



Indoor Soccer / Rules & Regulations

LEAGUE REGULATIONS:

- 1) Players will furnish their own shin guards, turf shoes. (Open-toe shoes, studded and screw in cleats are prohibited.)
- 2) Teams may have a maximum of 6 players on the field (including the goalie), at least one of which must be a women.
 - If a team has less than 9 players they may use a player from another team in the league. The Captain of the opposing team has the final say on who a team picks up as a sub.
- 3) All players on the roster are eligible to play in the playoffs.
- 4) All players must be 18 years old or turn 18 during the season to be eligible to play.
- 5) A team must have five players from its roster or that game will be considered a forfeit.
 - League coordinators will determine whether a game shall be played when in doubt because of weather. All cancellation due to weather will be posted on the Hotline.
- 6) No one can play until they have turned in a signed waiver and paid the league fee.
- 7) Standings will be determined by a win/loss record. In case of ties within league standings at the end of the regular season, all will be broken by head-to-head record from the regular season. If a third tie breaker is necessary the team with the highest goal differential during the regular season will get the higher seed. Due to weather and unforeseen acts of God playoff format and the number of teams making the playoffs will be announced during the season.

Tobacco and Alcohol:

The use of alcohol and tobacco is prohibited at the field, and in the stands. Any use of tobacco or alcohol is grounds for removal from the league.

Conduct Violations:

Each incident involving a conduct violation results in a yellow or blue card. The second incident by the same player in the same game will result in the ejection of that player, and his/her ineligibility for the following game. The third conduct violation by the same player in any game will result in removal from the league. League coordinators will document all conduct violations and have final say on any conduct related issues.

Conduct Violations include:

Use of profanity; destructive play, deliberately running/sliding into a fielder or anything else seemingly dangerous or inappropriate as deemed by the referee.

LAW I: THE FIELD

Dimensions: 160 feet long x 84 feet wide.

LAW II: THE BALL

- Size 4 soccer balls will be used for all games.**
- All balls will be provided for soccer games.**

LAW III: NUMBER OF PLAYERS

- Co-ed Leagues: Six players on the field at a time, including one goalkeeper. Teams must have a minimum of 1 women on the field at all times.**

APPLIES TO ALL...

A minimum of FOUR players are needed to start and continue a game. Unlimited substitutions are allowed as stated below. Any player may change positions with the goalkeeper, provided that the referee is informed before the change is made and provided that the change is made during a stoppage of play. Substitute players are to remain in the player boxes. If a team is down 4 points they may add an additional player on the field.

SUBSTITUTIONS:

- Player must be within 5 feet of his team box door or off the field before a substitute player can come on.**

Play is ceased:

- After a goal is scored.**
- After a time penalty is awarded.**
- On an injury time out.**
- When the ball leaves the field of play.**

LAW IV: PLAYER EQUIPMENT

- Players must dress in matching jerseys shirts.**
- Shin guards are mandatory and must be totally covered by stockings or socks.**
- Only flat soled or turf shoes designed for indoor artificial surfaces are allowed. No studded or screw-in shoes allowed.**
- Goalkeepers must wear colors which distinguish them from all other players and referees.**

LAW V: REFEREES

- At least one official will be present during play.**
- When two or more than two officials are present, the two field officials shall have equal authority and responsibility.**
- They shall keep the official record of the game.**

LAW VI: OTHER GAME OFFICIALS

The second or third official shall be a timekeeper/ scoreboard operator.

LAW VII: DURATION OF THE GAME

- Clock will start at the time game is scheduled**
- Two equal halves of 22 minutes.**
- A halftime interval of two minutes.**
- The Clock will be stopped for serious injuries.**

LAW VIII: START OF PLAY

- Kick-off will be given to the home team. Visitors will have the 2nd half kick-off.**
- A kick-off will start the game and restart the game after a goal is scored.**
- Teams will change direction at halftime.**
- A goal can be scored directly from kick-off.**

LAW IX: THREE-LINE VIOLATION

- No player, including the goalkeeper, may propel the ball over three lines in the air.**
- When the ball crosses over three lines in the air towards an opponent's goal without being touched by another player or touching the perimeter wall, the ball must start from or behind the line to have the three line violation. The violation is penalized by awarding a free-kick to the opponents at the center of the first line.**

LAW X: FOULS AND MISCONDUCT

MAJOR OFFENSES: Free-kick awarded and card.

- Kicking or attempting to kick an opponent.**
- Tripping or attempting to throw an opponent.**
- Jumping at an opponent.**
- Charging an opponent in a violent or dangerous manner.**
- Charging an opponent from behind.**
- Striking or attempting to strike an opponent.**
- Spitting at or on an opponent.**
- Holding an opponent.**
- Pushing an opponent.**
- Intentionally handling the ball. (except goalkeepers in their own penalty box.)**
- Charging (checking) an opponent into the perimeter wall.**

MINOR OFFENSES: Free-kick awarded.

- Player in possession of the ball uses both hands to hold on to the boards or glass.**
- Fair charging an opponent when the ball is not in playing distance.**
- Obstructing an opponent.**
- Charging the goalkeeper, except when he/she: Is holding the ball, is obstructing an opponent, has passed outside his/her goal area slide tackling (knee touching the turf). Note exceptions for goalkeeper. Illegal substitutions.**
- Delaying game: When playing as goalkeeper, indulging in tactics such as failing to play the ball outside the penalty box within five seconds.**

MISCONDUCT: Cautioning.

A player shall be cautioned if he/she:

- Persistently infringes the laws and house rules (i.e. Spitting, gum chewing etc.).**
- Shows, by word or action, dissent at any referee decision.**
- Is guilty of unsportsmanlike conduct.**

A player can be ejected from the game if he/she:

- Uses foul or abusive language.**
- Persists in misconduct after being cautioned.**
- If a player receives 3 blue cards or 2 yellow cards or 1 red card they will have to sit out the next game.**

A player can be ejected from the league if he/she:

- Is guilty of violent conduct or serious foul play.**
- Receives a third 2-minute time penalty for a major or minor offense. Uses foul or abusive language.**
- Receives 3 yellow cards or 2 red cards throughout the season.**

GOALKEEPER RESTRICTIONS:

Once a goalkeeper has gained control of the ball with his hands he/she must release the ball within five seconds. After releasing the keeper may not play the ball again with their hands until it has been touched by an opponent or goes out of play. At no time may a goalkeeper handle a ball that is intentionally played to them by the foot of a teammate. At no time may a keeper handle a ball that they have touched outside the penalty area. A goalkeeper is not permitted to slide outside of the penalty area. Punishment for any of the above will be the awarding of a free-kick from the center of the top of the penalty box. *Note:* There will be NO time penalty award for any of the Goalkeeper Restrictions. A time penalty assessed against a goalkeeper may be served by another member of the team that is already on the field. In cases of ejection the goalkeeper must leave the premises.

DELAY OF GAME:

If a player intentionally delays the game, the referee may award a time penalty. If a player, in the opinion of the referee, fakes an injury the referee may award a 2-minute time penalty for delay of game.

TIME PENALTIES:

5 minute penalties. 2 minute penalties.

A time penalty of 5 minutes is awarded only when a yellow card is given or a player is ejected. If ejected, another player serves the entire time penalty regardless of any goals scored.

A TIME PENALTY CAN BE AWARDED FOR:

- Breach of any house rules. (i.e. chewing gum, spitting, slamming gates etc.).**
- Illegal substitution and illegally entering the field of play.**
- A player re-entering the game without making equipment adjustments.**
- Any of the major offenses.**
- Whenever a player is cautioned.**
- Delay of game.**
- Unsportsmanlike conduct.**
- Encroachment of free-kicks.**
- Double minor offenses.**
- Leaving door(s) unlatched when not in use.**

RELEASE OF PLAYERS FROM THE PENALTY BOX:

- At the expiration of their full time. Penalty time will carry over to the next time period of play (i.e. the second half or overtime periods.).
- After a goal is scored against their team if they are shorthanded. However, only one player can come out per goal.
- When three players from the same team are given time penalties; four players must remain on the field. Time for the third player begins when the first player's penalty expires.
- Substitutes for ejected players must serve the full five minutes.

BENCH PENALTY:

Unsportsmanlike conduct from a team box will result in a verbal warning against the team. Should the conduct persist a bench penalty will be issued against the offending team. The team manager/coach must then remove one of the field players to serve a time penalty.

LAW XI: FREE KICKS

The following applies to all restarts:

- The ball is in play when it is touched by a player.
- Opposing players shall be 3 yards from the ball.
- The player taking the kick cannot play it again until someone else touches the ball.
- If an opponent refuses to move back 5 feet on the referee's request they may be given a time penalty for unsportsmanlike conduct.
- If a player taking a kick delays for longer than 5 seconds, after being instructed to kick by the referee, the ball will be awarded to the other team.

LAW XII: SHOOT OUT

A penalty shot is taken at the center of the first line. The Ball is in play when the kicker touches it. The player has 5 seconds to play the ball and may touch it multiple times. All players on the field must stand behind the half line until the ball is touched.

LAW XIII: KICK-INS

Kick-ins must be taken 2 feet from the wall at the point nearest where the ball left the field of play. The ball is considered out of play if it makes contact with the protective netting.

LAW XIV: GOAL KICKS

When the whole of the ball passes over the end perimeter wall, hitting the net and having last been played by the attacking, it shall be thrown into play by the goalkeeper.

LAW XV: CORNER KICK

When the whole of the ball passes over the end perimeter wall hitting the netting on the curves and having last been played by the defending team a direct corner kick shall be awarded to the attacking team. The whole ball must be placed on the corner circle mark.

LAW XVI: UNIFORMS

If a player is out of uniform their team will start a player down for the first 2 minutes. If more than 1 player is out of uniform an additional 30 seconds will be applied for each person out of uniform.