



WNISL Rules Matrix

Two signed game sheets must be submitted to the referee **prior to the start of the game**. Game sheets can be printed from the WNISL.com website. Two team captains are selected by the coach for each game. Captains will be called over by the referee prior to the start of the game to participate in the coin toss.

Division	U8	U10	U12	U14	U18	U23
Playing Strength	7 v. 7 (Lincoln & West Lincoln) 5 v. 5 (Grimsby)	7 v. 7	9 v. 9	11 v. 11	11 v. 11	11 v. 11
Minimum Players ⁷	5	5	6	7	7	7
Game Length	2 x 25 minute halves	2 x 30 minute halves	2 x 35 minute halves	2 x 40 minute halves	2 x 45 minute halves	2 x 45 minute halves
Ball Size	4 or 5 light	4 or 5 light	4 or 5 light	5	5	5
Match Officials	Referee (Lincoln & West Lincoln) Game Leader (Grimsby)	Referee	Referee, 2 Assistant Referees	Referee, 2 Assistant Referees	Referee, 2 Assistant Referees	Referee, 2 Assistant Referees
Call Ups		Call ups must be registered U8 interlock players. Call ups may be used up to build the team up to 10 players for a game	Call ups must be registered U10 interlock players. Call ups may be used to build the team up to 12 players for a game	Call ups must be registered U12 interlock players. Call ups may be used to build the team up to 14 players for a game	Call ups must be registered U14 interlock players. Call ups may be used to build the team up to 14 players for a game	Call ups must be registered U18 interlock players. Call ups may be used to build the team up to 14 players for a game
Retreat line ³	Yes ³	Yes ³	Yes ³	No	No	No
Offside called ³	No	No	Yes ³	Yes ³	Yes ³	Yes ³
Free Kicks ^{9, 10}	Indirect (except on penalty kick)	Indirect (except on penalty kick)	Indirect or Direct	Indirect or Direct	Indirect or Direct	Indirect or Direct
Throw in or pass in when the ball leaves the field	Pass in	Pass in	Throw in	Throw in	Throw in	Throw in
Substitutions	Unlimited substitutions at any game stoppage	Unlimited substitutions at any game stoppage	Unlimited substitutions after a goal, on a goal kick or on a teams own throw in ⁶	Unlimited substitutions after a goal, on a goal kick or on a teams own throw in ⁶	Unlimited substitutions after a goal, on a goal kick or on a teams own throw in ⁶	Unlimited substitutions after a goal, on a goal kick or on a teams own throw in ⁶



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1. All players must wear shin guards, full uniform and athletic footwear, soccer cleats are recommended for all ages. No jewelry or piercings are permitted to be worn on the field by any player.
2. Unregistered players are not permitted to participate in a game under any circumstance. Registered travel players are not permitted to participate in Interlock games regardless of their age and division.
3. For a complete description of the retreat line and offside rules, please refer to “Laws of the Game” or “Small Sided Laws of the Game”. Consult your referee for clarification if necessary.
4. Corner Kicks are applicable for all interlock divisions, for a complete description of corner kicks please refer to “Laws of the Game” or “Small Sided Laws of the Game”. Consult your referee for clarification if necessary.
5. Slide tackles are not permitted in any WNISL interlock division. A clean slide tackle is still considered a foul under WNISL rules. For an explanation of other fouls please refer to “Laws of the Game” or “Small Sided Laws of the Game”. Consult your referee for clarification if necessary.
6. “Piggy-back” substitutions will be allowed at the discretion of the referee, and must be agreed upon by both teams **prior to** the start of the game. The Referee must be notified prior to ALL substitutions.
7. If a team must play a game at less than full strength due to player absence, their opponent is NOT required to match their number and may choose to play at full strength. It is the responsibility of all coaches to use call ups so that they are able to field a full team. Coaches are reminded to NOT run up the score on any opponent that has to play at less than full strength. Note: call ups are not allowed in tournament or final day games.
8. Games can be canceled at the field (due to weather) by the referee only.
9. In small sided soccer a foul in the penalty area will still result in a (direct) penalty kick, all other free kicks are indirect.
10. Please refer to “Laws of the Game” for a complete description of the circumstances under which an indirect or direct free kick may be awarded in 11 v.11 soccer.

Regarding the “no slide tackle rule”

The purpose of this Rule change is to reduce the chance of injury and promote safe and fair play.

The League defines a 'Slide Tackle' as:

- i. Leaving your feet to CHALLENGE an opponent, contact with the opponent is not required*
- ii. Every Slide Tackle awards a Direct Free Kick or Penalty Kick*
- iii. Careless, Reckless or Excessive force standards apply, Cautions or Dismissal offences do not change*
- iv. Denying Obvious Goal Scoring Opportunity (DOGSO) considerations still apply - no changes.*

Exceptions to the Rule are:

- i. Goal Keeper challenging an Opponent to make a save in his own Penalty Area*
- ii. Player sliding to keep ball in play – no opponent nearby*
- iii. Player sliding to stop pass or shot – no opponent nearby*