

RULES FOR INDOOR SOCCER (Short version)

THE FIELD OF PLAY

Red Lines - A red line marking is placed across the field 30 feet into each half of the field measured from the half-way line to indicate three line violations. The area of play between the two red lines is considered the neutral zone.

Corner Kick Mark - A corner kick mark is made outside the penalty area on each side of the goal. All out-of-bounds, in the area between the corner kick marks, where the ball was last touched by a defensive player, will be restarted from these marks.

Free Kick Mark – A mark at the top of the arc to restart play for non-cardable fouls inside the penalty area.

NUMBER OF PLAYERS

In age divisions U15 and above, a game shall be played by two teams, each consisting of not more than six nor less than four players on the field, one of whom must be the goalkeeper.

In the age division > 40 and above, each team will consist of not more than seven nor less than five players on the field, one of whom must be the goalkeeper.

In the coed-no contact division, each team will consist of not more than seven nor less than five players on the field, one of whom must be the goalkeeper and three of the players on the field must be female.

In the coed jr high division, each team will consist of not more than seven nor less than five players on the field, one of whom must be the goalkeeper and two of the players on the field must be female.

In the coed high school division, each team will consist of not more than six nor less than four players on the field, one of whom must be the goalkeeper and two of the players on the field must be female.

In age divisions U9-U14 that play on the large walled field, the number of players on the field will consist of not more than seven nor less than five players on the field, one of whom must be the goalkeeper.

In age divisions U7/8 and U9/10 that play on the smaller lined field, the number of players on the field will consist of not more than five nor less than four players on the field, one of whom must be the goalkeeper.

If a team is down by 5 or more goals, they may add a player until they are down by less than 5 goals.

SUBSTITUTIONS - Substitutions may be made at any time on an unlimited basis during the game, provided the player substituted for is within one yard of the bench door and does not interfere with play at the time the replacing player enters the field of play. A team with too many players on the playing field will be penalized with a two (2) minute penalty not designated to any one specific player. Goalkeepers may change with a field player during a stoppage of play and notification of the referee.

ROSTERS – Rosters are due in week one and can not change after week three. If a player plays on more than one team in the same league/division...one of those teams must forfeit as a player may only play on one team within the same league/division.

PLAYERS EQUIPMENT

FOOTWEAR - A player's footwear must conform to the following standards: rubber flat-soled shoes or other footwear designed for artificial surfaces must be worn. Molded cleats are approved.

SHINGUARDS - All players **MUST** wear regulation shin guards during play. Under no circumstances may a player participate without shinguards. Socks must completely cover the shinguards.

DANGEROUS EQUIPMENT - Players shall not be permitted to wear anything deemed dangerous by the referee.

REFEREES AUTHORITY - Will be used at the discretion of The Zone. The authority and exercise of the powers granted to referees by the rules of indoor soccer from the United States Indoor Soccer Association as modified by local Zone amendments. The referees are responsible for the record of the game (score as well as all cards given) and the control of time keeping.

SPECIFIC ELEMENTS OF THE GAME

All games will consist of two periods of 24 minutes each, with a 2-minute break at halftime.

THERE WILL BE NO OVERTIME. Note: Tournaments may have differing time periods.

The clock will run at all times except at referee's discretion for injury or extended delay.

A goal can be scored directly from a kick-off. **ALL KICKS ARE DIRECT.**

The ball is out of play: when it has made contact with the net – the opposing team receives a direct kick from the point of contact, when it makes contact with any part of the net above the field of play - a free kick will be awarded to the opposing team at the horizontal line.

COED No Contact (NEW RULES) – with regards to specific rules for this league, every direct kick during play must be taken by a female if the ball is within the offensive half of the field.

* A female can score at anytime

* A female must play the ball inside the attacking third for a male to score a goal.

* Each time the ball leaves the attacking third the ball must, again, be played by a female player to be scored.

a. If the attacking team loses possession of the ball but wins the ball back before the ball leaves the attacking third (Red Line) the ball does NOT need to be played by a female player before it is scored by a male player.

b. If the defending Goal Keeper gains clear possession of the ball THEN the ball must again be played by a female player to be scored by a male player of the attacking team.

* A goal is NOT scored from a shot illegally taken by a male player in the attacking third that deflects off a female teammate OR a defender and then goes into the net.

FOULS AND TIME PENALTIES

A player who commits any of the following offenses while the ball is in play shall be penalized by the referee awarding a direct free kick to the opposing team.

- a. Kicks, or attempts to kick, an opponent;
- b. Trips an opponent (Throwing or attempting to throw an opponent by use of the legs or by stooping in front of or behind him);
- c. Jumps at an opponent;
- d. Charges an opponent from behind unless the latter is obstructing;
- e. Charges an opponent in a violent or dangerous manner;
- f. Strikes, elbows, attempts to strike or elbow, or spits at an opponent. A time penalty must be assessed for any of these offenses. Spitting calls for immediate ejection;
- g. Holds an opponent;
- h. Pushes an opponent;
- i. Any player committing five fouls in a given period will receive a time penalty (blue card)
- j. Uses the perimeter walls for leverage against an opponent
- k. Handles the ball, (i.e. carries, stripes or propels the ball with his arm or hand). This does not apply to the goalkeeper within his own penalty area;
- l. Boarding (i.e. propelling an opponent into the perimeter wall) in a violent or dangerous or reckless manner. **A penal time penalty must be assessed for boarding;**
- m. Dangerous play - Playing in a manner considered by the referee to be dangerous, i.e. attempting to kick the ball while held by the goalkeeper; in no-contact leagues, overly aggressive play will be considered dangerous
- n. Charging fairly at an improper time (i.e. playing with the shoulder, when the ball is not within playing distance of the players concerned);
- o. Obstruction - When not playing the ball, intentionally obstructing an opponent, i.e. running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent;
- p. Charging the goalkeeper - Body contact in the goal area between an attacking player and the opposing goalkeeper not in possession of the ball.
- q. **Slide-tackling! Slide tackles of an opponent may result in a yellow or red card**

- r. Players shouting at players during the game will be considered unsportsmanlike and be assessed a foul and a free kick given to the opposing team from the spot of the foul.
- s. Any foul on the defensive team inside the penalty area that does not result in a card will result in a free-kick taken from the top of the penalty area arc. This kick may be defended. Fouls resulting in a card being issued inside the penalty area are penalty kicks (flagrant fouls)

TIME PENALTIES- Any technical two minute time penalty assessed against the goalkeeper may be served by another member of his/her team. The goalkeeper will serve all time penalties assessed because of goalkeeper misconduct. All the penalties so served shall be charged against the goalkeeper. This includes instances whereby the goalkeeper has been substituted by a field player.

BLUE CARD - 2 minute penalty (minor). Example: boarding, dissent, persistent and or violent fouling, too many players on the field, unsportsmanlike conduct, bad language.

YELLOW CARD - 4 minute penalty (referees discretion). For serious or reckless infringements including provoking an altercation with an opponent.

RED CARD - 5 minute major (referees discretion) plus ejection and at least a one game suspension is mandatory. Suspension does not include the game from which you were suspended. It is the next game or games. If the red card is for what the referee defines as throwing a punch, the minimum suspension is for 6 months and could be longer depending on the severity of the infraction.

All time penalties are to be served in full unless the opposing team scores.

A goal will be disallowed and a free kick awarded to the defending if the goal scorer makes contact with the turf with other than his/her feet during the course of the shot.

Tournament Specifics:

1. Preliminary games may end in a tie.
2. Points standings will determine final standings – 3pts for a Win – 1pt for a tie – 0pts for a loss
3. If points are equal for standing determination the following tie breaker calculation will be used
 - First Tie Breaker: Head to Head outcome
 - Second Tie Breaker: Team with least number of losses
 - Third Tie Breaker: Goal Differential
 - Final Tie Breaker: Six shooters at 10 paces
4. If championship game ends in a tie a single 5 min extra period will be played. If result is still tied, each team shall choose 3 players to take a penalty kick from the **TOP OF THE GOAL CIRCLE**. Teams will alternate kicks. Should the result remain tied, then each team will alternate penalty kick until a winner prevails. Players may not repeat in the PK rotation until all rostered players have attempted a shot, this includes the goalie