

Players Indoor Sports Center **Soccer Rules for League Play**

Unless otherwise specified herein, rules default to the Illinois State Soccer, United States Soccer Federation, and/or FIFA Laws of the Game.

***Starting May 1, 2009**, all teams are required to make a one-time payment **one week prior** to the commencement of their league. This payment will be the responsibility of the team's captain. Player's Indoor Sports Center will not allow teams to participate unless this payment schedule is met.

Rule 1 – The Field of Play

The field of play is 100 feet wide by 200 feet long, enclosed by perimeter walls/boards, perimeter nets, and ceiling nets.

Definitions:

- Touchlines: Dashed lines located along the perimeter walls/boards
- Corner spot: Located at the ends of each touchline, indicates the restart for a corner kick
- Penalty spot: Located in the penalty area, indicates the restart for a penalty kick
- Three-line spot: Located in the middle of each red line, indicates the restart for a three-line violation
- Free kick spot: Located at the top of the penalty area, indicates the restart for an indirect free kick violation inside the defending team's penalty area

The technical area shall consist of the bench areas, penalty boxes, and timekeeping area.

Rule 2 – The Ball

U8 and below: Size 3

U9 - U12: Size 4

U13 and older: Size 5

Players Indoor Sports Center will provide all game balls.

Rule 3 – The Number of Players

Age Group	Format (includes goalkeeper)	Minimum	Maximum on Roster
U8-U12	9v9	7	16
U13-U19	8v8	6	16
Adult	7v7	6	14

“Minimum” indicates the minimum number of players, including a goalkeeper, to start or continue a match. Teams who do not meet the minimum number of players at the start of their game (top of the hour)/conclusion of the eight (8) minute post-game running clock will automatically forfeit the match – no exceptions. Players not physically on the field of play will not be counted.

Players Indoor Sports Center reserves the right to conduct random roster checks at their own discretion, without providing notice to team captains and/or managers.

All players and/or personnel present in the Technical Area shall either be seated on the benches or standing on the floor of the Technical Area. Players/Managers/Coaches are not permitted to stand on the benches in the Technical Area.

Players who arrive after the start of a game (midfield door closed) are required to wait for a stoppage of play **and** the permission of the referee to enter the field of play. Late arriving players must immediately go to their team's technical area and will not be allowed to immediately enter the game.

It is required that team rosters be checked by Players Indoor Sports Center and/or the match referee for the following games:

- League playoff games
- Sanctioned tournament games
- Regular season games for teams found guilty of violating the rules governing Team Rosters

Co-ed teams must have at least three female players on the field. If a team can only field two female players, they shall play down one man. If a team can only field one female player, the match is forfeited.

Substitutions are unlimited and on-the-fly, during the course of play. The referee is empowered to stop play if there are too many players on the field.

A maximum of three coaches/trainers/managers per team shall be permitted in the bench area. No spouses, children, or other family or friends of players will be allowed in the bench area.

Rule 4 - The Players' Equipment

The basic compulsory equipment of a player comprises the following separate items:

- A shirt or jersey that is the same color as that of all teammates' with numbers
- Shirt or jersey must have a unique number different from all teammates
 - Numbers that are formed from the use of any kind of tape will *not* be accepted
- Shorts
- Socks
- Appropriately-sized shin guards, completely covered by the socks
- Footwear, which may be flat-soled indoor shoes, athletic shoes, gym shoes, or turf shoes (black nubs on bottom). Cleats of any kind shall not be permitted.

Players cannot wear anything that would be dangerous to themselves or to others:

- Jewelry of any kind (rings, watches, bracelets, necklaces, earrings, etc...)
- Players play at their own risk with taped jewelry (specifically earrings)
- Barrettes, hairpins, or hard plastic hair clips are not allowed.
- Braces, casts, splints may be worn, but must be covered with at least 6 in. of foam and with no edges or hard surfaces exposed. Final decision lies with the referee.
- Bandannas, skullcaps, baseball hats, visors, etc. are not permitted on the field. Religious

affiliations are the only exception.

** Wedding rings ok except oversized rings need to be worn with diamond facing palm.

In the event of a color conflict, the home team shall change jerseys. Goalkeepers must wear colors that distinguish themselves from all other players and the referee.

Players Indoor Sports Center reserves the right to conduct random equipment checks at their own discretion, without providing notice to team captains and/or managers.

Rule 5 – The Referee

A referee will be provided by Players Indoor Sports Center for sanctioned games. Scrimmages and practices are not sanctioned and therefore no referee will be provided unless prior arrangements have been made. All referees' decisions are final! Any questions or concerns regarding the referee and/or rules can be directed to the soccer director, by coaches only. If a parent has a problem, he/she must take the concern to the coach and the problem will be addressed then. The referee is empowered to terminate a match in the case of extreme circumstances. The facility will review all circumstances of the referee's match report and determine the outcome of the match. The match shall not be replayed.

For forfeited matches, if the two teams scheduled to play wish to conduct a scrimmage during their original time slot, they may do so. The referee should feel compelled to stay on the field of play for the game but is not responsible in any form or fashion as to any results of the scrimmage (fouls, score, player conduct, etc.).

Rule 6 – The Timekeeper

At the discretion of the referee, a timekeeper may be appointed to assist in record keeping, penalty time keeping and control of the scoreboard. The timekeeper shall not interfere with the facts of the match.

Rule 7 – The Duration of the Match

All matches will begin on the hour – no exceptions.

Each match shall consist of two 25-minute halves, with a running clock, separated by a 2-minute half-time interval. Time shall not be stopped or added for injuries. At the discretion of management and/or the referee, serious injuries or other causes may be grounds for added time, suspension with reschedule, or termination. Play can be extended after the clock has run out for a penalty shot, after the shot, the game is over, no rebounds.

As a courtesy to the other teams, please enter and exit the field with a sense of urgency.

At the conclusion of a match, the referee will start a running eight (8) minute clock. At the conclusion of the eight (8) minutes, the first half of the next game will immediately begin – no exceptions.

No grace period will be provided for late teams and/or players.

Game Time Breakout:

0 Minutes (Top of the hour) – First Half Begins

25 Minutes – Halftime
27 Minutes – Second Half Begins
52 Minutes – Game Conclusion

Rule 8 – Method of Scoring

A goal is scored at the time the ball is propelled in its entirety across the goal line into the goal while abiding by all other Laws of the Game. All goals scored will count for 1 point unless otherwise decided upon ahead of the match and agreed upon by the proper representative of Players Indoor Sports Center.

Slaughter Rule

For the duration of the match, should any team open a lead in the amount of ten (10) goals, that team will play down a man until the score is within five (5) points of differential.

Rule 9 - The Start and Restart of Play

The home team shall kick-off to start the match. The kick-off may be taken in any direction. There shall not be a coin toss. The referee may designate which side of the field is defended by each team. In the second half of the match, the teams shall change ends and attack the opposite goals. No shots on goal from kick-off.

A dropped ball shall be used to restart the match after a temporary stoppage for any reason not mentioned elsewhere in the rules.

Rule 10 – The Ball In and Out of Play

The ball is in play when it rebounds off the perimeter walls/boards. The ball is out of play when it touches the perimeter nets or ceiling nets, or passes into the technical area, or play is stopped by the referee.

The following guidelines will be followed for a ball out of play:

- A ball touching the perimeter nets, not between the Corner Spots, or entering the Technical Area will be placed on the Touchline directly below where the ball touched the net or entered the Technical Area. The proper restart is a Kick-In for the opposing team.
- A ball touching the perimeter nets between the Corner Sports will result either in a Goalkeeper Distribution or a Corner Kick (based upon which team last touched the ball before departing play).
- A ball touching the ceiling nets, not inside either Penalty Area, will be placed on the ground directly under where the ball touched the ceiling nets. The proper restart is a Kick-In for the opposing team.
- A ball touching the ceiling nets inside the penalty area will be placed on the Free Kick Spot at the top of the penalty area regardless of the team who last touched the ball. The proper restart is a Kick-In for the opposing team.

Rule 11 – Three-Line Violation

If a player, including the goalkeeper, propels the ball in the air over the two red lines and the halfway line toward an opponent's goal, without the ball touching a perimeter wall or net, referee, or another player, an indirect free kick shall be awarded to the opposing team from the three-line spot nearest to the offending team's goal.

Offside shall not be called.

Rule 12 – Fouls and Misconduct

A direct free kick shall be awarded to the opposing team if a player commits the following offense:

- Slide tackling, involving an opposing player, is not permitted.
- Sliding for the ball when an opponent is in the immediate vicinity of the play is also NOT permitted.
- Goalkeepers are allowed to slide for the ball provided that the following conditions are met:
 - The slide is initiated inside of the Penalty Area.
 - The slide is directed towards the attacking player who is in possession of the ball.
 - The goalkeeper is making every effort to play the ball and NOT the attacking player.

An indirect free kick shall be awarded to the opposing team from the offending team's free kick spot (the top of their penalty area) if a *goalkeeper*, inside his own penalty area, commits any of the following offenses:

- Punts or drop-kicks the ball. (A drop-kick is defined as the kicking of a bouncing ball, last touched by the goalkeeper.)
 - *Exception:* U9 teams and younger are permitted to punt or drop-kick the ball.
- Touches the ball with his hands after he has received it directly from a kick-in taken by a teammate.
- Takes more than six seconds while controlling the ball with his hands before releasing it from his possession.
- Touches the ball again with his hands after it has been released from his possession and has not touched any other player.
- Touches the ball with his hands after it has been deliberately kicked by a teammate.
- Violates the rules governing 'Sliding'.

Rule 13 – Penalties and Infractions:

A player, substitute, or substituted player is shown the **blue card** and issued a two-minute power-play time penalty if he commits any of the following offenses:

1. Boarding
2. Unsportsmanlike behavior
3. Dissent
4. Delaying the restart of play
5. Fails to respect the required distance (5 yards) when play is restarted with a corner kick, free kick, or kick-in

6. Participates in play or gains an advantage from remaining on the field of play during a substitution
7. Equipment issue after a warning (ex. wearing cleats)
8. Persistent fouling
9. Intentional handball
10. Any foul deemed “hard” by the referee, including slide tackling

If a goal is scored, the penalty is over. If two opponents are both given coinciding two-minute penalties, a 6v6 will result for the full 2 minutes, regardless of any goals scored by either team.

A player, substitute, or substituted player is shown the **yellow card** and issued a four-minute power-play time penalty if he commits any of the following offenses:

1. Unsporting behavior
2. Persistent fouling after receiving 2 minute penalty
3. Strong or foul language towards the referee
4. Boarding a player; this is intentionally checking or hitting an opponent into the boards
5. Any foul deemed “very hard” by the referee
6. Receives a second blue card in the same match

The player receiving the penalty must serve the full 4 minutes even if your team is scored upon. You can bring another player on after being scored on, but not the player in the box. Receiving 2 yellow cards in one game will result in a red card, expulsion from the rest of that game and the following game. Receiving 5 yellow cards in a single season will result in a year suspension.

In the opinion of the referee, either a blue or yellow card (and the accompanying time penalty) may be issued for unsporting behavior.

Red Cards:

Receiving a red card will result in expulsion from the current game, leaving the game field and expulsion from the following game.

A player, substitute, or substituted player is shown the **red card** and sent off (team plays down for the remainder of the match) if he commits any of the following offenses:

1. A foul that is reckless and with the intent to injure
2. Violent conduct
3. Spitting at or on another player or official
4. Using offensive, insulting, or abusive language and/or gestures
5. Denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball
6. Denying an obvious goal-scoring opportunity to an opponent moving towards the player’s goal by an offense punishable by a free kick or a penalty kick
7. Receives a second yellow card, third blue card, or one blue card and one yellow card (in any order) in the same match

Misconduct Summary

Color	Consequence	Substitution Allowed	Accumulation
Blue	2-minute time penalty	Only when goal is scored during power play.	Two blue cards: Yellow card Three blue cards: Red card
Yellow	4-minute time penalty (straight yellow only)	No	Two yellow cards: Red card One yellow card and one blue card (in any order): Red card
Red	Ejection	No	n/a

Should a Penalty Kick be the result of a foul committed by the defending team and the referee deems the foul worthy of any color card (blue, yellow, or red), a goal scored directly from the ensuing Penalty Kick will not automatically end the power-play. A goal scored by any other player besides the attacker taking the Penalty Kick has the potential to end the power-play pursuant to the remainder of the listed.

- Example 1: A defending player trips an attacking player in the Penalty Area. The referee calls a penalty kick and issues the defending player a blue card, resulting in a two-minute power play for the attacking team. The attacking team then scores directly from the ensuing Penalty Kick. The defending team will continue to play down one player for the remainder of the two minutes or until the attacking team scores another goal.
- Example 2: A defending player trips an attacking player in the Penalty Area. The referee calls a Penalty Kick and issues the defending player a blue card, resulting in a two-minute power play for the attacking team. The attacking player taking the kick misses and does not score directly from the Penalty Kick. However, the rebound bounces to the attacking player's teammate who then scores a goal. The two-minute power play assessed to the defending team is over and both teams will resume play at the kickoff at full strength.

Rule 14 – Time Penalties:

A player committing an offense that warrants the showing of a blue or yellow card shall be assessed a time penalty, in accordance with the rules above. The player shall exit the field of play and remain in his team's penalty box for the duration of the penalty. His team shall play down during this time. Exceptions:

- Power Play: If a goal is scored against a team playing down due to a time penalty, and the team that scored has a greater number of players on the field, the time penalty for that player is dismissed and the teams shall resume equal playing strength.
- Multiple Penalties: If two teammates are serving a time penalty when another teammate is penalized, his time penalty shall be delayed until one of his teammates is released.
- Team Penalty: If a substitute or substituted player is shown a blue or yellow card, a field player from that team shall serve the appropriate time penalty, and the team plays down.
- Goalkeepers: If a goalkeeper is shown a blue or yellow card, a field player from that team may serve the appropriate time penalty, and the team plays down.
- Bench Personnel: Any team official may be issued a yellow or red card for the purposes of accumulation and ejection only. No time penalty shall be assessed.

Rule 15 – Free Kicks

At all restarts, the opposing team must be at least five yards away from the ball. Teams must respect this distance automatically, with no intervention required from the referee or team with possession.

The team with possession shall be allowed five seconds to put the ball into play. Possession shall be turned over to the opposing team if, in the opinion of the referee, time-wasting is involved.

Rule 16 – The Penalty Kick

A penalty kick is awarded against a team which commits a direct free kick offense inside its own penalty area while the ball is in play. The ball is placed on the penalty spot.

Playoff games that end in a tie will go to penalty kicks. Team captains will select the 3 best strikers on their team for the penalty kicks. If a tie is not broken after each team completes the penalty kicks then the team captain will then select 2 more strikers to break the tie. The final 2 strikers will not be any of the 3 from the previous set of penalty kicks.

Rule 17 – The Kick-In

A kick-in is awarded when the ball touches the perimeter nets above and along the side of the field or into the technical area. The kick-in shall be taken by the opposing team from the point on the touchline nearest to where the ball left the field of play.

A goal may not be scored directly from a kick-in.

Any Kick-In awarded will be an indirect free kick.

Rule 18 – The Goalkeeper Distribution (Goal Kick)

A goalkeeper distribution is awarded when the ball touches the perimeter nets between the corner spots, last touched by an attacker. The distributing goalkeeper shall place the ball on the field at any point within their penalty area and put the ball into play by foot only.

Defending players must stand outside of the penalty area for the taking of the Goalkeeper Distribution. At the time the distributing team touches the ball, defending players may then enter the penalty area and play the ball.

No goals may be scored against either team directly from a goalkeeper distribution.

Rule 19 – The Corner Kick

A corner kick is awarded when the ball touches the perimeter nets between the corner spots, last touched by a defender. The ball is placed on the corner spot. Defending players must remain a minimum of five yards from the point of the corner kick.

A goal may be scored directly from a corner kick, but only against the opposing team.

Rule 20 – Fighting

Fighting will not be tolerated! Fighting will result in an expulsion from the league with no refund - no exceptions. Any player or coach who leaves the bench area to get involved with the fight will be thrown out of the league - no exceptions. **Any player/coach who threatens or physically assaults an official will be banned from Players Indoor Sports Center for life - NO EXCEPTIONS.**

Rule 21- Women Playing in Men’s Leagues and Men Playing in Women’s Leagues- Players Indoor has structured and designed separate adult soccer leagues for soccer players interested in participating in separate Men’s, Women’s and Co-ed divisions. Although Players Indoor does not put any greater emphasis on one league over another the league designs are to have men playing against men in the MEN’S LEAGUES, women playing against women in the WOMEN’S LEAGUES, and men and women playing together in the CO-ED LEAGUES. Our league structure was established based upon the opinion and request of our customers.

In the event a player or team would like to have a player participate in a league outside of its intended design (i.e woman would like to play in a men’s league or man would like to play in a women’s league) the procedure for this is as follows:

1. Written or e-mail request by the player or team to play in and opposite sex league, must be made to the League Director at least two weeks prior to the designated start date of the league. Requests made less than two weeks prior to the start date of the league will not be considered.
2. Upon receipt of this written request the League Director will poll the team captains of the other league participants via phone call or e-mail to determine the team approval or disapproval of this request.
3. If more than 50% of the participating teams approve of the specific request the petitioning player/team will be allowed to participate in the league. If less than 50% of the participating teams approve of the specific request the petitioning player/team will not be allowed to participate in the league. Polled teams who do not respond or responds ‘don’t care’ it will be counted as an approval of participation.
4. Petitioning player/team will be notified of and approval/non-approval determination at least one week prior to the start date of the league.

League Standings

Points will be awarded as follows:

- 3 points for a win
- 1 point for a draw
- 0 points for a loss

Winners will be determined by total points. Tiebreakers:

1. Head-to-head competition
2. Goal differential (plus/minus)
3. Goals for
4. Goals against

Protests

Referee decisions are final, and protests will not be heard on the basis of referee decisions. If a team wishes to file a protest, the detailed, written protest must be submitted by the coach/captain to the Soccer Director within one hour of the conclusion of the match. Reschedules will only be granted if a mistake was made by Players Indoor Sports Center on the schedules, no exceptions.

The facility reserves the right to impose additional sanctions on repeat or serious offenders, including but not limited to: forfeiture of matches and removal of player/coach/team from league play.