

INDOOR SOCCER RULES



WAIVERS & ROSTERS

- a. All players must sign a liability waiver to participate. If under the age of 18, a parent or guardian must sign the waiver. NO WAIVER, NO PLAY, NO EXCEPTIONS.
- b. A roster is required for every team, every session that you register.
- c. All players must be listed on a team roster to participate in league play.
- d. Your team roster is due by the first week of each session. If one is not received, your team will forfeit all games until a roster is turned in.
- e. Players may be added to the roster until the third week of league play. After that period, all rosters are frozen.
- f. No one may play on two teams in the same league. (Exceptions include youth leagues where a team splits into 2 teams and Coed leagues.)

CORPORATE LEAGUE RULES

- a. All players on the team roster must be an employee for the company. If it comes into question whether a player is an employee, some sort of proof of employment will need to be presented before the next match.
- b. Each team may bring up to three guest players to each game, and it can be a different three each time. These players do not need to be employees or on the roster. This will help teams that may be low on subs.
- c. Games will be played 6v6.
- d. Instead of following our normal coed standard of three guys and three girls, we will only require that there is one member of each gender on the field at all times. This will allow companies that don't have many male/female employees to still participate in the league.

PLAYER ELIGIBILITY

- a. Management may request ID on a player at anytime to verify age and/or identity. A team using an ineligible player may forfeit all games where that player played, and the player may be suspended per management discretion.
- b. Players must be of appropriate age for each division. Any question of eligibility should be directed to the manager on duty.
- c. A team using a player who is not on their roster will forfeit any and all games that player participated in.
- d. A team using a player who did not complete a waiver prior to playing will forfeit that game.
- e. You must be at least sixteen (16) years of age to play in adult leagues.
- f. If you have been paid to play professional (indoor or outdoor) soccer within the last 6 months, or are now doing so, you are only eligible to play at the highest level available at this facility.

NUMBER OF PLAYERS

U9 thru U12 will play 7v7; teams U13 and above will play 6v6.

U9 thru U12 teams shall have no fewer than 5 or more than 7 players on the field at a time, including the keeper. For teams U13 and above, no fewer than 4 or more than 6 players are allowed on the field at a time.

In coed, the number of males on the field of play may not exceed the number of females by more than 1, including the Goalkeeper.

SUBSTITUTIONS

- a. During the game while the ball is in play, substitutions may be made at any time on an unlimited basis, provided the player substituted for is within the touchline or off the field before the substitution is made at his/her own bench area.
- b. Guaranteed substitutions may occur: after a goal is scored; on a team injury or official's timeout; after a two minute penalty or ejection. If play is inadvertently restarted with too many players on the field after any guaranteed substitution occasion, no penalty shall be assessed.
- c. The ball may not be played by either the departing or entering player while both are on the field at the same time. (May constitute a 2 minute penalty.)
- d. Jumping over the wall is a 2 minute penalty.
- e. Using the opposing team's doors during a running clock is a 2 minute penalty.
- f. Restart for too many players will result in a free kick to be taken from the white line.

EQUIPMENT

- a. The Home team will be asked to change if there is a color conflict.
- b. **Absolutely NO screw-in cleats allowed.** Rubber molded cleats, turf shoes and/or tennis shoes are permitted.
- c. Players **MUST** wear shin guards while on the field. **NO SHIN GUARDS, NO PLAY, PERIOD.**
- d. Knee braces must be inspected by the Referee prior to the start of the game.
- e. Casts must be padded and inspected by the Referee and/or management.

RED CARD MISCONDUCT

The Referee has the right to eject a player, coach or spectator before, during or after the game. That person must leave the facility immediately. If after receiving a red card as a coach, player or spectator, misconduct continues, additional red cards may be awarded.

- a. If a player is issued a red card, he/she is ejected for the remainder of that game and the next league game.
- b. Anyone receiving a 2nd red card in a 1 year period will be suspended for 8 weeks from the facility as a player and/or coach.
- c. Any one player, coach or spectator receiving a 3rd red card within 1 year of the 1st will be suspended from the facility for 1 year from the date of the most recent red card.
- d. Foul and abusive language or fighting is a mandatory ejection from the game and the facility.
- e. Anybody leaving the bench area during a fight will be ejected and assessed a 5 minute penalty, to be served by another player. The ejected player must leave the property for the duration of the game and that team's next game.
- f. Any player or non-playing person given a red card for fighting is guilty of violent conduct and will be ejected from our facilities for not less than 1 year and up to permanently.

- g. Straight red cards will be dealt with on a case by case basis by SoccerCity management.

GAME TIMES

The clock will begin running at game time. A U9 thru U15 team must have at least five (5) players ready for the game to begin; a team U16 and above must have at least four (4) players ready to play for the game to commence. If a team is not prepared to play after five minutes has elapsed, the game is forfeited and the opponent is credited with a 5-0 victory (for standings purposes).

KICKOFF

The kickoff does not have to go forward. Players may not cross the mid-field stripe until the ball is kicked. In indoor soccer every free kick is a direct kick; therefore, a goal may be scored directly from kickoff.

FOULS

Boarding, tripping, striking, kicking, holding, pushing, charging or jumping at, handling the ball, sliding and dangerous play are all fouls. High kicks, bicycle and scissor kicks and playing the ball while sitting or laying on the ground are all examples of dangerous play. All fouls will be restarted by a free kick at the point of infraction or at the top of the box if it is a defensive foul in the box. A whistle is not required for a restart after a foul unless it is a defensive foul in the box.

PENALTIES

If, in the referee's judgment, the foul is serious a 2 minute penalty may be given. The player serves the penalty and his team plays short until either the time penalty expires or the opposing team scores. Some of the more common infractions that may result in two minute penalties are delay of game, sliding, misconduct, too many players on the field (illegal substitution) and encroachment.

- a. The player penalized will serve the penalty including the keeper.
- b. Any player receiving a second blue card in a game shall be shown a red card and will be suspended from the rest of the game and the next scheduled game for that team.
- c. If a player receives a red card for serious foul play or violent conduct, he/she must leave the premises immediately and his/her team will play short for 5 minutes regardless if the other team scores.

SLIDING

- a. A slide is a two minute penalty. A slide is any intentional movement of leaving one or both feet while going down to the turf.
- b. A goalkeeper may slide within the box, but may not play the ball outside the box while on the ground (dangerous play).
- c. NO sliding into an opponent will be permitted (with the exception of the goalkeeper when inside the goal area). Sliding is permitted away from opponent, if no other player is around.

DISSENT

Only the authorized team captain may discuss a call with the Referee, upon the invitation of the Referee. Any player or non-player who touches, bumps, physically contacts or verbally abuses a game official or facility staff shall be guilty of violent conduct and ejected from the facility for not

less than one year and up to permanently. Dissent is a two minute penalty where the player serves time, and the team is short.

ENCROACHMENT

- a. All restarts shall be given **10** feet of clearance by the defending team.
- b. If the player taking the free kick requests the Referee to provide the 10 ft. legal distance, he/she must wait for a whistle.
- c. If the Referee asks a defensive player for distance from the restart and the player does not immediately comply, a two minute delay of game penalty shall be assessed.
- d. If the player taking the free kick chooses to 'quick kick' the ball and it strikes the defender attempting to provide the minimum space, then there is no encroachment.
- e. If the defensive player, taking a stance within the 10 ft. distance, makes any attempt toward the ball to block the free kick and makes contact with the ball, he/she is guilty of encroachment and will be assessed a two minute penalty. The defender may move from side to side to play the ball, but not forward.
- f. For a defensive foul in the box, the free kick is taken from the top of the box and the 10 ft. distance is required. A whistle is required for the restart.

INBOUNDS RESTART

When the ball goes over the perimeter wall or touches the netting above the wall, play is restarted by the opposing team with a free kick. The ball is placed on the touch line 3 feet from the wall and the team taking the restart has 5 seconds to put the ball in play upon the Referee's signal. Failure to put the ball in play within 5 seconds results in the opposing team getting the free kick.

When the ball hits the ceiling net, it should be placed straight down from the point of contact between the white lines. In attacking third, the ball will be placed anywhere on the white line. In the defending third, the ball will be placed straight down. (No more moving the ball forward to the white line.)

THREE LINES

A ball kicked over all three lines in the air towards an opponent's goal without touching another player, the perimeter wall or the referee will be brought back to the center point of the first white line it crossed and a free kick awarded to the other team.

PENALTY KICKS

A penalty kick is awarded if the defensive team commits a foul worthy of a 2 minute penalty while inside the box or commits a 'breakaway' foul in his/her defensive half of the field.

All penalty kicks shall be taken 2 yards from the top of the goal area. All players with the exception of the defending goalkeeper and kicker shall remain behind the white line until the kick has been taken.

The shooter must wait for the Referee's whistle before taking the kick. Should game time expire before the taking the penalty kick, the clock shall be reset at 5 seconds and the kick retaken. No substitution is allowed during a penalty kick and only players on the field may participate. The goalie may not be substituted during a penalty kick.

*There are no shootouts.

MISCELLANEOUS

- a. Any team fee or player check that is returned will be subject to a \$25.00 return check fee. The team and/or player will be suspended from playing until the situation has been resolved.
- b. Spitting on the field or in the team bench area is prohibited. A two-minute penalty will be assessed.
- c. Those with physical or mental impairments of a serious nature that may put you or others at risk will be restricted from play. Pregnancy and heart conditions are examples of physical impairments.
- d. Blood is not allowed in or on the playing field. Any minor injuries involving blood must be covered by a band-aid or other suitable covering.

COED OPEN RULES

- a. Each team plays with three (3) females and three (3) males plus a goalkeeper.
- b. A maximum of three males may be on the field at one time, not including the goalkeeper.
- c. The number of males on the playing field cannot exceed that of females (not including the keeper). For example, if a team only has 2 females on the field of play, only 2 males can be on the field plus the goalkeeper.
- d. Female goals are worth 2 points, and male goals are worth 1 point.
- e. Males may NOT score directly from a free kick.
- f. Teams may play as many female players as desired up to the max number of players and point system shall apply. (For instance, if the team chooses to play with 4 female players and 2 male players, all females can score. There is NO designated 'male' player.)
- g. Any goal scored from behind the opponents white line shall be double whatever the normal point(s) are including shots from behind the half line.
- h. There are no pass backs to the goal keeper.
- i. Goal keepers may not slide feet first.
- j. There are no timeouts in adult league games.
- k. Coed players are allowed to 'double roster'.

COED O30 RULES

- a. ALL PLAYERS MUST BE **THIRTY YEARS OLD** OR OLDER TO PARTICIPATE IN THIS LEAGUE. NO EXCEPTIONS!! WE WILL BE CHECKING ID'S FOR VALIDATION.
- b. Each team plays with three (3) females and three (3) males plus a goalkeeper.
- c. A maximum of three males may be on the field at one time, not including the goalkeeper.
- d. The number of males on the playing field cannot exceed that of females (not including the keeper). For example, if a team only has 2 females on the field of play, only 2 males can be on the field plus the goalkeeper.
- e. If team chooses to play an extra female on the field, they must designate which player is playing as the 'male' player (opposite of Coed Open).
- f. Males are not allowed in opposing box.
- g. Females can score in any fashion. Goals are worth 1 point unless scored from behind the white line where 2 points will be awarded.

- h. Males can score with their head when inside the attacking white line. Males can also score if the shot is taken from behind the white line. Goals are worth 1 point regardless of how they are scored.
- i. There are no pass backs to the goal keeper.
- j. Goal Keepers may not slide feet first.
- k. There are no timeouts in adult league games.
- l. Coed players are allowed to 'double roster'.

YOUTH LEAGUES

- a. Teams may have a maximum of two coaches in the bench area during games.
- b. If a youth team splits into 2 indoor teams, players are allowed to 'double roster'.
- c. Goals are worth 1 point. If a shot is taken and scored from behind the white line or beyond midfield 2 points will be awarded.
- d. There are no timeouts in youth league games.

GOALKEEPER RULES

Most goalkeeper rules reflect the rules established by USSF for outdoor soccer:

- a. The goalkeeper may possess the ball inside the box for a maximum of 5 seconds and can move anywhere in the box in that 5 seconds. If he/she exceeds that time, the ball is placed at the top of the box and a free kick awarded to the opposing team.
- b. The keeper may play the ball with his/her hands if the ball is not intentionally passed back by a teammates foot pass outside the white line (i.e. the ball is kicked by the opposing team, deflected off one of his/her players or played back off the head or chest of one of his/her teammates). Players on his/her team may not circumvent the rule by playing the ball off their feet to their head and then passing it back to the keeper. This will result in a two minute penalty.
- c. The goalkeeper has only one hand touch per team possession. The goalkeeper cannot bounce the ball or throw it in the air and catch it again.
- d. For any goalkeeper violations the ball goes to the white line and the opposing team is awarded a free kick.
- e. There are no more goal kicks. Balls out of bounds between the corner spots are restarted with the goalkeeper throwing the ball. The goalkeeper cannot set the ball at his/her own feet and then play the ball. Someone else must touch it first. If the goalkeeper were to play the ball twice by either dribbling or drop kicking, it is the equivalent of a double touch, and a free kick will be awarded to the other team at the white line.
- f. If a player from the opposing team intentionally obstructs the goalkeeper from releasing the ball into play, it is a 2 minute penalty.
- g. If during play the goalkeeper either intentionally strikes an opponent by throwing the ball violently at or pushes him/her with the ball while holding it, he shall be given a blue card or ejected, as deemed appropriate by the Referee. The opposing team will be awarded a penalty kick if the offense is initiated within the box.
- h. An intentional handball by the goalkeeper outside the penalty area must result in a 2 minute penalty.
- i. There is NO pass back to goalkeeper.

To clear up any confusion about goalkeeper handballs around the box we offer the following explanation. The key point is the location of the ball. If the ball is inside the box (lines are inside) at the moment of contact, it is not a handball, even if any other part of the goalkeeper's body is outside the box.

SUSPENDED GAMES

Any game suspended is final. The sole exception is blackouts, which will be replayed if called before the end of the 1st half.

ABANDONED GAMES

Any player(s), coach or spectators for a team that cause a game to not be allowed to continue will be guilty of abandoning the game and the victory will be awarded to the opposing team.

STANDINGS

Leagues are usually set up as BEST RECORD for the season. Sometimes we'll play sudden death or a playoff format and if so we'll note it on your schedule.

GAME SCORING

Games will be scored according to the following:
3 points for a win, 1 point for a tie and 0 points for a loss.

Ties between two or more teams will be broken by: (1) head to head results between tied teams, (2) goal differential, (3) fewest goals against during league play and finally (4) shootout with entire rosters.

LEAGUE WINNERS

YOUTH TEAMS: If your team wins the league, you will be awarded "champion" prize for that session (up to a maximum of 15 roster players) or \$50 off the next session.

ADULT TEAMS: If your team wins the league, you will be awarded "champion" prize for that session (up to a maximum of 15 roster players), \$50 off the next session or 7 free beverage pitchers of your choice.

SPORTSMANSHIP

Players, coaches and spectators are expected to act in the nature of good sportsmanship at all times. Abuse of the referees will not be tolerated. Any instance of such conduct will disqualify the responsible team from league play.

THINGS TO NOTE

When the winning team goes up on their opponent by double figures we stop putting points on the scoreboard. We will, however, track the final score on our score sheet. Scores will be posted on the website according to our 10-goal rule. For example, if a team wins by the score of 14 – 3 the website will indicate a score of 13-3.

Referees shall collect \$9 per team prior to the start of the match. Teams are responsible for providing exact change. If a team has not paid at the scheduled start time, the clock will start (without play) and the team that has not paid will forfeit 1 goal per min up to 5 minutes at which the game will be declared a forfeit. If both teams have not paid, the clock will run without play until both teams have paid. The 1 goal per minute penalty will apply to both teams and suspension of the game may occur if payment to the referee is not received.