

Adult, High School and Women Indoor Soccer League

Revised 1/2015

General Rules

- Drinks with screw on caps or closed cap containers will be allowed - No food will be allowed in gymnasium.
- Games will start on time; teams failing to field a team on time will result in a forfeit.
- A game is played by two teams each consisting of no more than five players, one of whom is the goalkeeper.
- A player must not use any equipment or wear anything which is dangerous to himself or another player, including any kind of jewelry
- There are free substitutions; however, the sub must be off the field before the other player enters the field of play. Penalty will be one minute
- No sliding tackles, the penalty will be an indirect kick from the spot where it occurred.
- No soccer cleats – Tennis shoes or indoor soccer shoes only.
- The Referee has the right to eject any spectator, player, coach, etc. from the building when deemed necessary. The Sports Supervisor will make the final decision in determining whether or not the ejected person or persons will be exempt from playing or spectating the league due to their conduct.
- Anyone getting a yellow card will sit out of the game for 2 minutes
- Anyone receiving a red card will not play the next game. Anyone receiving a red card for fighting will no longer be allowed to play the remainder of the season.
- No alcohol or tobacco products of any kind are allowed in or around the recreation center.

Time Limit

- Games will be 40 minutes in length. Two - 20 minute halves with a 5 minute halftime.
- No overtimes. A tie score after 40 minutes will be recorded as a tie.

Field of play

- Will consist of the 3 walls and the green line on the west side of the gym.
- When the ball is out of play and a restart is necessary from the green line, the opposite player must be beyond the black line. If the opposite player intercepts the ball anywhere between the green line and the black line, there is a 1-minute penalty for the infraction.
- The 3 black line rule is in effect. A ball cannot travel **through the air** past both the free throw lines and center court without having touched another player.
- The keeper or a player can put the ball behind the goal to avoid a challenger. However, if its an obvious tactic to delay the game the team will be penalized, with the opposite team receiving an indirect kick from the spot where the ball was last touched.

Out of Play

- The ball is out of play when: Restart will be an indirect kick
 - It has crossed the goal line or touch line
 - It hits the ceiling or overhanging basketball or walking track structure
 - It crosses the green line on the west side of the gym
 - Play has been stopped by the referee

Direct/Indirect/ Penalty Kicks

- Direct free kick is kicked directly into the opponent's goal a goal is awarded. On an indirect free kick a goal can only be scored if the ball touches another player before it enter the goal.
- For both direct and indirect free kicks, the ball must be stationary when the kick is taken and the kicker may not touch the ball a second time until it has touched another player.
- Any foul inside the 3-point line area is a penalty kick. Only 1 step will be allowed on a penalty kick.

Age Restrictions for Leagues

- Adult – 18 year olds and above. Graduating Seniors who are 18 may play in this league
- High School - Current High School Students, teams can be coed
- Women – 14 year olds and above.

The referee's have final authority on all games rules and regulations