

Fouls and Misconduct

1. The rules of fouls and misconduct are the same as outdoor penal offences and technical offences but with one additional change: SLIDE TACKLES ARE NOT ALLOWED.
2. If a player receives two (2) caution (yellow) cards in a game, it will be equal to an ejection (red card) and the player will immediately exit the team bench area. The player will **be subject to discipline as recommended by the league's governing body (EMSA). If a player receives a red card, the player will be responsible for the fine awarded by EMSA, and must pay this fine prior to playing in their next game.** Teams will play shorthanded for the full duration of five (5) minutes for an ejection penalty, no matter how many goals get scored during this time.
3. All free kicks, including the kick off, corner kick, and goal kick (but not the penalty kick) are indirect.
4. A goal cannot be scored directly from a free kick.
5. Any indirect free kick awarded to the attacking team occurring inside the penalty area will be taken from any point on the top line of the penalty area (closest to where the foul occurred).
6. Referees may assess a two-minute penalty for an offence, a caution (yellow card), or both. Teams will play shorthanded for the duration of the penalty time issued.
7. If, in the opinion of the referee, an offence committed in the penalty area is serious, the referee may award a penalty kick, plus a two- or five- minute penalty.

Bench:

1. Anyone who leaves the team bench and enters the field of play during an altercation will receive an automatic caution (two minutes or more) at the referee's discretion. **Only registered team players and officials (coach, asst. coach, manager) listed on the game sheet are allowed on the team bench.**
2. **Spitting on the field or players area is not permitted at any time. Anyone caught by an official will be subject to a two-minute penalty and may face expulsion.**

Penalties

- I. Referee Discretion - two (2) minutes
 - II. Caution - two (2) minutes
 - III. Ejection (second yellow card) - five (5) minutes
 - IV. Ejection (red card) - five (5) minutes
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1. Only two players from each team can be serving penalties at any one time. If another player on the same team receives a time penalty, that player must go to the penalty area. The team must substitute between players not serving a time penalty to maintain the minimum number required on the field to play. The time penalty of the third player shall not commence until the time penalty of the first player has expired.
 2. In the case of an ejection that causes the team to have less than the minimum number of players required on the field, the penalized team will forfeit the game and the opposing team will be awarded the game by a score of 3-0.
 3. Offsetting penalties (5 min or 2 min) will require that both teams play shorthanded for the duration of the penalty time.
 4. Any minor penalties (2 min) awarded to a goalie can be served by any player on the field at the time of the incident. If a major penalty (ejection 5 min.) is awarded to the goalie, the goalie must leave the field of play and players bench and be replaced in goal by another player.

Discipline

1. All disciplinary matters will be dealt with in accordance with the EMSA rules and regulations and or LISL/BMO Centre rules and regulations. Players are allowed to play until they have been notified by EMSA.
2. **ZERO Tolerance - A player who receives a red card for violent conduct (i.e. fighting, punching, kicking, etc.) may be suspended for the balance of the season and subject to being banned from this premises, 295 Rectory St.**
3. Coaches and team officials are not permitted to postpone or reschedule any games under the jurisdiction of LISL.
4. It is the League's general policy to adhere to the schedule as printed.
5. ONLY the London Indoor Soccer League Executive will reschedule games.

Protests, Disputes, and Appeals

1. All protests must be submitted **ONLINE** to the London Indoor Soccer League Executive and accompanied by a fee of fifty (\$50.00) dollars. Such protest fee shall be in the form of certified cheque/money order or cash.
2. Such protest shall be hand-delivered within 48 hours of the date of the protested game. The date of delivery will be taken as the limiting date in all cases (including weekends and holidays).
3. A copy of the written protest must be sent via registered mail, e-mail or hand delivered to the opposing team. This letter must be clearly written or typed so that it is readable. If sent via email, a copy must be produced at the hearing.
4. All protests and disputes shall be dealt with by the Indoor League committee and shall be heard within three weeks of its receipt.
5. Representatives from a club having jurisdiction over the teams involved in the protest should be involved in the debate over the dispute, but will not be involved in the final decision of the case.
6. The protest fee will be refunded in cases where the protest is upheld.
7. Any decision of the Indoor Executive resulting from a protest or dispute hearing may be appealed to EMSA in accordance with their appeal process.

Serious Misconduct

1. Violence of any nature does not have a place in soccer. The London Indoor Soccer League Executives have adopted a zero-tolerance attitude.
2. Any game not completed due to an occurrence of any type of serious misconduct (such as violent conduct, fighting, assaults or spectator problems) may lead to the guilty team being removed from the league for the rest of the season **with no refund of their registration fee**. LISL will make the final decision surrounding the game score.
3. Teams will be held responsible for their spectators' behaviour. Should they enter the field or become involved in any dispute, then they may be subject to being banned from the facility, and the team may be penalized.

Referees

1. The Referee Coordinator shall appoint referees in all games. If no qualified referee is available to officiate a game, the game has to be postponed unless both coaches agree and sign the game sheet indicating their consent for some other person to officiate. Teams agreeing on another person refereeing their game shall not be allowed to protest against such person.
2. Referees should be suitably attired.
3. Referees shall keep a record of the game, time, score, and goal scorers. These stats, along with the game sheets, shall be forwarded to the Indoor Executive at the end of the game.
4. The referee shall report in writing to the Indoor Executive any action detrimental to the game.
5. Referees must be paid, in cash, prior to kickoff of the game by each team. Fees are as per league rules, **\$25.00 per team per game.**

Dropouts

1. Should any team drop out of the League, all games scheduled for that team will be declared a forfeit in the league standings.

Other Matters

1. Any situation not covered by the OSA rules or Indoor League rules may be discussed and ruled upon by the Indoor Executive committee.

Note: NO outdoor cleated soccer shoes are allowed, ONLY turf shoes (multi rubber stud) or flat sole indoor soccer shoes are allowed.