

## 2019 ADULT INDOOR SOCCER RULES AND REGULATIONS

**Eligible Players:** All players must be at least 18 years of age **and** out of high school.

**Rule 1. Player Requirement:** The maximum number of players on the court at any time is five (5) per team. The minimum number of players is three (3). One player is the goalkeeper. All players must be on the official roster in order to play.

*Note: Coed- Coed teams must have no more than two (2) men on the floor and no less than two (2) women on the floor at all times. The goalie is not counted towards these numbers.*

**Rule 2. Substitutions:** Substitutions may occur on an unlimited basis provided the player leaving the court arrives at the bench **before** his/her replacement enters the court. Infractions result in a free kick.

**Rule 3. Player's Equipment:** Players must wear flat soled tennis shoes. Black soles that will mark up the floor will not be allowed. Goalkeeper must wear a different color top than teammates. ALL PLAYERS MUST WEAR SHIN GUARDS. No hats may be worn by players.

**Rule 4. Jewelry:** Jewelry is not allowed to be worn by any player. All such items must be removed prior to the start of the game.

**Rule 5. Protective Equipment:** The wearing of a protective type knee braces, provided there are no exposed metal or hard plastic part(s) that could cause injury to anyone you may come intact with, is acceptable. The wearing of a hard cast is prohibited on any part of the body.

**Rule 6. Noise:** No horns, whistles or distracting noise producing items will be allowed in the gym.

**Rule 7. Officials:** One referee will officiate the game. His/her authority and opinion of the rules will govern all play. He/she has the authority to stop a game at any time or remove a player.

**Rule 8. Team Manager:** The team manager is the team spokesperson and is the only one who is to converse with the referee.

**Rule 9. Game Time:** Two 24-minute halves with a 2 minute half-time.

**Rule 10. Clock:** The clock will be stopped for injuries or when the ball is kicked out of the gym.

**Rule 11. Time-Outs:** One time-out per half. Time-outs are 30 seconds and are NOT carried over. Team must have possession of the ball in order to call a time out.

**Rule 12. Method of Scoring:** A goal is scored when the whole ball passes completely over the goal line. This indicates between the goal posts and under the cross board. Scoring is at the discretion of the referee.

**Rule 13. Questionable Scoring:** Any questioning of the score must be done immediately by the team manager. No scores will be changed after regulation time expires.

**Rule 14. Ties:** If at the conclusion of the game there is a tie, there will be no tie breaker. The standings will indicate a tie.

**Rule 15. Forfeits:** Forfeits occur when there are not enough players to fulfill the minimum requirement by game time.

**Rule 16. Ball In or Out of Play:** The ball is out of play when:

- a) It has entirely crossed the perimeter wall;
- b) The ball touches the white ceiling areas or anything hanging from there (i.e. heaters or beams);
- c) The ball is redirected by any object such as the basketball backstops, guide wires, etc.;
- d) The game has been stopped by the referee.

The ball is in play at all other times.

**Rule 17. Offsides:** No offside rule will be used.

**Rule 18. Kick In:** When the ball has passed completely over the perimeter wall, it is put back in play with an indirect free kick from a spot where the ball went out, no more than four (4) feet from the wall.

**Rule 19. Goal Kick:** When the ball is trapped behind the goal, hits the roof, basketball backstop above the goal arc, or hits the back wall (white area), play is stopped and a goal kick is awarded to the defending team. There are no corner kicks, so a goal kick will be awarded no matter which team has last touched the ball before it went out of bounds. This kick may be taken anywhere in the goal area. Intentionally causing the ball to go behind the net is not allowed. If this occurs, a goal kick will take place. A goal cannot be scored directly from a ball that has been kicked from within the goal arc. Keeper may not replay the ball until it touches another player.

**Rule 20. Free Kick from Mid Line:** When the goalkeeper is returning the ball into play, the goalkeeper must IMMEDIATELY return it with an underarm bowling action, keeping the ball below the referee's waist. Penalty for the infringement is an indirect free kick placed in the center circle of the court. If the goalkeeper does not put the ball into play within five (5) seconds the same penalty will occur.

**Rule 21. Free Kicks:** Free kick is awarded to the opposing team from the point where the incident occurred when the following fouls are committed intentionally.

- a) Charging an opponent;
- b) Kicking or attempting to kick an opponent;
- c) Tripping (throwing or attempting to throw an opponent by the use of legs, or stopping in front of or behind him/her);
- d) Holding or pushing an opponent by hand or any part of the arm;
- e) Handling the ball (i.e. carrying, striking, or propelling the ball by hand or arm). If the defending goalkeeper is within the goal area, he/she is exempt from this rule.

*Note: All free kicks shall be indirect free kicks. Opponents must be back nine (9) feet from the point of the free kick.*

**Rule 22. Slide Tackling:** No slide tackling will be permitted. A free kick will be awarded at the point of infraction.

**Rule 23. Playing the Ball Within the Goal Area:** Only the defending goalkeeper is allowed within the goal area.

- a) Offense enters- Goal kick;
- b) Defense enters- Penalty kick (Planted foot-no steps).

*Note: If a player accidentally enters the goal area no foul will be awarded. If the ball is clearly in the goal area and a player plays the ball a penalty will be awarded. A player that repeatedly enters the goal area will be carded. Additionally, players cannot cross the goal area to get to the ball.*

**Rule 24. Blue Card:** Blue-carded player is sidelined for two (2) minutes while his/her team plays short one player. Officials issue a Blue Card for:

- a) Deliberate handball;
- b) Goalkeeper Endangerment;
- c) Boarding (when a player intentionally pushes an opposing player into perimeter boards).

**Rule 25. Yellow Card:** Yellow-carded player is sidelined for four (4) minutes while his/her team plays short one player. When a player receives two (2) yellow cards, said player will be disqualified for the remainder of the game, must leave the gym promptly and suspended for two (2) weeks. The team will then have to play with one less player for five (5) minutes. The following are causes for a yellow card:

- a) Second Blue Card;
- b) Unsporting Behavior by any non-player personnel;
- c) Provoking Altercation: Making physical contact with an opponent (e.g., pushing or poking), short of fighting, or using the ball in so doing.

**Rule 26. Red Card:** Red-carded player is to leave the gymnasium promptly and his/her team plays short for five (5) minutes. Reasons for an official to give a red card are as followed:

- a) Third-Time Penalty;
- b) Elbowing: Intentionally elbowing an opponent above the shoulder;
- c) Vicious Slide Tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him;
- d) Fighting;
- e) Leaving Team Bench or Penalty Area to engage in a fracas or confrontation with the opposition or a Game Official;
- f) Extreme Unsporting Behavior: Committing particularly despicable behavior, including:
  - (i) Spitting at an opponent or any other person;
  - (ii) Persistent use of extremely abusive language or behavior toward a Game Official;
  - (iii) Bodily contact with a Game Official in dissent.

**Card Progression:**

\*Blue Card- Team plays short for two (2) minutes;

\*2<sup>nd</sup> Blue Card/1<sup>st</sup> yellow card- Team plays short for four (4) minutes;

\*2<sup>nd</sup> yellow card/ Red Card- Teams play short for five (5) minutes, player must leave gym promptly and player is suspended for two weeks for all games.

**SPECIAL CONSIDERATIONS:**

**Walls:** If play becomes potentially dangerous along the wall, the official will stop play.

- a) A player may not use his/her hand on the wall to gain an advantage aside from standing up. Obstruction will be called;
- b) A player may not use two hands on the wall to shield an opposing defender. Obstruction will be called;

- c) If an offensive player is forced to use two hands on the wall because the defender, obstruction will be called;
- d) Charging an opponent, forcing them into the boards/wall will result in an automatic warning (Blue card/ 2 minute penalty);
- e) A dangerous charge along the wall will result in an automatic caution (Yellow card/ 4 minute penalty);
- f) A violent charge along the wall will result in an ejection (Red card/ 5 minute penalty, player must leave gym promptly and suspension for 2 weeks of games);
- g) The defender shall not attempt to tackle an opponent that is facing the wall. Charging will be called.

**Corners:** If play becomes potentially dangerous the official will stop play.

- a) The defender shall not attempt to tackle an opponent that is facing the corner of the court. Charging will be called;
- b) A player charging an opposing player in any fashion in the corner will receive a warning (Blue card/ 2 minute penalty). If the charge is extremely violent the player may be ejected without prior warning (Red card/ 5 minute penalty, must leave gym promptly and 2 week game suspension);
- c) All of the rules regarding the play along the walls also apply to the corners of the court.

**Goal Tender Rules:** The goal tender may not be charged or obstructed. The penalty for charging the goaltender in their goal area is a caution (Yellow card/ 4 minute penalty) to the offending player. The penalty for obstructing the goalie is a warning (Blue card/ 2 minute penalty) to the offending player. If a collision occurs that is violent in nature, the player will be ejected (Red card/ 5 minute penalty, must leave the gym promptly and suspended for 2 weeks) from the game by the referee.

**Goal Keeper Possession:** The goal keeper is considered to be guilty of time-wasting if he/she holds the ball in his/her hands or arms for more than 5-6 seconds. The goal keeper is considered to be in control of the ball by touching it with any part of his/her hands for arms. Possession of the ball includes the goal keeper deliberately parrying the ball, but does not include the circumstance where, in the opinion of the referee, the ball rebounds accidentally from the goal keeper after he/she has made a save.

**Rafters/Ceiling:** In the event that the ball hits the rafters, baskets or ceiling above the gym, play will be immediately called dead. A free kick shall be awarded to the opposing team from the spot where the ball came into contact with the obstruction.