



ADULT INDOOR



SOCCER LEAGUE



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Rules and Regulations

Updated: August 2026



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Please note:

- ⚽ All coaches/managers are required to read and be prepared to explain these rules to their players.
- ⚽ Ignorance is not an excuse to violate league rules.
- ⚽ The following lists the general rules and regulations for the AISL.

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1. League Purpose and Behavioural Standard

League Purpose:

- The AISL was established in 2009 to provide a local and affordable option for residents to play indoor soccer during the winter months.
- The AISL is a skilled league that encourages and expects a sporting and friendly environment.
- The AISL provides a safe and enjoyable environment in which individuals may play indoor soccer. Win, lose, or draw, you are there for an enjoyable hour of soccer.

Behavioural Standard:

- The AISL does not expect that you will like all opposing players or every call the referee makes.
- The AISL expects all players to actively promote the league's safe and enjoyable environment.
- The AISL expects all players to be aware of their on- and off-field behaviour, and the effect it has on other players.
- The AISL expects that all players will show the respect that our game deserves.

Consequences:

In an effort to foster this safe and enjoyable environment, and to promote positive behaviour with opponents and game officials, the AISC (AISL Convenors) may, at its discretion:

- sanction or suspend a player(s) and/or team official(s) for **behaviour contrary to the league's best interests**.
- this individual(s) may be required to attend a reinstatement hearing.



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2. General Facility Regulations

Please note that Beckwith Township has the right to ban any individual from the facility for any duration of time they see fit due to behavioural issues.

In order to provide a positive environment, everyone MUST adhere to the following rules:

- a) Smoking/vaping, eating, and drinking (other than water) are not allowed inside the Indoor Soccer Facility.
 - a. Smoking/vaping is allowed outside the building in the designated area.
 - b. Consumption of alcohol is prohibited on the premises.
- b) Profane, abusive, or foul language is not tolerated.
- c) Spitting or chewing gum in the Indoor Soccer Facility is not permitted.
- d) Anyone caught fighting in the Indoor Soccer Facility will be banned from the facility.
- e) Climbing on any building structure or equipment (i.e. netting, benches, or goals) is not permitted.
- f) Continuous disregard for the rules may result in a league expulsion and not being permitted to play in the following season.
- g) The sidelines are for rostered team players and team officials only.
- h) Chairs are not allowed on the sideline.
- i) While spectating is allowed, there shall be no unsupervised children allowed.
- j) The Facility is monitored by supervisory staff.
- k) A First Aid Kit is located in the Administration Office.



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3. Team and Player Registration

- a) Each team can register a maximum of 15 players.
- b) Team registration fee for a 15-game season is \$1850.00.
- c) For a team of individuals, player registration fee is \$200.00 per player.
- d) All players must pay \$25 to register as an AISL player on the Carleton Place Soccer Club player registration web portal.
- e) Online player registration and player fee payment must be completed prior to a player participating in any AISL match. **Players will not be eligible to play until 24 hours after all forms and fees have been received.**
- f) A player that has an outstanding balance on their account with CPSC, Beckwith Township, or the AISL, will not be eligible to play or be registered with the AISL until the account is brought into good standing. The player will be eligible to play 24 hours (if already registered) to 48 hours (if not yet registered) after the issue is rectified.
- g) **The AISL does not refund player fees. As team fees need to be paid in full, the team in question will be responsible to arrange any player refund.**
- h) A team representative is required to complete and submit the Team Registration Form in its entirety and a Team Roster Form. All players must complete online player registration.
- i) The age for Women's Open and Co-ed is 18 years of age or older. A player must be 18 years of age to be eligible to register. For example, if an individual is 17 at the start of the fall session but is turning 18 in December, then he or she is eligible to register in December when they turn 18.
- j) The age for Men's Old Timers is 35 years and older and Women's Over 30 is 30 years and older. A player will be eligible to participate if he or she is of that age before the start of the next session. For example, if an individual is 34 at the start of the fall session and turns 35 in November, then he or she is eligible to register for the Men's Old Timers division.
- k) Team roster must identify the team's primary goalkeeper. Should this primary goalkeeper suffer a serious and long-term injury, the team captain is to contact the AISL immediately to discuss options.
- l) Players can register in multiple divisions, but may only register on one team within each division, unless the two teams play in different tiers.
- m) Fully registered players (see above) may be added each session to team rosters up to game day on week 11 of each division (not on game day), after which rosters are frozen. If roster freeze date is different from this, the official roster freeze date will be listed on the posted game schedule. Teams wishing to add players to their roster after this date must submit a letter to the Adult Indoor Soccer League Committee requesting permission and stating the reason for the request. The decision of the Committee is final.



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4. Game Day Pre-Game Procedures

- a) Each team is required to fill out and provide a game sheet to the referee **prior** to the match.
- b) The game sheet must include your team's name, opposing team name, rostered players' full names and jersey numbers, the date, the name of the division, and the call-up section completed (if applicable).
- c) Failure to accurately complete the game sheet may result in disciplinary action.



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5. Game Abandonment and Defaults

- a) Any team that does not provide the referee with a copy of their game sheet will default the match **at the discretion of the AISC.**
- b) Any team that has call-up players during a game yet does not complete the Call-Up Information portion of the game sheet will default the match **at the discretion of the AISC.**
- c) If either team is unable to have a minimum of 5 players on the field within 5 minutes after the scheduled start time, the match shall be defaulted by the team who cannot field the minimum required number of players. If both teams cannot field enough players, both teams will be recorded to have lost the match by default.
- d) If, due to injury or dismissals (red cards), a team can only field 4 or fewer players, the match shall be abandoned and default due to insufficient players.
- e) If the game is default due to insufficient players or if 35 minutes or more have been played in a match that is abandoned, the final score shall be recorded as either a defaulted 2-0 or the actual game score at the time of abandonment, if the team forfeiting the match is losing. This final score selected will be the one that provides the greatest goal differential for the winning team (e.g. If the non-defaulting team is winning 5-1 when the match is abandoned, the final score will be recorded as 5-1 as the goal differential of +4 is greater than that of the defaulting 2-0).
- f) Any team that forfeits a match will be subject to a \$40 fine per match, to be paid in cash at Beckwith Township Municipal Office (to be forwarded to the team that did not default/forfeit the match), or directly to the opposing team captain. The fine must be paid no less than 24 hours before the defaulting team's next match, and during business hours. The team will not be eligible to play until the fine is paid. If both team's default, there will be no fine. The opposing team may choose to waive the fine.
- g) Further to the above points, any team that forfeits a match on the same calendar day / within 2 hours of the first scheduled kick-off of the night may be subject to a \$40 punitive fine, **at the discretion of the AISC, in addition** to the standard \$40 default fine.



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6. Standings Scoring and Tie-Breaking

- a) Win = 3-points Tie = 1-point Loss = 0-points
- b) In the event of a tie in the final standings, the following tiebreaker rules shall apply in order:

2 Teams

1. Head-to-Head competition (goal differential in Head-to-Head games if both teams have the same number of wins in Head-to-Head competition);
2. Most Wins;
3. Goal Differential;
4. Most Goals Scored;
5. Least red cards;
6. Least yellow cards; and
7. A coin toss performed by AISC (lowest alphabetical team name (a-z) is heads, and higher alphabetical team name is tails).

3+ Teams (this is used to break the tie until there are two teams tied – it then reverts to the 2-team tiebreaker above)

1. Most wins;
 2. Goal Differential;
 3. Most Goals Scored;
 4. Least red cards;
 5. Least yellow cards; and
 6. A coin toss performed by AISC (lowest alphabetical team name (a-z) is heads, and higher alphabetical team name is tails).
- h) A match that is forfeited will count as a 2-0 win for the non-forfeiting team, or the actual game score at the time of abandonment, if the team forfeiting the match is losing. This final score selected will be the one that provides the greatest goal differential for the winning team (e.g. If the non-defaulting team is winning 5-1 when the match is abandoned, the final score will be recorded as 5-1 as the goal differential of +4 is greater than that of the defaulting 2-0).
 - c) In the event that teams have a different number of games played at the end of a session due to cancelled games, point percentage based on “**2 points for a win**” is used to determine team standings. The following formula is used:

$$\text{Point Percentage} = [(\text{\# of Wins} \times 2) + \text{\# of Draws}] / (\text{\# of Games Played} \times 2)$$



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7. Protests

- a) Teams may protest based on the eligibility of a player. This protest can be based on a player playing while under suspension or not being registered.
- b) The team protesting is required to:
 - a. notify the referee and opposing team of the protest and the reason as soon as the protest is lodged; and
 - b. submit the protest by e-mail to beckwith.aisl@hotmail.com within 48 hours of the match in question, noting the reason for protest and the approximate time in the match that the protest was formally lodged.
- c) The AISC will review the issue and will come to a decision within 48 hours of the appeal e-mail.
- d) If the appealing team is successful in their appeal, the match result will be altered (if necessary). If the appealing team loses then the match outcome will stand.



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8. Suspensions

- a) Long-term suspensions (not including Red Card or Yellow Card infractions) from the outdoor season may be applied to players in the AISL.
- b) A player is not automatically suspended after receiving a red card and being dismissed from a match. Any games that the player sits out prior to the rendered verdict by the discipline committee will **not** count towards the suspension.
- c) Any player who is found guilty of two dismissible offences (red cards) in one session, accumulating from play in any AISL division, will be suspended for the remainder of that session in all divisions that they are registered, or for the duration of the second suspension, whichever is longer.
- d) Any player who is found guilty of three dismissible offences (red cards) in one season (Fall and Spring), accumulating from play in any AISL division, will be suspended for the remainder of the indoor season in all divisions that they are registered, or for the duration of the third suspension, whichever is longer.
- e) Any player who is found guilty of three dismissible offences (red cards) in one season (Fall and Spring) will not be permitted to register on a team in the AISL until, at the request of the offending player, they attend an AISL **Reinstatement Hearing**, at which point registration eligibility will be determined.



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9. Fines and Return to Play from Suspension

- a) All suspended players must pay a \$25.00 fine, payable to the Carleton Place Soccer Club. Suspension fines must be paid at the Township of Beckwith, during office hours and prior to 4pm, at least 48 hours prior to the individual returning to play.
- b) The player is suspended from all CPSC Adult Indoor Soccer League activities in the specific division in which the suspension was issued until they serve their full suspension and pay the above-mentioned \$25.00 fine.
- c) If the individual chooses to pay their fine less than 48 hours prior to their game, they will not be eligible to play until the following week.
- d) Suspensions in the AISL that are not fully served in the AISL season shall carry over to the following AISL season for which the individual registers.



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10. Discipline Hearing

- a) Single cautions in a match or the accumulation of cautions which incurs a suspension may not be appealed or reviewed.
- b) When a charged misconduct type quotes a specific number of games for suspension, it can be administered through **Discipline by Review**.
- c) When a charged misconduct type quotes a range for number of games for suspension or an Ontario Soccer fine of over \$500, it must be administered through **Discipline by Hearing**.
- d) In **Discipline by Review**, the CPSC Disciplinary Committee, which will consist of three arbiters appointed by the CPSC Disciplinary Committee Chairperson, will deliberate and reach a decision as to the accused's guilt and appropriate misconduct based on the match official's dismissal report. No other parties are required.
- e) The CPSC Disciplinary Committee may, at any point prior to rendering a decision through **Discipline by Review**, request that the misconduct is reviewed through **Discipline by Hearing**.
- f) An accused may request **Discipline by Hearing**, with the exception of **Ontario Soccer Misconduct Type 1.3, 1.6, 1.13, 1.14, and 1.14A**.
- g) In **Discipline by Hearing**, the CPSC Disciplinary Committee will hold a hearing, which will consist of three arbiters appointed by the CPSC Disciplinary Committee Chairperson. Other parties required are the dismissed player, advisor / observer (optional), witnesses (optional), referee (optional), and a league representative.
- h) If the player is found guilty of a misconduct charge, they will face a suspension as per Ontario Soccer disciplinary policy, be subject to a \$25 return to play fine, and will not be eligible to play as a call-up for the remainder of the session.



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11. Reinstatement Hearing

- a) A player that is found guilty of three dismissible offences (red cards) across two (2) subsequent sessions (the last two that they registered, does not have to be back-to-back sessions if the player does not register for one [1] or more sessions) is not eligible to register with a team in the AISL until they have successfully passed through a **Reinstatement Hearing**.
- b) A player(s) and/or team official(s) may be required to successfully passed through a **Reinstatement Hearing** to continue playing if the AISC are required to sanction behavior that is contrary to the league's best interests.
- c) A **Reinstatement Hearing** must be requested by the player(s) in question.
- d) The CPSC Disciplinary Committee will hold a hearing, which will consist of three (3) arbiters, including two (2) members appointed by the CPSC Disciplinary Committee Chairperson, and a league representative. Other parties required are the player in question and the team representative.
- e) The hearing will consist of:
 - a. a review and discussion of past disciplinary sanctions;
 - b. the player in question advising the committee of the steps they have taken to ensure their behavior will conform to league standards; and
 - c. the team representative advising the committee of the steps they have taken to ensure the player will be held, by the team, to the league's behavioural standards.
- f) The arbiters will deliberate and determine player reinstatement eligibility.
- g) The league representative, in consultation with the arbiters, reserves the right to add behavioural caveats to any successful reinstatement. The reinstatement will not be complete until the player agrees to the behavioural caveats in writing.



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12. Match Officials

- a) The AISL Referee Assignor appoints all of our match officials. We stand by and respect all the decisions made by our match officials.
- b) All match officials in the AISL are certified by and registered with Ontario Soccer.
- c) The AISL screens and monitors our match officials to provide top quality officiating. Comments or concerns about match officials must be sent by the team contact to the AISC. Comments or concerns from players will not be entertained.
- d) In the unforeseen circumstance that appointed match officials are not available, the AISC reserve the right to appoint, at its discretion, replacement match officials, or allow the game to be officiated by an individual agreed upon by both teams prior to the start of the match.