



National
SPORTS CENTER

Adult Indoor Soccer Leagues

Rules and Regulations

2019 - 2020

LAW I - The Field

1. **Field Dimensions** - The field shall be approximately 160 - 165 feet long by 85 - 90 feet wide. The field shall be marked with lines four inches in width.
2. **The Goal Area** - At the end of each field of play, an arc of approximately 10 yards will be used to define the goal area.
3. **The Goals** - The goals shall be placed on the center of each goal line. Goal size will be 12 feet in width by 6 feet in height. Nets shall be attached to the posts and crossbars behind the goals. Curved bars or some other method of adequate support shall support the lower part of the goal.

LAW II - The Ball

A size 5 ball will be used for all league games.

LAW III – The Players

1. The game shall be played by two teams each consisting of not more than six players on the field, one of whom shall be the goalkeeper. For adult co-ed play, two of the five field players must be female. The goalkeeper may be male or female, but this does not affect the requirement of two female players on the field. For adult leagues, players must be 18 years of age or older. A male player may not play on a female team, but a female player may play on a male team. Exceptions may be made by the league director when leagues are combined.
2. A game can start with four players. A game cannot be played with less than four players. If a player is cautioned a team may play with three players until the caution penalty is served (two minutes). If a player is ejected in this situation, the game will be forfeited in favor of the opposition.
3. Coed teams **MUST** have TWO females playing field positions. If you do not have two females, you must play down the number of females you are short to the limit of four. If you do not have enough players a forfeit may result in your referee being taken off your field to referee another game.
4. In the event of multiple players being sent off, a team shall not play with less than four players. Subsequently, penalty time will be started upon the conclusion of the earliest penalty. Players **DO NOT** return when the goal is scored.

Rosters and Eligibility

Adult

All players must be 18 years of age or older when the league starts, listed on their team's roster, and have completed an NSC liability waiver to be eligible to play. Rosters are frozen which means all waivers must be completed by; Winter Session: Adult: 02/12/2019 and Spring Session: 02/26/2020. Any player without a completed NSC liability waiver after the deadline will be crossed off the roster and are ineligible to play. Players may **NOT** play on more than one team in the same division (unless to sub, see below for details). If a player is found to be in violation of any of these rules, their team will be forced to forfeit. All players in the Over 35 division must be 35 years of age or older by the first game. Random eligibility checks may be done at any time during the league. If a team is found to have an ineligible player(s), it will result in an immediate forfeit. It is incumbent upon all players to be able to produce a driver's license, passport or state ID at each game in the event that a player is challenged for eligibility. If you can not provide documentation when challenged, your team must forfeit the game.

Adult Team Check-In Process Prior to Every Game

Referee will obtain the official team roster of each team from the Sports Hall Monitor prior to each game. Prior to kick-off the referee will line teams up and check them in. Each player must present a photo ID to the referee before they are allowed to enter the game. During the check-in procedure, the player must also show the referee what jersey number they will be using for that game. Goalies are not required to have numbers. If a player is late to the game, they must check- in with the Sports Hall Monitor in the office.

Adult Rules

1. All Adult teams are required to have numbers on shirts for every game. Numbers may be taped on shirt if necessary.
2. All Adult players must present photo ID to the referee prior to kick-off.
3. Referees will check-in teams from the roster. They will match ID to rostered player and their number. If player is wearing a different number, the referee will write the correct number on the roster.
4. Games may result in forfeit if teams do not have IDs or numbers on their jerseys.

5. Violent conduct will not be tolerated. Players may be suspended for more than one game or suspended from the league if the director deems appropriate.
 6. All Red cards will be kept on record. Repeat occurrences of red cards by the same player may result in multi game or season suspension.
 7. Teams may ask rostered players from other teams to sub if they are not able to field a team. Team must get approval from opponent in order to do so. Substitute player must be added to game roster that the referee has and team manager of opponent must sign and date the roster by the name indicating this is approved by their team and the game results will stand and it is not a forfeit.
 8. If team does not approve allowing the subs the game will be recorded as a 3-0 win for the team not using non-rostered subs.
1. A player shall not wear anything that is dangerous to other players and/or themselves including jewelry./
 2. The usual equipment of a player shall consist of a shirt, shorts/sweatpants, shoes, and socks, which should be consistent in color throughout the team, except for the goalkeeper.
 3. Rubber cleated shoes, turf-style or flat-soled shoes are permitted to be used.
 4. Numbered jerseys are recommended in all leagues.
 5. Shin guards, which must be covered entirely by the sock, shall be made of a suitable material (plastic, rubber, or similar substance) and are optional for the adult league.

Infringement

For any infringement of this law, the player shall be sent off the field to adjust his equipment and shall not return without first reporting to the referee. The player may only re-enter the game at a moment when the ball has ceased to be in play.

LAW V - Duration of the Game

The duration of the game shall be two periods of 25 minutes each with the understanding that:

1. Games will be played during a **ONE** hour time block. Referees will shorten games to conclude within the hour.
2. For each half, the referee may compensate for the time, which is lost due to time-wasting tactics and stoppage for injuries. The referee keeps the official time but will make every effort to stay on time.
3. The duration of either half shall be prolonged to enable a penalty kick to be taken.
4. The half-time interval shall not exceed 3 minutes.
5. During Playoffs, if a game is tied at the end of regulation, it will advance immediately shootout following the FIFA Laws of the Game procedure for Kicks from the Mark.

LAW VI - The Start of Play

The first team listed on the schedule is the home team. The home team shall kick off at the beginning of the game. The visiting team shall kick off at the beginning of the second half. You **CAN** score directly from a kick-off.

Each team will begin by defending the goal farthest from their players' bench.

When the referee has given a signal, the game shall be started by the player taking a place kick, i.e. a kick at the ball while it is stationary on the ground in the center of the field. On the kick-off to start the game or to begin play after a goal, the ball **DOES NOT** have to go forward. A player may play the ball any direction from the kick. All players shall be in their own half, and the players of the team opposing that of the player taking the kick shall remain at a distance of not less than 10 feet from the ball until it is kicked. The kicker shall not play the ball a second time until it has been touched or played by another player.

1. After a goal has been scored, the game shall be restarted in the same manner as mentioned above with the kick-off being taken by a player of the opposite team to the one that scored.
2. After the half-time interval, the teams shall change ends and the kick-off shall be taken as stated above.
3. When restarting the game after a temporary suspension of play from any cause not mentioned elsewhere in these laws, and provided that immediately preceding the suspension the ball has not passed over the touch or goal lines, the referee shall drop the ball at the place where it was when the play was suspended. However, when the ball was in the goal area when play was stopped, ball shall be dropped at the point outside the goal area nearest the ball when the game was stopped. In one team is in clear possession of the ball when play is suspended, that team shall receive a direct free kick. If no one was in possession it shall be a dropped ball.

During a drop ball, the ball shall be deemed to be in play the moment it has touched the ground. If, however, it crosses over the touch or goal lines after the referee has dropped it, but before it is touched by a player, the referee shall drop it again. No player shall play the ball until it has touched the ground. If this last provision is not in compliance, the referee shall again drop the ball.

Infringement

For any infringements of points 1, 2 and 3 of this law, the restart shall be retaken. However, if the player taking the kick-off plays the ball again before it has touched or is played by another player, a direct free kick shall be awarded to the opposing team from the place where the infringement occurred. But, if this offense is committed in the goal area, the direct free kick shall be taken at the point outside the goal area nearest to the spot where the infringement occurred.

LAW VII - Ball In and Out of Play

The ball is out of play:

1. When it has wholly crossed the goal line or touchline, whether on the ground or in the air.
2. When the referee has stopped the game.

The ball is in play at all other times from the start of the match to the finish, including:

1. If it rebounds from a goal post or the crossbar into the field.
2. If it rebounds off the referee when they are on the field.
3. In the event of a supposed infringement of the laws until a decision is made.

The lines belong to the areas of which they are boundaries. Consequently, the touchlines and goal lines belong to the field of play.

When a match is being played on a field covered by a roof and the ball accidentally hits the roof, the game shall be restarted with a direct free kick to the opposing team with the ball on the ground below the spot where it hits the roof. In the event the ball hits the roof above the goal area, the referee shall place the ball at the closest to the point outside the goal area where the ball hits the roof and award a direct free kick to the opposing team.

LAW VIII - Methods of Putting the Ball in Play

Kick-in

When the whole ball passes over the touchline, either on the ground or in the air, it shall be kicked back into the game in any direction from the place where it crossed over the touchline by a player of the opposite team to that which touched it last. The ball must be stationary on the touchline or within 1 foot of the touchline "outside of the field of play." Even if the ball is placed outside of the field, the rules will perform as if the ball is placed "on the line." Therefore, a miss-kick that results in the ball not entering the field will result in a loss of possession of the kick-in, since the ball was started "in bounds" or on the line. It shall be deemed in play immediately once it has been touched. The kick-in shall be taken within 6 seconds of the time it is placed on the line. The player taking the kick-in shall not play the ball a second time until it has been touched or played by another player. The player of the opposing team shall be at least 10 feet away from the spot where the kick-in is being taken.

Infringement

1. If the ball is improperly kicked in, the opposing team shall take possession of the kick.
2. If the kick-in is taken from any position other than the appropriate point where the ball passed over the touchline, a player of the opposing team shall retake the kick.
3. If the kick-in is not carried out within approximately 6 seconds from the time the player taking the kick places the ball, the opposing team shall retake it.
4. If the player taking the kick-in plays the ball a second time before it has been touched or played by another player, a direct free kick shall be taken by a player of the opposing team from the place where the infringement occurred, unless it was committed within the goal area, in which case the direct free kick shall be taken from outside the goal area at the point nearest to the spot where the infringement occurred.

If the referee feels the player taking the kick-in did not make an appropriate attempt to properly place the ball, both still and in the correct location, then he will consider the taking of the kick-in an "infringement of the rules" and award the kick-in to the opposing team.

A goal **CAN** be scored directly from a kick-in.

Corner Kick

When the whole of the ball passes over the goal line, excluding that portion between the goal posts, either in the air or on the ground, having last been played by the defending team, a corner kick shall be awarded. On a corner kick, the ball shall be stationary and placed within 18 inches of the corner of the field.

The corner kick shall be taken from the side of the field closest to where the ball went out of bounds. The player taking the corner kick shall not play the ball a second time until it has been touched or played by another player. The player of the opposing team shall be at least 15 feet away from the spot where the corner kick is being taken. A goal **CAN** be scored directly from a corner kick.

Goal Clearance

When the whole of the ball passes over the goal line, excluding that portion between the goal posts, either in the air or on the ground, having last been played by the attacking team, the goalkeeper, standing within his own goal area, shall throw it back into play, beyond his own goal area. The ball shall be deemed in play as soon as it has passed outside the goal area.

The players of the opposing team shall remain outside the goal area until the ball is in play.

A goal **CAN** be scored directly off of a goal clearance provided it meets the above criteria.

Infringement

1. If the ball touches a player before it has left the goalkeeper's goal area, the goal clearance shall be retaken.
2. If after having cleared the ball, the goalkeeper touches it again before it has been touched or played by another player, a direct free kick shall be awarded to the opposing team from the place where the infringement occurred.

Goalkeeper

Once the goalkeeper possesses the ball in his/her hands, he/she may not punt or drop kick the ball into play. The ball may be thrown or rolled into play or the goalkeeper may play the ball to their own feet. During a goal clearance (the ball left the field of play over the end line last touched by the attacking team), the goalkeeper may only throw or roll the ball back into play and it must clear the goal area prior to being touched by another player. Once the goalkeeper has put the ball back in play, he/she may not touch it again with his/her hands until it has touched another player.

LAW IX - Method of Scoring

A goal is scored when the whole ball has passed over the goal line between the goal posts and under the crossbar, provided it has not been thrown, carried or intentionally propelled by hand or arms by a player of the attacking side.

The team scoring the greater number of goals during the game shall be the winner. If no goals or an equal number of goals are scored, the game shall be termed a draw. In the result of a tie during playoffs, a winner must be decided. There will be no overtime, but the game will advance directly to a shootout and the procedure for FIFA kicks from the mark should be used.

Team Ranking (Tie Breakers)

1. Points: Teams will be awarded three points for a win, one point for a tie, and zero points for a loss
2. Head to head record (* this criteria will not be considered if three or more teams are tied)
3. Goal Differential- Subtract total goals allowed from total goals scored (**maximum 7 per game**)
4. **Fewest Goals Allowed**
5. Earliest registration date

LAW X - Referee

A single system of officiating will be used in all the games. The authority and the exercise of the power granted to the referee by the Laws of the Game shall commence as soon as they enter the locality where the field is situated and shall cease when they leave.

During the match, the referee's power of penalizing shall extend to offenses committed when play has been temporarily suspended and when the ball is out of play. Their decision on points of fact connected with the game shall be final, as far as the result of the game is concerned.

The referee shall:

1. Enforce the laws.
2. Keep a record of all incidents that occur before, during or after the game.

3. Act as a timekeeper and ensure that the time stipulated in the rules is adhered to, adding time lost through accident or subtracting time to keep the game time to one hour.
4. Have discretionary power to stop the game for any infringement of the laws and to suspend or terminate the game, whenever, by reasons of the elements, interference by spectators, or other cause he deems it necessary. In such case, he shall submit a detailed report to the League Director.
5. From the time he enters the field; a referee may caution any player guilty of misconduct or unsporting behavior and, if he persists, suspend him from further participation in the game. In such cases, the referee shall communicate the name of the offender to the league monitor in a timely manner.
6. Allow no person, other than the players, to enter the field without his permission.
7. Stop the game if, in his opinion, a player has been seriously injured, has the player removed as soon as possible from the field, and immediately resumes the game. If a player is slightly injured, the game shall not be stopped until the ball has ceased to be in play. A player who is able to reach the touchline or goal line unaided shall not be treated on the field.
8. Referee will obtain the official team roster of each team from the Sports Hall Monitor prior to each game. Prior to kick-off the referee will line teams up and check them in. Each player must present a photo ID to the referee before they are allowed to enter the game. During the check-in procedure, the player must also show the referee what jersey number they will be using for that game.

If a referee does not show up for their scheduled game, the following procedure should be followed:

1. Notify the sports hall monitor.
2. Wait five minutes past the scheduled start time to see if the referee shows up.
3. After five minutes, the sports hall monitor should fill in as the referee if they are qualified to do so.
4. If the monitor is not qualified to referee, and replacement referee has not arrived to fill in after five minutes, the teams can agree to play with a parent referee or they can use the time for practice and the game will be rescheduled if there is available sports hall time.
5. If the teams agree to play the game with a parent referee, the game will be official and the score will stand as final.

If a team would like to contest a call made by the referee, complaints will only be accepted from the team managers or team coach.

LAW XI - Fouls and Misconduct

A DIRECT free kick is awarded to the opposing team if a player commits any of the following six offences in a manner considered by the referee to be careless, reckless or using excessive force:

1. kicks or attempts to kick an opponent
2. trips or attempts to trip an opponent
3. jumps at an opponent
4. charges an opponent
5. strikes or attempts to strike an opponent
6. pushes an opponent

A DIRECT free kick is also awarded to the opposing team if a player commits any of the following five offences:

7. tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
8. holds an opponent
9. spits at an opponent
10. handles the ball deliberately (except for the goalkeeper within his own goal area).
11. Slides in an attempt to tackle the ball, whether touching an opponent or not; **NO slide tackles** allowed with the exception of the goalkeeper within their own goal area and up to one yard outside their own goal area.

Any of the offences 1 to 11 committed by a player within his/her own penalty area against an opponent during a live ball will result in a penalty kick.

A DIRECT free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offenses:

12. takes more than six seconds while controlling the ball with his hands before releasing it from his possession
13. touches the ball again with his hands after it has been released from his possession and has not touched any other player
14. touches the ball with his hands after it has been deliberately kicked to him by a teammate

15. touches the ball with his hands after he has received it directly from a kick-in taken by a teammate.

A DIRECT free kick is also awarded to the opposing team if a player, in the opinion of the referee:

16. plays in a dangerous manner
17. impedes the progress of an opponent
18. prevents the goalkeeper from releasing the ball from his hands;
19. when signaled to do so by the referee on any restart, fails to put the ball in play within six seconds (unless his team is subbing)
20. commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player.

If any of the offenses 12 to 20 are committed by a player within his/her own penalty area a direct free kick shall be taken from outside the goal area at the point nearest spot where the infringement occurred.

Yellow Card Cautions

If a player receives a yellow card during a game, he must leave the playing field and sit on his bench for 2 minutes running time. The official will keep the time. Another player **MAY** be substituted for the cautioned player. If the team is playing with only six players, they will have to play short for 2 minutes running time. In coed leagues, if a female is cautioned, the team must continue to play with two female field players while the cautioned player sits out. In the event that the team has no female substitutes, they will need to play short for two minutes.

A player shall be cautioned if:

1. During a "flying" substitution, he enters the field before the player being replaced has entirely left it, or if player enters the field from an incorrect position.
2. Player persistently infringes the Laws of the Game.
3. Player shows by word or action dissent with any decision of the referee.
4. Player is guilty of unsporting behavior.
5. Player fails to respect the proper distance at a re-start of play.
6. Player deliberately delays the restart of play.

For any of these above offenses, the referee shall award a direct free kick to the opposing team to be taken from the place where the infringement occurred, unless it was committed within the goal area, in which case a direct free kick shall be taken from outside the goal area at the point nearest the spot where the infringement occurred, in addition to the relevant caution and provided that no more serious infraction of the laws has been committed.

Red Card Ejections

A player shall be sent off the field if, in the opinion of the referee, he:

1. Is guilty of serious foul play.
2. Is guilty of violent conduct.
3. Uses offensive, insulting or abusive language.
4. Receives a second yellow card violation in the same game.
5. Player denies an obvious goal scoring opportunity by deliberately handling the ball.
6. Denying goal scoring opportunity by an offense punishable by a free kick or penalty kick.
7. Spitting at an opponent or any other person.

The player must leave the playing area and his team shall play short until the first stoppage in play after 5 minutes running time, excluding any stoppage of time by the referee for injury, half-time, or any other reason.

Once expelled, the player concerned may not re-enter the game, nor may he sit on the reserves bench. His team may, however, replace the ejected player 5 minutes after the expulsion, as explained in the preceding paragraph. The referee shall keep control of these 5 minutes. The 5 minutes shall start to elapse as soon as the ball comes back into play after the expulsion. The player who enters the game for the one expelled shall only enter the field when he has received the consent of the referee and the ball is not in play.

If play is stopped by reason of a player being sent off the field for one of the above offenses, the game shall be restarted by a direct free kick awarded to the opposing team from the place where the infringement occurred. However, if the offense is committed within the goal area, the direct free kick shall be taken from outside the goal area at the point nearest the spot where the infringement occurred.

SUSPENSIONS

Any player that is ejected for 2 yellow card violations (soft red) in the same game must serve a one game suspension in the next scheduled game.

Any player ejected from a game as the results of a hard red card shall serve a minimum of a one game suspension from the next scheduled games. If the League Director, after consultation with the referee, determines that a modified (longer or shorter) suspension is warranted, he may rule for a suspension of more or less than one game.

Any player ejected from a second game in the same indoor session, as the result of a soft or hard red card ejection shall serve a minimum of a two game suspension from the next consecutively scheduled games.

The League Director has the final authority on the duration of all suspensions.

LAW XII - Free Kick

All free kicks shall be classified as "direct free kick" (from which a goal can be scored directly).

When a player is taking a free kick, all of the opposing players shall be at least 10 feet from the ball, until it is in play.

The ball must be stationary when the free kick is taken, and the kicker shall not play the ball a second time until it has been touched or played by another player.

Infringement:

1. If the player taking the free kick, after having kicked the ball, plays it a second time before it has been touched or played by another player, a direct free kick shall be taken by a player of the opposing team from the spot where the infringement occurred. However, if it is committed within the goal area, a direct free kick shall be taken from the point outside the goal area nearest to the spot where the infringement occurred.
2. If the team taking the free kick takes more than 6 seconds to do so, the referee shall award a direct free kick to the opposing team.

LAW XIII - Penalty Kick

A penalty kick shall be taken from the top of the goal area. During the taking of a penalty kick, all players with the exception of the player taking the kick and the opposing goalkeeper shall be on the field outside the goal area, and at least 10 feet from the ball. The opposing goalkeeper must remain on his own goal line, between the goal posts, until the ball is in play. The player taking the kick must kick the ball forward. He shall not play the ball a second time until it has been touched or played by another player. The ball shall be deemed in play when it has been touched and moves. A goal may be scored directly by a penalty kick.

When a penalty kick is being taken during the normal course of play, or when time has been extended at half time or full time to allow a penalty kick to be taken or retaken, a goal shall not be nullified, if, before passing between the posts and under the crossbar, the ball touches either or both of the goal posts, or the crossbar, or the goalkeeper, or any combination of these, providing no other infringement has occurred.

Infringement:

For any infringement of this law:

1. By the defending team, the kick shall be retaken if a goal has not resulted.
2. By the attacking team other than by the player taking the kick, if a goal is scored it shall be disallowed, and the kick retaken.
3. By the player taking the penalty kick after the ball was in play, a player of the opposing team shall be awarded a direct free kick from the penalty mark.

LAW XIV – Forfeits

If a team must forfeit their game, the score of the game will be recorded as 3-0 for the non-forfeiting team. A forfeit consists of teams not having enough players to participate **OR** using ineligible players for their scheduled game.

LAW XV – Weather

The National Sports Center does not close for inclement weather. It is up to teams if they chose to play or forfeit during inclement weather. The indoor league is not responsible for games being forfeited due to weather; therefore, it does not guarantee makeup games at a later date.

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