



## **Adult Indoor Soccer Laws, Rules and Regulations**

### **A. AGE REQUIREMENTS**

1. Adult leagues are limited to players 18 years of age and over. Players must show ID for proof of age and identification when requested by a league official. Failure to do so may result in suspension from the game and the team's forfeit.
2. High school seniors may be considered for play in such leagues if a parental consent form is submitted. However, the league reserves the right to refuse such registrations due to the risk of injury, level of play, or behavioral concerns. Any senior playing in the adult leagues cannot play in the youth leagues.

### **B. NUMBER OF PLAYERS / RECRUITING SUBSTITUTES**

1. A team must have at least five of its roster players on the court when the game clock starts. Teams that do not have enough players may recruit guest league players.
2. Any team that already has two subs for their game cannot bring in guest players.

### **C. GAME MANAGEMENT AND EQUIPMENT**

1. Recreation and Parks will provide size five balls for warm-ups and games. No other soccer balls will be allowed in Leonard Hall Rec Center.
2. Indoor soccer shoes or tennis shoes must be worn. Outdoor turf shoes or cleats are not permitted.
3. In the event of jersey conflicts, the home team (as listed on schedule) must exchange their jerseys for a different color. Pinnies are available as needed.
4. Players must remove any jewelry that is unsafe for play including earrings, bracelets, necklaces, watches, etc. **Players are allowed to wear activity trackers if they are covered by a soft covering.**
5. Knee braces that have exposed metal and hard plastic must be covered by a protective, soft sleeve to participate.
6. All equipment concerns will be handled by the referee and/or the site supervisor.
7. The clock will start within one minute of the time the referee initially calls the teams to the floor. Games will consist of two halves unless otherwise specified. There will be a two-minute break between halves. Teams must be on the court within ten seconds of warning buzzer sounding. Violations may result in either a yellow card or forfeiture.
8. The clock will run continuously until the half is over. However, the referee may stop the clock at his/her digression.
9. Teams will remain on the same side of the court for the entire game to facilitate substitution. However, teams may switch sides at half-time if either captain requests it.
10. Substitutions may enter the game at any time during a period provided this does not interfere with play or cause an unfair advantage.

11. Adult co-ed teams must have at least two females on the floor at all times. A team may play one player short, unless both team captains agree to allow a male to play in place of the second female.
12. In the Adult Co-ed Recreation and Competitive leagues, all goals scored will be counted as one point.

#### **D. GOALKEEPER REGULATIONS AND PENALTIES:**

1. The goalkeeper may not be charged, interfered with, or impeded in any manner by an opponent while in possession of the ball. Goalkeeper possession is defined as hand-contact with the ball, including the act of bouncing the ball in preparation for throwing it into play, tossing the ball in the air and catching it, throwing the ball out to be played, dropping the ball for a kick, and intentionally parrying.
2. A goalkeeper may handle a ball with his/her hands that has been passed to him/her from another teammate.
3. A goalkeeper may not throw, punt, or drop kick a ball past mid-court in the box. The ball must bounce, roll, or hit a player first.

Penalty: DIRECT FREE KICK from the spot of the foul

4. The goalkeeper must put the ball in play within five seconds of taking possession. The time starts when all opposing players are 10 feet away.

Penalty: INDIRECT FREE KICK from the nearest point of infraction outside the penalty area.

5. A goalkeeper may set the ball on the ground within five seconds and play the ball with his/her feet, thereby eliminating the possibility of a five-second call. The goalkeeper may kick the ball past half, as he/she is no longer in possession of the ball (Defined in Rule #1 under Goalkeeper Regulations and Penalties).
6. When the goalkeeper has possession of the ball inside the penalty area and releases the ball into play, he/she cannot handle the ball with his/her hands again until it touches or is played by another player.

Penalty: INDIRECT FREE KICK from the nearest point of infraction outside the penalty area.

7. The goalkeeper may handle the ball outside the penalty area if the ball is in the air and his/her feet are in the penalty area. If the ball is on the ground outside the penalty area, the goalkeeper may not touch it with his/her hands regardless of foot placement.
8. The goalkeeper may slide in the penalty area to make a play on the ball, but may not lead with his/her feet toward the opposing player.
9. If momentum carries the goalkeeper outside the penalty area, he/she shall not be called for sliding if the ball stays inside the penalty area. Illegal handling only occurs if the entire ball crosses completely over the penalty area line.
10. The goalkeeper may not intentionally throw the ball at another player or push a player with the ball while handling it.

Penalty: DIRECT FREE KICK from the spot of the foul, or  
PENALTY KICK if the foul occurs inside the box.

## E. FOULS AND PENALTIES

1. No whistle is needed to re-start following foul to allow for a quick return to play. On direct free kicks, players must stay ten (10) feet away from the ball until kicked.
2. A ball hitting the ceiling or other barrier will be put back in play with a direct kick from the sideline nearest the point of contact.
3. A goal kick is awarded when the ball exits the field of play behind the goal, having last touched a player of the attacking team, and a goal is not scored. The ball may not pass mid-court in the air without touching the ground, wall or another player first.
4. A corner kick is awarded when the ball exits the field of play behind the goal, having last touched a player of the defending team, and a goal is not scored. The ball is placed at either corner of the court next to the wall on the red line. This is a **DIRECT FREE KICK**.
5. A player who commits any of the following offenses shall be called for a foul, and the opponent awarded a **DIRECT FREE KICK** from the spot of the foul:
  - a. Intentionally handles the ball with his/her hand or arm (this does not apply to the goalkeeper within his/her own penalty area).
  - b. Kicks or attempts to kick an opponent.
  - c. Trips an opponent.
  - d. Jumps at an opponent.
  - e. Holds an opponent.
  - f. Pushes an opponent.
  - g. Charges an opponent with the shoulder, from behind or in any manner deemed violent or dangerous.
  - h. Strikes or attempts to strike an opponent or spits at him/her.
  - i. Attempts to kick the ball when it is being held by the goalkeeper.
  - j. Slide tackles: a slide tackle is a deliberate slide to attack the ball controlled by an opponent. A slide tackle will be assessed a minimum of a yellow card at the referee's discretion.
6. Penalty Kicks:
  - a. A penalty kick will be awarded for direct free kick fouls occurring in the penalty area.
  - b. A penalty kick will be awarded in the event of a "breakaway foul" despite the location of the foul. A breakaway foul is defined as a foul committed on a player who has an obvious goal-scoring opportunity, or an intentional handball clearly designed to prevent a goal. Depending on the nature of the foul, the offending player may also receive a yellow or a red card, as determined by the referee.
  - c. Penalty kicks will be taken from the designated penalty line (black line outside the penalty box).
  - d. The goalkeeper's feet must remain on the goal line until the ball is struck. The penalty kick will be retaken if the goalkeeper moves off the goal line early.
  - e. All other players must remain outside the penalty area until the ball is struck.

## 7. Accumulation of Fouls:

- a. Fouls committed by a team against an opposing player resulting in a DIRECT FREE KICK will be tracked by the referee. The foul must be committed against another player and does not include equipment infractions, a ball hitting the ceiling, handling, a goalkeeper throwing the ball past the half, etc.
- b. If a team commits more than five fouls as described above during a game, a penalty kick will be awarded to the opposing team for each foul committed thereafter.
- c. The referee may notify the offending team if approaching the 5 foul limit.
- d. If time expires before the penalty kick is taken, the penalty kick will still take place with no possible rebound play.

## F. PLAYER CONDUCT

1. These leagues are designed to be recreational and to provide a venue for players to learn and exercise in a fun and safe environment. Proper conduct and good sportsmanship are expected at all times. Coaches are responsible for the conduct of their players and should review conduct expectations prior to each game.
2. All referee decisions regarding game judgments are final and may not be protested or appealed.
3. Arguing with the referee will result in a yellow card penalty. Persistent arguing after a yellow card has been issued will result in the issuance of a red card. Any player or coach who continues to argue or harass an official after receiving a red card will be suspended for the remainder of the season.
4. Yellow Card – A player receiving a yellow card will serve a two-minute suspension from game play. A player who commits any of the following offenses may receive a yellow card:
  - a. Plays in a manner considered by the referee to be reckless and/or capable of causing serious injury to him/herself and others.
  - b. Persistently infringes on the laws of the game.
  - c. Shows, by word or action, dissent with any decision of the referee.
  - d. Acts in a manner considered to be unsporting behavior.
  - e. Indulges in excessive time-wasting tactics in the judgment of the referee.
  - f. Violates the equipment policy.
  - g. Slide tackles.
5. Red Card – A player receiving a red card will be ejected from the game and be required to leave the building immediately. The offending team will serve a five-minute one-player suspension from game play. A player who commits the following offenses may receive a red card:
  - a. Acts in a manner that is considered serious foul play.
  - b. Acts in a violent manner.
  - c. Uses foul or abusive language.
  - d. Receives a second yellow card.
  - e. Spits in the gym.

6. A player or coach receiving a red card for any reason will be suspended from the building and AT LEAST the next regularly scheduled game date. Until the suspension is served, the player or coach will not be allowed to attend or participate in ANY OTHER indoor games including other leagues (women's, co-rec, youth league coach).
7. When a yellow or red card is issued, the offending team will play short for the entire penalty time regardless of how many goals are scored. If penalty time is not completed in the first period, the remanding time is served in the second period.
8. On yellow or red cards, penalty time does not start until the offending player is off the court.
9. A goalkeeper receiving a yellow card must serve the two-minute penalty him/herself. Another player may play goalkeeper for the duration of the penalty; however, the team will still play short.
10. All cards, both yellow and red, are cumulative between all leagues (women's, co-rec, youth league coach) within a calendar year. Ex: Receiving a card in the Tuesday league and another in the Thursday league will count as two for the season).
  - a. Any player receiving 4 yellow cards, two yellow cards and one red card, or two red cards within a calendar year will be suspended from the building and all leagues for ten (10) games.
  - b. Referees and site supervisors will keep a written record of all issued yellow and red cards and submit this to the director after each game. Written accounts of all serious conduct violations will be submitted to the director. In the event of a misconduct claim, the director will interview all parties involved and a decision will be announced.
11. The management of Leonard Hall Recreation Center reserves the right to take any steps necessary to control violence and unsportsmanlike behavior. This applies to players, coaches and spectators alike.

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