



EXCELLENCE IN ACTION
Sports And Special Events

Soccer Rules

***Rules effective February 13th, 2010**

OFFSIDES

- No offsides in indoor soccer.

INDIRECT FREE KICKS

- Ball strikes the ceiling - an indirect free kick is awarded at half way line.
- All kick-ins are indirect and must be played within 5 seconds.
- All restarts called for fouls are indirect free kicks with the exception of a penalty kick.
- Any player defending an indirect free kick restart must be 5 yards away from the ball **AUTOMATICALLY**. Any violation of this will directly result in a caution (yellow card) for the guilty player.

SLIDE-TACKLING

- Absolutely no slide tackling when making an attempt at a **PLAYER**. Sliding which poses **NO DIRECT THREAT** to any other player may be permitted when indicated by the referee. Goalkeepers may slide out to cut-off attacking player's angle – only within his/her own box. Any fouls called for a slide tackle, the correct restart will be an indirect free kick.

SUBSTITUTIONS

- No substituting on the fly.
- Substitutions must occur at a stoppage of play and substitutes must gain the referee's permission per USSF rules.
- Any player who is found entering the field without the referees permission may be cautioned and shown a yellow card resulting in a 3 minute penalty.
- All substitutions must come from behind the netted perimeter located behind the team's goal.

YELLOW CARDS & RED CARDS

- Any player who is cautioned must leave the field of play leaving his/her team down a person for 3 minutes. The player may not re-enter unless 1) the referee has waived him/her on at the conclusion of the 3 minute penalty or 2) a goal is scored by the opposing team. If the goalkeeper is carded he or she must be the player to leave the field for 3 minutes.
- If a player receives two yellow cards in one game – he or she will immediately be shown a red card and thus be ejected from the current game. Referee's must fill out an incident report relating to any serious injuries, or serious foul play (red card distribution).
- Sono Field House has a **ZERO TOLERANCE POLICY** for any fighting that may occur. Red cards given for verbal abuse toward a referee can carry at least a 2 game suspension. Red cards given for fighting will result in a suspension for the remainder of the season. Admittance back into the league will be decided by management.
- A red card at any time will result in an immediate ejection from the game and the guilty player must also serve a minimum one game suspension.

GOALKEEPERS:

- Goalkeepers are not allowed to punt, or drop kick the ball.



EXCELLENCE IN ACTION
Sports And Special Events

- The goalkeeper has 6 seconds to distribute the ball.
- The goalkeeper is not allowed to distribute the ball in the air over half field without the ball touching a player or bouncing prior to crossing the half-field line.

GAME-PLAY

- League games are two 26 minute (running time) halves. The score is kept by the referee.
- 6v6 including the Goalkeeper
- Co-ed teams must have a minimum of three males on the field and 2 females (the GK can be either male or female).
- No gum, food, or drink will be allowed onto the playing fields. Any player who is caught will be asked to leave the field of play immediately.
- No metal cleats are allowed.
- Each player **MUST** have all necessary equipment on at all times during the game. This includes jersey tucked in, socks covering shin guards, cleats or turf shoes. Any player without all necessary equipment will not be allowed to play in the game. Any player caught without equipment will be asked to leave the field of play immediately.
- No jewelry is allowed to be worn. (Earrings, bracelet, necklace, piercings, etc.)
- Glasses must be prescription.
- Must be at least 18 years of age to be the manager or coach of a team.
- Must have waiver filled out prior to stepping on the field!
- Please clean up any garbage left!