



**CANADA
MINIFOOTBALL
LEAGUES**

Co-Ed Outdoor League Rules

Short version

Rev. February 2023

1. General Information

All players **MUST** be on the team roster. If the player is not listed on the team roster, the player will not be eligible to play in the game.

Each week, each team will play one game. Some teams may be scheduled to play in double-headers if their game has been cancelled/rescheduled.

2. Equipment

2.1. Jersey colours

Each team shall have a jersey or shirt of the same colour. If two teams have the same or similar colours of their jerseys, pinnies will be available to use.

Sweat pants and track pants are allowed if they don't have any exposed metal, such as zippers or snaps. It's up to the game referee to decide what's safe and what is not.

2.2. Footwear

Running shoes and/or sneakers are not allowed. Only soccer shoes (cleats, turf shoes, indoor shoes, etc.) are permitted.

Shin pads are recommended.

2.3. The Ball

The game is played with a ball size 5.

The "home team" is responsible for bringing at least 3 (three) game balls for the game. The "home team" must borrow one of the balls to the "away team" for warm-up if they don't have their own balls. The "away team" is responsible for the ball during the warm-up. If the ball gets damaged or lost/stolen during the warm-up, the team will be charged for a new ball that will be given to the borrowing team.

- a) The team officials/captains of the away team are responsible for returning the ball from the home team official/captain before the kick-off.
- b) The team officials/captains of the home team are responsible for accepting the ball from the away team official/captain before the kick-off.
- c) Borrowing teams are not responsible for balls lost after kick-off.

3. Gameplay

3.1. Kick-off

A kick-off starts both halves of a match, both halves of extra time and restarts play after a goal has been scored.

The team that wins the toss of a coin decides if they want to start with the ball. For the second half, the teams change ends and attack the opposite goals.



A goal may be scored directly from the kick-off. If the ball directly enters the kicker's (own) goal, a corner kick is awarded to the opponent's team.

If the player taking the kick-off touches the ball again before it has touched another player, an indirect free kick is awarded.

3.2. Number of players

The game is 7v7 – that means 6 players and a goalie. A team can start the game with a minimum of 4 players (3 players + goalie). A team can start without a female player on the field if they have an insufficient number of players – in this case, applies the rule below.

At least 1 (one) female player from each team **must** be present on the field at all times.

- a) If a team does not have a female player in their team for the game or all female players get injured, the team has to play down 1 player on the field (5 players and a goalie).
- b) If the referee and/or opposing team notice that the team does not have a girl on the field (and does not play 1 player down), the opposing team is granted a free kick. The free kick is taken from the position where the ball was when the referee stopped the game. If the ball was in the penalty area, the ball is moved out of the penalty area to the closest line outside the penalty area.

3.3. Substitution

The number of substitutions is unlimited – on the fly. A player who is leaving the field should be within 1,5 meters of the bench before another player enters the field. If too many players are on the field, the opponent team will get a free kick.

3.4. Length of game

The game is 2x25 minutes. 5 minutes for warm-up and 5 minutes for half-time. The referee is also a timekeeper in the game.

3.5. Slide tackles

Sliding tackles are strictly forbidden unless there is no contact or danger to the opponent player.

A sliding tackle followed by any contact with the opponent player: Direct free-kick and the corresponding disciplinary action.

A sliding tackle to play the ball without any contact represents no danger away from the opposing player and does not prevent him from playing the ball or continuing his race: No foul and no disciplinary action.

The goalkeeper's attempts to deny the offensive teams in the penalty area are not considered a slide tackle unless the goalkeeper clearly "charges" the offensive player with his feet up-front. If the goalie charges the ball or a player outside the penalty area, the general rules for slide tackles and/or handballs apply.

In all cases, it's up to the referee to decide whether the slide tackle is considered misconduct or not.



3.6. Goalkeepers

Goalkeepers can use their hands only within the goalkeeper's box and can't pick up the ball after a deliberate pass from a teammate.

A goalkeeper can throw or kick the ball over the half-line if the goalie has the ball in his hands. If a goal kick has been awarded:

- a) The ball must be stationary and is kicked from any point within the goal area by a player of the defending team,
- b) The ball is in play when touched by the defending player,
- c) The ball does not have to leave the penalty area,
- d) Opponents must be outside the penalty area or at least 5 meters from the ball until the ball is in play.

3.7. Obstructions

If the ball touches nets, wires, or any other obstructions above the field of play, an indirect free kick is awarded to the team who had the last position of the ball.

4. Free kicks

4.1. Free kicks

All free kicks are played from a position where a foul occurred. If a defensive player fouls an offensive player in the penalty box, an offensive team will be rewarded with a penalty kick.

The ball must be stationary, and the kicker must not touch the ball again until it has touched another player.

It is in play when it is kicked and clearly moves, except for a free kick to the defending team in their penalty area, where the ball is in play when it is kicked directly out of the penalty area.

Until the ball is in play, all opponents must remain:

- a) at least 5 m from the ball, unless they are on their own goal line between the goalposts,
- b) outside the penalty area for free kicks inside the opponent's penalty area.

A free kick can be taken by simultaneously lifting the ball with a foot or both feet.

If, when a free kick is taken, an opponent is closer to the ball than the required distance, the kick is retaken unless the advantage can be applied; but if a player takes a free kick quickly and an opponent who is less than 5m from the ball intercepts it, the referee allows play to continue. However, an opponent who deliberately prevents a free kick from being taken quickly must be cautioned for delaying the restart of play.

4.2. Penalty kicks

A penalty mark is made 7.5 m from the midpoint between the goalposts within each penalty area.

The player taking the penalty kick must be clearly identified.



The defending goalkeeper must remain on the goal line, facing the kicker, between the goalposts until the ball has been kicked. The players other than the kicker and goalkeeper must be:

- a) at least 5 m from the penalty mark,
- b) behind the penalty mark,
- c) inside the field of play,
- d) outside the penalty area.

The player taking the penalty kick must kick the ball forward; back heeling is permitted, provided the ball moves forward. The ball is in play when it is kicked and clearly moves.

The kicker must not play the ball again until it has touched another player.

5. Misconducts

5.1. Yellow cards

If a player receives a yellow card for a foul or misconduct, the opposing team will be granted a direct free kick, an indirect free kick or a penalty. This player is allowed to continue in the game.

If one player receives 5 (five) yellow cards during the season, he/she is not allowed to start the upcoming game. Play-offs eliminate this rule.

5.2. Red cards

If a player receives a second yellow card in one match, he will be immediately granted the red card and must leave the field of play. This player cannot play for the rest of the current match and one upcoming game.

If a player receives a direct red card, he cannot play for three upcoming matches.

If another team receives a red card while the first team is shorthanded, both teams will play in 6 players (5+1) until the game ends.

6. Standings

The game's winning team will receive 3 points, 1 point is awarded to each team if the game is tied, and the losing team will not receive any points.

If two or more teams will finish the competition with the same amount of points and are tied in standings, the tiebreakers are as follows:

- a) Goal differential,
- b) Goals against,
- c) Head-to-head,
- d) Most wins,
- e) Penalty Shootout



7. Game forfeits

Teams that forfeit a game with less than 72 hours notice and without just cause will be punished in accordance to the Fines and Penalties and/or No-Show Policy.

