

Southwest Indoor Soccer League (SWISL) Rules 2026-2027 Season



Fair Play Mandate

To ensure fair play, as per our Optimists credo, we are asking for the following internal responsibility system to be followed:

Players – If you feel you are not receiving a fair amount of playing time, please talk to your coach. If you feel your coach is not listening, then talk to your parents.

Parents – If your child comes to you with a concern about playing time, please talk to the coach immediately to try to address your child's concern.

Coaches – If a player or parent approaches you with a concern, please be open to their feedback

Management – Will handle any concern parents may have. Discussion with coaches and parents could occur, to try to quickly resolve a concern.



Parents Code of Conduct

1. If you decide to become a coach or assistant coach on your child's team, remember that you have an equal responsibility to **all participants, not just your own child.**
2. Don't tie special privileges or rewards to winning; instead, reward hard work and good sportsmanship.
3. Let the **coach** do the **coaching** and let the **official** do the **officiating**. Control your temper; avoid using foul language or signs.
4. Be supportive of your child, but make sure to **respect their coach and their decisions.**
5. Learn the rules of the game and respect them.
6. Don't be afraid to ask questions but **do so in a respectful manner.**
7. Respect the other children playing the game; cheer for them as you would for your own child
8. Help your child to understand and cope with the feeling of losing a game.
9. Cheer on your child's entire team, not just your own child
10. Most importantly: remember, it is only a game, and it is part of a learning experience for your child.

Coaching Responsibilities

- 1.** Organize warm up drills for Pipsqueaks, Junior A/B, & Sophomore A/B divisions (15-minute practice followed by 2x 20-minute halves). Make good use of your time.
- 2.** Encourage your team to be present at least 15 minutes early, as games start promptly. Encourage parents to send you an email if a player will not be able to attend. This will help with fair play and preparing line changes.
- 3.** All players should have an equal amount of playing time regardless of their individual skill level, gender, or any other factor.
- 4.** Any disputes should be brought to the attention of the Executive Committee as soon as possible.
- 5.** Do not abuse any players or officials, regardless of circumstances.
- 6.** If there is a change to the schedule, contact your players and their parents to make sure they're informed of the change.
- 7.** Any serious injuries must be reported to an executive, to be followed up on later.
- 8.** Have a meeting for team parents to discuss any problems. If unresolved, contact an executive who will try to assist.
- 9.** If unable to contact a player, inform an executive.
- 10.** We are all volunteers, so please try to set a good example for everyone.

Rules of the Game

1. Code of Conduct

It is expected that all will conduct themselves so as to bring credit to the players and the game. Remember, we are all volunteers helping the kids, and as such, we should show a good example.

2. Ball

Pipsqueaks, Junior A, Junior B – **Size 3**

Sophomore A, Sophomore B – **Size 4**

Intermediate and above – **Size 5**

3. Game Duration

Pipsqueaks, Junior A/B, Sophomore A/B divisions – 15 minute practice followed by 2x 20-minute halves

Intermediate and above – 2x 25-minute halves

If a knockout game is tied at the end, each team will take 5 penalty kicks as per FIFA.

Away team kicks off each game.

- The ball may be kicked in any direction but cannot be touched by the same player twice without being played by another.

4. Teams

The number of players allowed on the field (including the goalkeeper) at any one time, **per team**, will be:

Junior B – 5

Junior A – 8

Sophomore A and B – 8

Southwest Indoor Soccer League (SWISL) Rules

Intermediate – 7

Juvenile – 7

Senior - 7

Pipsqueaks – format will change throughout the season, determined by Pipsqueak Coordinator as needed.

5. Team Benches

Only registered players and coaches are allowed to occupy the benches.

NO players unregistered with SWISL are permitted to play in a game.

Minimum number of players required to play a game is two less than the number of players allowed on the field.

6. Calling up Players

If it is known that your team will have 6 or less players for a game, you may call up players from the teams in the division directly below yours. (To a maximum of 4 Players)

Players may only be called up for 3 games, and they must wear their own team jerseys.

No call-ups are allowed during the playoffs.

Players must wear their issued team jersey. They must wear shorts and socks (preferably black) provided they are not worn below the waistline.

Only flat sole indoor soccer shoes or turf soccer shoes can be worn, no outdoor cleats.

7. Rules

- a) Once the ball crosses the touch line, it is Out of Bounds. It is then placed on the ground where it went out, and “kicked in”. Players must be 5m away from the ball for all free kicks, kick-ins and corner kicks.
- b) There is NO offside in indoor soccer.
- c) This is a recreational league regardless of skill level or gender.

Southwest Indoor Soccer League (SWISL) Rules

Everyone is entitled to fair treatment when playing time is a concern. (All Players “pay the same and must play the same”.)

d) In the Pipsqueak division there will be no penalty kicks, except in the Playoffs if games are tied.

e) All free kicks, kick-ins, corner kicks and goal kicks are indirect (can not be scored directly into the net). A goal scored on a free kick will count if it touches another player first. Penalty kicks are the only direct set pieces.

f) Slide tackles are not allowed.

g) If the ball hits the ceiling during play, the restart will be an indirect free kick for the opposing team from the place where it touched the ceiling.

h) The referee may choose to stop the time at his/her discretion; otherwise, the clock will remain running at all times.

i) NO Heading for Pipsqueaks, Junior A/B, & Sophomore A/B divisions.

j) Only duly registered Player's can participate in the SWISL League.
Any Teams playing an ineligible player will forfeit ALL games in which the ineligible player played.

8. Substitutions

a) Teams may substitute “on the fly” at any time. Substitution of the Goalkeeper must be done at a stoppage of play.

b) Substitutions must be carried out in front of the Player's bench area. Failure to do so may result in a 2-minute penalty for too many players.

9. Penalties

1. Types of penalties

- Referee Discretion – 2 minutes
- Caution – 2 minutes
- Ejection (second yellow card) – 5 minutes
- Ejection (red card) – 5 minutes

2. 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

Southwest Indoor Soccer League (SWISL) Rules

players not serving time penalties to maintain the minimum number on the field required to play. The time penalty of the third player shall not commence until the time penalty of the first player has expired.

3. In the case of an ejection that causes the team to have less than the minimum number of players on the field, the penalized team will forfeit the game, and the opposing team will be awarded the game by the score of 3-0.

4. Offsetting penalties (5 min or 2 min) will require that both teams play shorthanded for the duration of the penalty time.

5. 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-minute penalty) is awarded to the goalie, the goalie must leave the field of play and players bench and be replaced in goal by another player.

10. League Standings

1. For the league standings, three (3) points shall be awarded for a win, one (1) point for a tie and zero (0) 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. If two or more teams are tied for 1st place during league standings with the same number of points, the following criteria will be used to decide the Champion. If teams are tied for in points for 1st place a knock-out game will be scheduled.

Note: Pipsqueaks division has no standing or scores, Junior B division only has published scores no standings, all other divisions have published scores and standing.

11. Other Matters

Any situations not covered by the Indoor Soccer Rules above may be discussed and ruled upon by the Indoor Executive Committee.

Southwest Indoor Soccer League (SWISL) Rules

For any concerns or questions surrounding the rules of this League, please contact us via email at info@bmocentrelondon.com.