SC TORONTO
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SC Toronto Indoor Soccer Rules 2026

Game Format

• Games consist of 3 shifts of 8 minutes each half (24-minute halves, 48 minutes total).

• 2-minute halftime between halves.

• Teams must be ready to start on time.

• Each team fields 4 players and a goalie (minimum 3 players and a goalie required to start).

Substitutions & Playing Time

• Substitutions occur when the referee indicates a switch.

• All players should receive equal playing time throughout the game.

Equipment & Safety

• No outdoor cleats – only clean indoor or running shoes are allowed.

• No jewelry of any kind is permitted.

• Glasses must be securely tied to the player's head.

• Shin guards are mandatory for all players.

No Sliding Rule

If a player goes to the ground with one or both knees down while playing or attempting to play the ball, it is an automatic dead ball. Possession is awarded to the opposing team, who will restart play with a two-touch from the spot of the infraction.

Goalkeeper Rules

• Goalies cannot throw the ball past half before it touches the ground or another player.

• Goalies must release the ball within 6 seconds of gaining possession.

• Goal kicks or throws must stay below shoulder height.

Restarts

• All restarts are two-touch (cannot score directly from a restart).

• Kick-ins replace throw-ins – the ball must be kicked in.

• Corner kicks are taken as normal.

• When the ball goes out of play, the player has 5 seconds to restart play. Failure to do so results in the ball being awarded to the opposing team.

Fouls & Infractions

• No sliding or dangerous play.

• No deliberate handballs (except for the goalkeeper inside the box).

• No pushing, tripping, or holding.

• Referees have full discretion to stop play for safety concerns.

Game Conduct

• Coaches must ensure players and parents demonstrate respect and sportsmanship at all times.

• Referee decisions are final.

• Disrespect or abuse toward referees, players, or coaches will not be tolerated.

Referee & Coach Responsibilities

• Referees must arrive 15 minutes early to set up and check game sheets.

• Coaches are responsible for ensuring all players are listed on the game sheet and filling out the sheet clearly. This includes marking down goals, printing their name clearly, marking who played goalie, and players playing equal time.