

SASKATCHEWAN SOCCER ASSOCIATION

GYM/RINK INDOOR RULES

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INTRODUCTION

The **new SSA Laws for indoor soccer** have been drawn up in such a way as to best interpret the intent and spirit of the outdoor FIFA laws, while taking into account the obvious limitations of different facilities. To this end, as many FIFA Laws as possible have been adapted to the indoor situation, including for example, the indirect and direct free kick. In the interpretation of these Laws an intent letter and spirit of the FIFA outdoor rules should be used.

There are many different forms of soccer played in Saskatchewan and it is desirable that the Laws of the Game be standardized as far as possible. FIFA Laws are recognized for outdoor soccer. Otherwise there is no standardization, even within Canada, for outdoor mini-soccer and all forms of indoor soccer.

The SSA Laws will be similar for all types of facility, so that the situation is simplified for everyone especially the young. Out-of-province teams will find it easier to adapt to SSA laws and Saskatchewan teams will be able to adapt more easily to the laws when visiting other jurisdictions.

Summary of recommendations:

For soccer in facilities such as the Field House (hereinafter referred to as an **indoor field**) where boundary lines are used, FIFA outdoor Laws shall be adopted, with the following adaptations: - smaller dimensions and fewer players.

For a **dedicated facility**, i.e. one with recessed goals and secure ceiling fittings, (hereinafter referred to as an **indoor arena**), full FIFA outdoor soccer Laws shall be adopted, with the following adaptations:

- a) smaller dimensions;
- b) fewer players;
- c) unlimited substitution;
- d) "live" boards;
- e) no off-side;
- f) 4 and 6 minute penalties.

For all other indoor facilities including gymnasiums and hockey rinks (hereafter referred to as **Gym/rink facilities**), the Laws of Indoor arena soccer shall apply, with the following adaptations, in the interest of safety:

- a) The penalty mark shall be 8 metres from the goal line.

LAW 1 - THE PLAYING AREA

1. The playing area shall be adequate in size and free from hazards (refer to back cover).
2. a) Walls immediately surrounding the playing area shall be regarded as part of the playing area except under the crossbar and between the goal posts **(excluding Division 1 Youth - see Law 8, Section 1e)**.
b) The four-foot sidewalls, the end walls except for certain areas around the goal, and all netting will be dead. Two vertical lines at either side of the goal posts, and a horizontal line above the goal post will be drawn as described below. Any ball rebounding off this marked area will be live.
c) Definition of “live” area of end walls, and ball out of play:
Two vertical lines, no more than two inches thick, shall be drawn on either side of the goal posts. The distance from the goal post to vertical line shall be no more than half the distance as measured from the sidewall to the goal post.
A horizontal line of the same thickness shall be drawn at a height of no more than six inches above the cross bar, joining the vertical lines.



3. **THE GOALS** shall be placed on the centre of each goal line. The width of the goals shall be minimum 3 metres and maximum 4 metres, measured from the inside of each goal post. The height shall be minimum 1.5 metres and maximum 2 metres, measured from the floor to the underside of the crossbar. The thickness of the goal posts and crossbars shall be identical. Nets shall be attached to the goal posts and crossbars and the floor behind the goals. The goal line should be defined.
4. **THE GOAL-AREA:** At each end of the field of play two lines shall be drawn at right angles to the end wall, 3.5 metres on each side of the midpoint of the goal-line. These shall extend, into the field of play and shall be joined by a line drawn parallel with and 3.5 metres from the goal line. Each of the spaces enclosed by these lines and the end wall shall be called a goal-area.
5. **THE PENALTY AREA:** At each end of the field of play two lines shall be drawn at right angles to the end wall, 8 metres¹ on each side of the midpoint of the goal-line. These shall extend, into the field of play and shall be joined by a line drawn parallel with and 8 metres from the goal

line. Each of the spaces enclosed by these lines and the end wall shall be called a penalty-area.

¹ **This distance shall be reduced in order that the line shall be a minimum of 3 metres from the side wall.**

6. Within each penalty area, 8 metres from the mid-point of the goal-line, measured along an undrawn line at right-angles thereto, shall be the penalty kick marks.

LAW 2 - THE BALL

1. The ball shall be spherical and will be a low bounce leather indoor ball. The outer casing shall be constructed of material which is not dangerous to the players.
2. The ball shall be size 5 for under 14 year old teams and older. The ball shall be size 4 for all under 12 year old teams and younger.²

² **A size 3 ball may be used by under 6 year-old players.**

3. The recommended pressure for indoor soccer balls is 50 kilopascals (6 lbs).

LAW 3 - NUMBER OF PLAYERS

1. The game shall be played by two teams, each consisting of not more than six (6) players³, one of whom shall be the goalkeeper. A game shall not commence or continue if either team has less than four (4) players.

³ **Five a side play will be in effect for any facility that is under 160' x 75' and that six a side play will be in effect for any facility that is equal to or over 160' x 75'; the number of players would be determined by the minimum floor size to be used in the competition within the hosting district.**

2. Youth and Senior teams may dress a maximum of eighteen (18) players. All players who are dressed to play shall be under the jurisdiction of the referee.
3. Unlimited substitution shall be allowed at any time during the game, as long as:
 - a) the players do not interfere with the play or enable their team to gain a direct advantage;
 - b) players must be within 2 metres of the bench area before a substitute may enter the field of play;
 - c) substitutions must only be made to and from the players bench;

- d) the taking of a free kick shall not be delayed to allow a substitution to be made;
 - e) substitutions shall not be allowed to interfere with the flow of the game;
 - f) should a team having too many players on the playing area score a goal, the goal shall be disallowed. The play shall be restarted by a free kick taken from inside the goal area.
4. Should a player enter or re-enter the playing area for any reason other than permitted in Section 3 of the this Law, that player shall be cautioned and if play is stopped to administer the caution, an indirect free kick shall be awarded to the opposing team, to be taken in accordance with Law 13.

LAW 4 - PLAYERS' EQUIPMENT

1. Players shall not wear equipment or anything which endangers themselves or other players (including any kind of jewellery).
2. Equipment shall consist of a numbered shirt, shorts, socks, shin pads and footwear designed for indoor use. The shirts have to be tucked in, the socks have to cover the shin pads. Visible undergarments such as thermal under shorts are permitted, however, they must be the same color as the shorts. The number on the back of the shirt shall measure not less than 15 cm in height. All players on the same team shall wear the same coloured shirts and shall not have identical numbers. Goalkeepers shall wear colours which are distinguishable from all other players and referees. Team colours shall not conflict with those of the official uniform for referees (black with white trim).
3. A player who is sent off for any infringement of Law 4, section 1 and 2, may not be substituted and may not re-enter the play without the referees permission, who shall be satisfied that the player's equipment is in order. Upon permission from the referee, the player shall only re-enter the game when the ball has ceased to be in play.

LAW 5 - THE REFEREE

1. A referee shall be appointed to officiate in each game. The referee's authority shall commence as soon as the referee enters the playing facility, and shall extend to offences committed when the game is in progress or when the game is stopped. The referee's decision on points of fact connected with play shall be final.
2. The referee shall:
- a) enforce the Laws of the Game and the regulations of the competition;

- b) refrain from penalizing in cases where the referee is satisfied that, by doing so, an advantage would be given to the offending team. (See Section 2 of Law 13);
 - c) keep a record of the game;
 - d) have discretionary power to stop, suspend, or terminate the game for any infringement of the laws, interference by spectators, or any other cause;
 - e) caution any player or team official guilty of misconduct or ungentlemanly behaviour, and, if the offender persists, suspend such person from further participation in the game;
 - f) send from the playing area and its vicinity any player or team official who, in the opinion of the referee, is guilty of violent conduct or serious foul play, or the use of foul or abusive language;
 - g) report, in writing, to the appropriate authority, any misconduct by players, officials, spectators or other persons which takes place on the playing area or within its facility at any time prior to, during, or after the game;
 - h) control who may enter or leave the playing area;
 - i) stop the game if, in the opinion of the referee, a player is seriously injured;
 - j) signal the start of the game and the restart after a stoppage;
 - k) decide if the ball, the playing area, and other equipment are suitable;
 - l) a referee shall be appointed as an official timekeeper.
3. An assistant referee/timekeeper shall be appointed to:
- a) act as the official timekeeper;
 - b) assist the referee to control the game.

LAW 6 - DURATION OF THE GAME

1. The duration of the game shall consist of two twenty-five (25) minute halves with a three minute break.
2. Time shall be extended at the end of each half of play to allow the taking of a penalty kick to be concluded.
3. If, for any reason, a game is not completed, the competition organizers shall decide on the outcome of the game.
4. In all games in which a winner must be declared, two (2) overtime halves of five (5) minutes each shall be played. The overtime shall take place in accordance with Section 5 of Law 7.
5. If, at the end of overtime, the game is still tied, kicks shall be taken to determine the winner. All players recorded on the game sheet (except any players ejected from the game) shall be eligible to take part in the taking of

the kicks. The following conditions shall apply:

- a) The referee shall choose the goal at which all of the kicks shall be taken. All players except the goalkeeper and the player taking the kick shall remain at the centre line.
- b) The referee shall toss a coin, and the team winning the toss shall take the first kick.
- c) Both teams shall take five (5) kicks.
- d) The kicks shall be taken alternately.
- e) If, after both teams have taken five (5) kicks, they are still tied, the taking of kicks shall continue until such time as both teams have taken an equal number of kicks and one team has scored one goal more than the other.
- f) Each kick shall be taken by a different player. Not until all eligible players of a team, including the goalkeeper, have taken a kick may a player of the same team take a second kick. Where the two teams have an unequal number of eligible players, the number of players taking a penalty kick before a player may take a second kick shall be the lesser of the two.
- g) Any player who is eligible may change places with the goalkeeper at any time during the taking of the kicks.
- h) The taking of the kicks shall be in accordance with Law 13.

LAW 7 - START OF PLAY

- 1. At the beginning of the game, the home team will decide which goal it will attack in the first half of the game. The visiting team takes the kick off to start the game. The home team will kick off to start the second half of the game.
- 2. At the kick-off, all players shall be in their own half of the playing area. All players opposing the team taking the kick-off shall not be less than 3 metres from the ball until it is kicked off. The game shall be started by the referee giving a signal. The ball is in play when it is kicked and moves forward. For any infringement of this law, the kick-off shall be retaken. A goal may be scored directly from the kick off.
- 3. Should the player who took the kick-off touch the ball a second time before it has been touched or played by another player, a free kick shall be awarded to the opposing team, to be taken in accordance with Law 13.
- 4. After a goal has been scored, the game shall be restarted by a kick-off, to be taken by a player of the team against which the goal was scored.
- 5. After the end of the first half of play, the teams shall change ENDS and the kick-off shall be taken by a player of the team opposing that which started the game.
- 6. For any stoppage against a wall or when the ball is trapped behind a rebound

board, the referee shall stop play and restart the game by dropping the ball 3 metres from the boundary in accordance with Section 7 of this Law (**excluding Division 1 Youth - see Law 8, Section 1 e), f), g), h), & 2 a).**

7. For any stoppage not mentioned in these Laws, the referee shall restart the game with a dropped ball. The ball shall be dropped at the place where the ball was, when play was stopped. The ball shall be in play as soon as it touches the floor.

*** Rules 8 & 9 apply to Division 1 Youth competition only.**

8. a) **Corner kicks will be taken from the spot marked on the floor and are considered a direct kick. Players must be 3 metres from the kick in accordance with Law 12, Section 3. The ball can not be played directly off the back wall.**
b) **In the case of a facility where rounded corners are used in the area before the side walls reach the end walls, a corner kick spot shall be marked at the point where the curve of the sidewall begins, and no less than 1.5 metres from the side wall.**
c) **In facilities where the walls are not rounded, a corner kick spot shall be marked at an area no less than 1.5 metres from the end wall, and 1.5 metres from the side wall.**

9. **Goal kicks will be taken from the goal area and will be considered a DIRECT KICK.**

LAW 8 - BALL IN AND OUT OF PLAY

1. The ball is out of play:
- a) when play has been stopped by the referee;
 - b) when the ball has wholly crossed the goal-line whether on the ground or in the air;
 - c) when the ball crosses the goal line directly from an indirect kick under the crossbar and between the posts, the game shall be restarted with an indirect free kick to the defending team from within the goal area.
 - d) In the event of the ball striking the ceiling, or going out of the playing area, the referee shall restart the game with an indirect free kick that shall be taken from the place where the ball was last touched by a player of the opposing team.

*** Rules 1e), f), g), h) & 2a) apply to Division 1 Youth competition only.**

- e) **In the event of the ball striking the ceiling or going out of the playing area, the team that did not touch the ball last will have an INDIRECT free kick that shall be taken from where the ball went out of play. The ball will be placed up to 1.5 metres from the**

sidewall or directly below the point of contact with the ceiling or attached fixtures. In the event that this happens in the area between the corner kick spot and the end wall, the kick shall be taken from the corner kick spot on the side closest to the point of contact. The kick shall be **DIRECT**.

- f) When the ball touches any part of the four foot sidewalls or the attached netting, the ball will be considered out. The team that did not touch the ball last will have an **INDIRECT** free kick that shall be taken from where the ball went out of play. The ball will be placed up to 1.5 metres from the sidewall.
- g) When the ball touches the defending team and hits the end walls above the goal, in the area between the vertical lines and above the horizontal line, a corner kick shall be awarded to the attacking team (see Law 7, Section 8).
- h) When the ball touches the attacking team and hits the end walls above the goal, in the area between the vertical lines and above the horizontal line, a goal kick shall be awarded to the defending team (see Law 7, Section 8). This shall be a **DIRECT** kick.

2.

The ball is in play at all other times, including:

- a) **When the ball rebounds from any part of the goal posts, cross bar or end walls between the vertical and horizontal lines**
- b) When it rebounds from the referee when the referee is within the playing area
- c) when it rebounds into play from the goal post, a crossbar rebound, boards or walls;
- d) when it rebounds from the referee when the referee is within the playing area.

LAW 9 - METHOD OF SCORING

1.

A goal is scored when the whole of the ball has crossed over the goal line, between the goal posts and under the crossbar.

2.

The referee shall be the sole judge as to whether a goal has been scored.

3.

- a) During the course of the game, should an outside agent assist the ball into the goal, or prevent the ball from entering into the goal, play shall be stopped. The referee shall restart the game by dropping the ball in accordance with Section 7 of Law 7.
- b) At the taking of a defensive free kick should the defending team put the ball

in their own net, the referee shall restart the game with a drop ball from the point where the free kick was taken.

4. The team scoring the greater number of goals shall be the winner. If no goals or an equal number of goals are scored, the result of the game shall be a tie.

LAW 10 - OFF-SIDE

There is no offside.

LAW 11 - FOULS AND MISCONDUCTS

1. A player who, in the opinion of the referee, commits any of the following eleven penal offences in a manner considered by the referee to be careless, reckless, or involving disproportionate force shall be penalized by the awarding of a DIRECT free kick to the opposing team.

- a) kicks or attempts to kick an opponent;
- b) trips or attempts to trip an opponent;
- c) jumps at an opponent;
- d) charges an opponent⁴;
- e) strikes, or attempts to strike an opponent, or spits at an opponent;
- f) holds an opponent;
- g) slide tackles or when tackling an opponent makes contact with the opponent before contact is made with the ball;
- h) pushes an opponent;

⁴ especially against the wall.

- i) boards an opponent (ie. contact between players which forces an opponent into the perimeter wall);
- j) handles the ball deliberately ie. carries, strikes or propels the ball with hand or arm (this does not apply to the Goalkeeper within his/her own penalty- area);
- k) tackles an opponent from behind in a manner which could cause injury.

Should a defending player commit one of the above offences within the penalty-area, while the ball is in play, irrespective of the position of the ball, a penalty-kick shall be awarded.

Players who commit a penal offence can also receive a Yellow card 4 minute time penalty or be sent off depending on the severity of the foul. (eg. Unsporting behaviour requires a Yellow caution and a four minute time penalty: Serious Foul Play requires sending off and a 6 minute time penalty).

2. A player who, in the opinion of the referee, commits any of the following offences, shall be penalized by the awarding of an indirect free kick to the

opposing team:

- a) plays in a manner considered by the referee to be dangerous;
- b) impedes the progress of an opponent;
- c) uses the walls to delay play or to obstruct an opponent;
- d) if the goalkeeper, in the opinion of the referee, has attained full possession of the ball and delays the release of the ball from his hands by more than SIX SECONDS, the referee shall stop play and award an indirect free kick from the place where the infraction occurred;
- e) prevents the goalkeeper from releasing the ball from his/her hands;
- f) on any occasion when a player deliberately kicks the ball to his own goalkeeper, the goalkeeper is not permitted to touch it with his hands. If, however, the goalkeeper does touch the ball with his hands, he/she shall be penalized by the awarding of an indirect free kick to be taken by the opposing team from the 8 metre line⁵.

⁵ The word “kick” in the foregoing text refers only to circumstances where a player plays the balls with the foot or feet. And, similarly, a deflection with the foot or feet is permitted in circumstances where it is not intentional (involuntary deflection or miskick from a teammate).

- g) i) If, in the opinion of the referee, a player who is moving toward his opponent’s goal with an obvious opportunity to score a goal is intentionally impeded by an opponent, through unlawful means, i.e. an offence punishable by a free kick (or a penalty kick), thus denying the attacking player’s team the aforesaid goal-scoring opportunity, the offending player shall be sent off the field of play for serious foul play in accordance with FIFA Laws of the Game (Outdoor), Law XII (n).
- ii) If, in the opinion of the referee, a player, other than the goalkeeper within his own penalty area, denies his opponents a goal, or an obvious goal scoring opportunity, by intentionally handling the ball, he shall be sent off the field of play for serious foul play in accordance with FIFA Laws of the game (Outdoor), Law XII (n).
- iii) When playing as a goalkeeper and within his own penalty-area: (a) from the moment he takes control of the ball with his hands, he takes more than 6 seconds whilst holding, bouncing or throwing the ball in the air and catching it again, without releasing it into play, or, having released the ball into play before, during or after the 6 seconds, he touches it again with his hands, before it has been touched or played by another player of the same team outside of the penalty area, or by a player of the opposing team either inside or outside of the penalty area, or (b) indulges in tactics

which, in the opinion of the referee, are designed merely to hold up the game and thus waste time and so give an unfair advantage to his own team.

3. A player shall be cautioned⁶ and shown a Yellow card, if in the opinion of the referee, the player:
- a) persistently infringes the Laws of the Game;
 - b) shows by word or action, dissent from any decision given by the referee;
 - c) is guilty of unsporting behaviour;
 - d) enters, re-enters or leaves the playing area after the game has commenced, other than as a substitute, except when returning to the team bench after serving a time penalty.

In addition to the caution, if the game is stopped to administer the caution, and provided that the ball was in play at the time of the offense, a free kick shall be awarded to the opposing team.

⁶ **It is necessary for the referee to show a Yellow or Red card to administer a time penalty or send a player off.**

Note: Yellow card time penalties are running time. Red card time penalties are actual playing time.

4. A player shall be sent off the field of play and shown a Red card if, in the opinion of the referee, the player:
- a) is guilty of violent conduct;
 - b) is guilty of serious foul play;
 - c) uses offensive, insulting or abusive language;
 - d) spits at an opponent or any other person;
 - e) persists in misconduct after having received a caution;
 - e) accumulates two (2) yellow cards.

5. The following system of penalties shall be implemented:

All players receiving a time penalty shall serve the time penalty in a designated penalty box.

There shall be two categories of time penalties:

- a) A Yellow card time penalty is 4 minutes in duration and is assessed to the offender. The team is reduced in strength by one player for the duration of the penalty time.
- b) A Red card offence is 6 minutes playing time in duration and is assessed to the offender who is sent off the field of play. A team is obliged to put a

player or a substitute in the penalty box to serve the 6 minute time penalty and the team plays shorthanded for the full 6 minutes playing time.

(i) Times are not added together and time served shall be that of the most severe time penalty (yellow/red).

(ii) No team shall be more than two (2) players short.

(iii) If a third player of any team shall be penalized while two players of the same team are serving penalties, the penalty time of the third players shall not commence until the penalty time of one of the two players already penalized has elapsed. Nevertheless, the third player penalized must at once proceed to the penalty box but may be replaced by a substitute until such time as the penalty time of the penalized player shall commence.

(iv) When any team shall have three (3) players serving penalties at the same time and because of the delayed penalty rule, a substitute for the third offender is on the floor, none of the three penalized players on the penalty bench may return to the floor until play has stopped. When play has been stopped, the player whose full penalty has expired may return to play. Provided however that the assistant referee/timekeeper shall permit the return to the floor in the order of expiry of their penalties, the penalized team is entitled to have more than four players on the floor.

(v) In the case of delayed penalties, the referee shall instruct the assistant referee/timekeeper that penalized players whose penalties have expired shall only be allowed to return to the floor when there is a stoppage of play.

(vi) Any player in the penalty box at the end of the game, should the game go into penalty kicks, is ineligible to take part in the penalty kicks.

Should a team be found to have more than the permitted number of players on the playing area, the offending player(s) shall be dealt with in accordance with Section 3 of this law.

LAW 12 - FREE KICK

1. Free kicks shall be awarded under two headings: "Direct" (from which a goal can be scored direct against the offending side), and "Indirect" (from which a goal cannot be scored unless the ball has been touched by another player before crossing the goal line).
2. For any infringement of the Laws of the Game when the ball is in play, the referee may award a free kick to the team opposing that of the offending player. The free kick shall be taken from the place where the offence occurred⁷, with the

following exceptions:

- a) Any free kick awarded for an offence committed close to the wall shall be taken 1.5 metres from the wall, at the point nearest to where the offence occurred.
- b) Any indirect free kick awarded to the attacking team within its opponent's penalty area shall be taken from the part of the penalty area line which runs parallel to the goal-line, at the point nearest to where the offence was committed.

⁷ For any offence committed by an attacking player within the goal area, the free kick must be taken from fully within the goal area by the goalkeeper (ie. the ball cannot be played to the goalkeeper by another player).

- 3. At the taking of a free kick, the ball shall be stationary and all opponents shall be not less than 3 metres from the ball until it is in play. The ball is in play when it is kicked and moves.
- 4. A player taking a free kick shall not touch the ball for a second time until it has been touched by another player. For any infringement of this Law, an indirect free kick shall be awarded to the opposing team.
- 5. A player who does not retire the required distance, or who dances about or gesticulates in a manner calculated to distract an opponent, or delays the taking of the free kick, shall be cautioned for unsporting behaviour.
- 6. All defensive free kicks must clear the 8 metre area (box) to be in play.

*** Rule 7 applies to Div 1 Youth only.**

- 7. **a) Any free kick must be taken within 5 seconds of the ball being placed on the floor. If the team taking the free kick does not have the ball in play within 5 seconds, the opposing team will then be rewarded with a INDIRECT free kick.**
b) If a defending player encroaches on the 3-metre space, the referee will deal with the encroachment within the laws of the game. The 5 seconds will begin after the encroachment is ended.

LAW 13 - PENALTY KICK

- 1. A penalty kick shall be taken from the penalty-mark. All players, with the exception of the defending goalkeeper and the player taking the kick, shall be outside the penalty area and behind the penalty mark/ball but within the playing-area and not less than 3 metres from the ball until the ball is kicked.

2. The goalkeeper remains on his/her goal line facing the kicker between the goal posts, until the ball is kicked.
3. The ball must be kicked forward. The player shall not play the ball a second time until it has been touched by another player. The ball is in play when it is kicked and moves. A goal may be scored directly from a penalty kick.
4. Time of play shall be extended at the end of play to allow a penalty kick to be taken. In the event that time is extended, play shall end when:
 - a) a goal is scored by the ball going directly into the goal or by the ball rebounding into the goal from the goalkeeper, and/or a goal post or the crossbar.
5. For any infringement of the above Law:
 - 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 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 Law 12.

ASSISTANT REFEREE

One Assistant Referee shall be appointed whose duty (subject to the decision of the referee) shall be to:

- a) **Keep record and control of time card penalties.**
- b) **Control both team benches (behaviour).**
- c) **Watch for misconduct or other incidents that occur out of the view of the referee.**
- d) **Bring any such incidents to the referee's attention.**
- e) **Assist the referee to control the game in accordance with the laws.**

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