

SOCCER RULES AND REGULATIONS

Coed Version

Indoor Soccer Center Game Rules

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1. GENERAL INFORMATION

The Soccer Center is a privately owned facility. Management is sometimes required to make decisions based on sound business principles. These may not be based on any league rules, or procedures, but rather a decision of management. We appreciate the input of our coaches, players, and parents, and will maintain an open mind in receiving it.

A. The following point system will be used to determine standings:

- 2 points-win
- 1 point-tie
- 0 points-loss
- Minus 1 point for each red card received

B. The following criteria will determine final standings

- a) Winning Percentage
- b) Total Game Points
- c) Goal Differential (Goals for – Goals against)
- d) Head to Head Competition
- e) Coin Toss

2. REGISTRATION REQUIREMENTS

- A.** The Soccer League Registration can be downloaded from the website (omahaindoorsoccer.com) or printed.
- B.** Team Manager agreement must be turned in with team registration
- C.** \$100 deposit is required for all NEW teams and is due 1 week prior to first game and this can be paid online or at field (Major Credit Cards, PayPal).
- D.** A roster must be either completed online and maintained by team mgr. or filled out at the soccer field before players are allowed on the field prior to playing.
- E.** New players may be added to the Team Roster and Waiver at any time during the 7 weeks prior to the finals. New players may not be added for final game, or team will forfeit game.
- F.** An alternate jersey is required. If both teams are wearing the same color jersey, the home team (first team on schedule) must change.

3. MISCELLANEOUS REGULATIONS

- A.** There will be no exceptions to the age classifications in the adult divisions. Any team playing with under-age players will forfeit the game, unless opposing team approves player. Players must be ready to supply proof of age, with a valid driver's license, upon request.

- B. All protests must be received by the soccer office, in writing, within 24 hrs. after the game. Protests must be accompanied by a \$25 deposit which will be forfeited if the protest is not upheld.
- C. The \$100 league deposit is applied to the total league fee and is not refundable if the team can be placed in a league.
- D. The balance of the league fee is due by the 4th game of the session. If total team fee isn't paid by 4th game team will be withdrawn from league and will forfeit all fees paid up to that point and not allowed to play in any other ISC leagues until balance is paid in full.
- E. **Intoxicated persons WILL NOT** be allowed to take part in any activity, whether it be a game or practice, and are subject to ejection from the building and premises, which includes the parking lot. This policy also applies to spectators.
- F. **Fighting WILL NOT be tolerated anywhere on the premises.**
- G. **No spitting, smoking, gum or tobacco chewing, or profanity allowed in the field area. If a player is found to be spitting on the field they will be given a 2 min penalty for first offense. If they spit on the field a second time during same game they will be given a Red Card and team will have 1 point taken from their total and play short a player for remainder of the game. Player receiving red card will follow red card procedure stated below. NO EXCEPTIONS TO THIS**
- H. Children may not be left unattended in the facility. Children may not be left in the lobby, lounge, or restroom unattended.
- I. Warm-up cages are provided as well as area behind west goal but observe the warning sign on wall under lounge windows.
- J. **No slide tackles of any kind or a player playing ball while on the ground. The referee will determine what a slide is and it is the referee's decision if play will continue or foul be called.**
- K. **A coach is responsible for the words and actions of his/her players and spectators. Verbal abuse of the opponents or referees by players, coaches or spectators will not be tolerated and any kind of derogatory or racist comments will not be tolerated and the offender will be given a RED card and required to leave facility and team will receive -1 point. Violations may result in forfeiture of the game and/or expulsion from The Soccer Center for extended period of time.** L. Players may register on more than one team within the same league.
- L. **Concussion evaluation will be conducted on any player believed to have suffered a potential injury regardless of age to determine if player can continue to play. The Referee or League Managers decision is final with NO exception!**

4. HANDBALL CLARIFICATION

- A. "Handling" was a revision FIFA made in the late 1990's that affected the old "hand ball rule" that players and parents are so attached to. The "Handling Rule" can be reviewed by going to the FIFA web site or by Googling "FIFA Hand Ball Rule".
- B. In this rule it is stated, that it is illegal for players, other than the goal keeper in the "box" to DELIBERATELY HANDLE the ball with his/her hand, arm or any portion of the outside of the shoulder.
- C. It is extremely important to note that ADVANTAGE is not referenced in this rule. Where the ball goes, who gets the ball and whether a goal scores as a result have no bearing on the call of "Handling."
- D. The important point is that the act MUST be deliberate as seen by the referee, NOT THE PLAYERS OR FANS.
- E. This goes back to the old reference of "ball to hand" or "hand ball". Players can be called for "handling" when, in the view of the referee, there was adequate time to move the hand, thus resulting in a de-facto hand to ball move. Arms and hands in unnatural position (other than at ones side) can be called for handling in instances when no attempt is made to avoid contact. Protection of sexually sensitive area is generally not called for handling. Protecting the head/face can be called if the referee felt that there was adequate time to avoid the ball by

moving the head. If, in the view of the referee, a player has NO time to react to the ball and the ball contacts the player's hand, arm or outside of the shoulder, even if the player is in the box area, there will be NO FOUL.

5. MAKE UP GAMES AND SCHEDULES

- A. Make-up games are NOT rescheduled or refundable due to conflicts. Conflict dates may be given at time of registering or before league schedules are finalized, and adjustments will try to be made within scheduled league time.
- B. Teams not able to attend scheduled game must call a week in advance. Soccer Center staff will notify opponent. Teams not attending scheduled game will receive an automatic forfeit.
- C. Make-up games are scheduled at Soccer Coordinator's discretion but are NOT mandatory. If a cancellation occurs, the league will be extended at the end of the session.
- D. Schedules are posted on www.omahaindoorsoccer.com web site one week prior to the scheduled league start and should be checked before each game for any changes. ISC will attempt to send out notifications to all coaches/managers via email, but not receiving or reading a notification is not reason for not showing up for scheduled game day and times. The schedule posted on the website is the OFFICIAL Schedule of record and game sheets will be made accordingly.

6. FIELD OF PLAY

- A. The center circle and penalty arc are ten (10) feet in diameter, which is also the distance an opponent must be from the ball on free kicks.
- B. The perimeter wall is part of the playing surface.
- C. There is a center white line, and two other white lines, which are thirty (30) feet from, and running parallel to, the center line. All balls hitting the ceiling or any part of the ceiling, lights will be placed on the nearest white line in the center of the playing field where a free kick to the other team will be taken.

7. NUMBER OF PLAYERS

- D. All Coed leagues will have 6 field players (3 men + 3 women) plus a goalie (either man or woman) for a total of 7 players on field at any one time.
- E. There can never be more than 3 men field players on the field at any time.
- F. A woman can sub for a man to make 3 men players but must be designated with penny and all touches will be counted as if man (3 touch rule)
- G. If a team shows up and is short players and unable to recruit other players the team will play the game short and other team will play full team unless the full team agrees to play short
- H. If during the game a player from one team is injured or otherwise unable to continue to play(not just tired) and there is NOT a substitute for them the affected team can continue to play short and the opposing team will be required to play short as well by the same (man or woman). If the referee determines that the player needing to be out is falsifying an injury or sickness in order to rest the opposing team will NOT be required to play down a player. If the opposing team is required to play down a player the player causing the shortage will NOT be allowed to return to the game. If a substitute player is found to bring the team back to full strength then the opposing team will also play full strength.
- I. **All players must be on the team roster in order to play even if player is subbing for 1 game**
- J. A game shall not be started unless a team has at least 5 players present on the playing surface by the designated forfeit time, (2 women and 3 men) on the field in order for the team to play and not forfeit the game.
- K. A forfeit occurs when a team doesn't have the min required number of player (**7 minutes past scheduled game starting time unless games are running behind schedule.**)

8. SUBSTITUTIONS

- A. Substitutions are allowed at any times(on the fly), except when a foul has been called. A new player coming off must be at the perimeter wall (within 5 feet) in front of his/her team bench before new player can enter the field. During the following three (3) "Guaranteed Substitutions",

players will be allowed to substitute as soon as the ball is dead and whistle will not be blown to restart the play until all substitutions are complete:

- 1 On any goal
 - 2 When the ball has gone out of bounds
 - 3 An injury occurs
- B.** Any of the other players may change places with the goalkeeper provided the referee is informed before the change is made and the change is made during a stoppage in the game.
- C.** For any infringement of this Law, the offending player(s) shall serve a 2-minute penalty and the play shall be restarted with free kick.
- D.** A player must exit field before new player enters. Too many players on the field results in automatic 2-minute penalty.

9. DURATION OF GAME

- A.** The game shall be two periods of 24 minutes each, running time. There will be 30 seconds between periods.
- B.** Teams have one minute to both exit and enter the field between games. It is the responsibility of the coaches/mgrs..to have their teams ready to play and on the field within that minute. The clock will begin to run at the scheduled game time--one minute after the last game ends. The team must have 4 players to play or forfeit occurs.
- C.** **No Time Outs. Injuries will be addressed off the field. The clock will stop for *serious injuries only and at the discretion of the referee!***
- D.** Time shall be extended at the end of any period for a penalty kick.
- E.** The clock will be stopped in the last 2 minutes of play if the referee determines one team is deliberately delaying the game by kicking the ball over the perimeter wall or to the far end of the field resulting in a delay to get ball back into play.
- F.** **The referee has the discretion to stop the clock if a game is tied (in the last 2 minutes of the game) or within a one point differential during the game. The clock will start when the ball is back in play.**

10. START OF PLAY

- A.** The first team listed on schedule is the home team. Teams are to sit at correct bench. Referees keep score according to home and guest. If a team sits in the wrong place, it could result in the recording of an inaccurate score, which will affect the play-off standings.
- B.** Guests kick off to start 1st half (team facing score board). Home team kicks to start 2nd half.

11. BALL IN AND OUT OF PLAY

- A. The ball is out of play:**
1. When it completely crosses over the perimeter wall or touches the net above the boards.
 2. For an unintentional ceiling ball, a direct kick for the opposing team, taken at the center of the white line nearest the point of contact with the ceiling.
 3. When it hits the netting above the glass or boards at either end of the field.
 4. **The ball is in play at all other times including:**
 - a) Rebounds from the goal posts, crossbar or perimeter wall.
 - b) Rebounds from the referee when he is on the field of play.

12. GOALKEEPING RESTRICTIONS

The following infractions shall cause the referee to stop play and award a direct free kick to the opponents at the top of the restraining arc:

- A. Hand to Hand:** A goalkeeper, having had control of the ball in his/her hand and having released it from his/her hand to be played either by himself or a teammate, shall not handle the ball again until it has been touched or played by an opponent, unless a stoppage of play occurs. If a goal- keeper bounces the ball while in his/her possession, it shall be an infraction (hand ball) and a free kick will be awarded to other team at top of arc.

- B. Passback: If a defender passes the ball back to his/her goalkeeper from any other zone of the playing field except the passer's own defensive zone (between his/her white line and goal line), the goalkeeper shall not handle the ball. This includes instances where a team makes a series of passes or a player dribbles the ball back to the goalkeeper across the white line into the defensive zone.
- C. 5 Second Distribution: A goalkeeper, with possession of the ball within the penalty area, must distribute the ball outside of the penalty area, or to another player within five (5) seconds of having received the ball within the penalty area. Possession shall be defined as control with hand or foot. A goalkeeper may not play the ball outside the penalty area with his/her feet and bring it into the penalty area and take control of the ball with his/her hands.
- D. 10 Second Advance: For a goalkeeper who retains possession or control of the ball in his/her teams' penalty area for a period greater than ten (10) seconds without attempting to distribute or advance the ball and play in a normal and usual manner, the referee shall stop play and award a direct free kick to the opponents in accordance with 3 line rule.
- E. Handball Outside Area: Intentional handballs committed by the goalkeeper outside the penalty area shall be interpreted to be "severe in nature", and a time penalty must be awarded against the goalkeeper who, in the opinion of the referee, intentionally handles the ball in a deliberate attempt to break up a play or save a shot at goal outside the penalty area, regardless of the position of his/her body. Situations whereby the goalkeeper first handles the ball legally within the penalty area but momentum of his/her actions carries him/ her outside the penalty area while handling the ball shall not be deemed "severe in nature" and a time penalty shall not be awarded.
- F. Goalkeeper Striking: If, during a play, the goalkeeper either intentionally strikes an opponent by throwing the ball violently at him/her or pushes him/her with the ball while holding it, the referee shall caution or eject as appropriate and award a penalty kick if the offense was initiated from within the penalty area.
- G. The ball is considered to be in the penalty area until the entire ball has crossed the penalty box line. As long as the Ball remains inside the penalty area the goalie can pick up the ball in his/her hand even if the goalie is standing outside the penalty area and no infraction will be called.
- H. Playing the ball to the goalie while goalie is in penalty area does not count as a man or woman touch but is neutral but if goalie dribbles ball outside penalty area they become a field player and count toward a touch for their gender (man or woman) going forward on play
- I. If goalie receives ball outside the penalty area that touch will count accordingly if goalie is a man or woman and can count against 3 man touch rule, but if 3 man touch rules isn't violated and goalie is a man he can dribble ball into penalty area and pass to another man and goalie touch will not be counted in 3 touch rule.

13. SCORING

- A. A goal is scored when the whole of the 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 arm by an attacking player.
- B. The ball must cross over the goal line in its entirety before the horn sounds in order to be considered a goal and if it crossed the line in time will be determined by referee
- C. A Woman needs to touch the ball every 3rd touch or it is considered a turn over and the ball will be placed at the point that the 3rd man touch occurred and opposing team will take free kick
- D. A woman must touch the ball on the attacking half of the field in order for a man's shot to count as a goal
- E. If after a woman has touched the ball on the attacking half and thus made the ball "Live" the opposing goalie gets the ball and picks it up within penalty area the ball is reset and opposing team must again have a woman touch the ball on the attacking half to make it "Live" again
- F. If the ball after becoming "Live" by woman touch on attacking half the ball is played across the midfield line the ball will need to be touched by a woman on the attacking half in order to make the ball "Live" again

G. If the ball becomes "Live" and defending team gains possession of ball but goalie never picks it up or the ball doesn't cross the midfield line and attacking team regains possession the ball is considered "Live" again and a man can shoot and if ball crosses goal line the goal will be good and point awarded to attacking team.

14. REFEREES

- A. A referee's authority commences as soon as he/she enters the soccer area. He/she shall enforce the rules of the soccer game.
- B. Duties of the Bench Referee if one is being used:**
 - 1. Assist the field referee in the control of the game in accordance with the Laws. This is a dual system of control.
 - 2. Be responsible for indicating illegal substitutions.
 - 3. Keep the official time and operate scoreboard.
 - 4. Control the bench and the penalty box area.
 - 5. Keep game statistics.
- C. Violations seen by the bench referee shall be signaled by a whistle, which stops play.
- D. Advantage can be called on any part of the field at referees discretion.
- E. Penal offenses should be whistled. A 2-minute time penalty is assessed when a team has committed 5 penal offenses in a half not previously punished by a time penalty. This represents a greater advantage than would be the case in most continuing play situations.

15. FOULS AND MISCONDUCT

- A. A player who intentionally commits any of the following penal offenses shall be penalized by the award of a direct free kick to be taken by the opposing team from the place where the offense occurred, unless the offense is committed by a player in his/her opponent's goal area. In this case, the free kick shall be taken from a point anywhere within that half of the goal area in which the offense occurred. In addition, a 2-minute penalty may be assessed against the offending player at the discretion of the referee.
- B. Should a player of the defending team intentionally commit one of the below offenses within his/her own penalty area, he/she shall be penalized by a penalty kick and be assessed no less than a 2-minute penalty. If any of the offenses are deemed by the referee to be of a serious nature, he/she shall caution the offender, assess a 2-minute penalty and award a free kick:
 - 1. **Kicking**
 - 2. **Tripping**
 - 3. **Pushing**
 - 4. **Charging**
 - 5. **Charging from behind**
 - 6. **Striking from behind**
 - 7. **Holding**
 - 8. **Boarding- could result in a 2-minute penalty**
 - 9. **Handballs are called, but not added to the foul count.**
- C. Any team that commits 5 penal offenses in a half not punished by a time penalty (e.g. boarding is an automatic time penalty), shall be assessed a 2-minute time penalty to be served by the player committing the foul (unless committed by the goalkeeper). A goalkeeper's place in the penalty box shall be taken by a field player. Likewise, a team that has committed 10 penal infractions in a half shall be punished similarly on the 11th and all subsequent fouls.
- D. Dangerous play and obstruction (including holding onto the boards to obstruct) shall be penalized by a direct free kick.
- E. No slide tackles are allowed regardless of players location or other players location on field.
- F. No off side rule applies.

16. BLUE, YELLOW AND RED CARDS

- A. Any red card (ejection) will result in a suspension (minimum of one game, longer suspension is at the discretion of the manager), not including the game from which the player was ejected (referees file a report on every game played) this can include championship game. **B. A team receives a -1 point for each red card received.**
- C. **Fighting WILL NOT** be tolerated anywhere on the premises. Any fighting on or off the field will mean a total suspension from The Soccer Center for minimum of 1 year from date of infraction. This may also include a team suspension. (There are no refunds). Admittance to future league play will be at the management's discretion.
- D. If altercation takes place on field, any player or coach entering the field and participating in altercation will be ejected from the game. Any spectator entering the field to participate in altercation will be ejected from facility. Police will be called if altercation continues on or off field to ensure safety of everyone.
- E. Blue card is 2 minutes for offending player and they must leave field.
- F. Yellow card is 4 minutes for offending player and they must leave field. If during the last 2 minutes of the 4 minute penalty the other team scores a goal the penalized team can bring out the penalized player for a full side.
- G. Players who in an attempt to clear the ball intentionally (in referee's opinion) uses excessive force that causes the ball to hit the ceiling and go above the insulation, hits another player or hits any equipment can be given a 2 minute penalty that will be served by the offending player even if the offending player is the goalie.

17. CORNER KICK / FREE KICK ON ATTACKING HALF

- A. **When the ball is last played by a defender and goes out of bounds in the prescribed area (between the corner spots) the ball shall be put in play by the attacking team by a kick from the corner spot nearest to where the ball went out of play. The kick may only be taken after the ball is placed on the spot by a woman after whistle is blown to start play .**
- B. If a free kick is awarded the attacking team on the attacking half of the field for any reason a woman player must take the kick and the ball is considered "Live" as soon as she touches the ball and it makes one complete rotation.
- C. Any penalty kick will need to be taken by a woman and ball becomes "Live" as soon as ball makes one complete revolution and if shot is blocked by goalie or wide of goal a man is able to shoot and score

18. PLAYERS' EQUIPMENT

- A. Shoes with molded or removable studs are not permitted "**Turf Shoes**" are allowed.
- B. Shoes worn during the game must be cleaned of mud/dirt before entrance to the field will be allowed.
- C. All jerseys on a team must be similar in color.
- D. Goalkeepers must wear colors which distinguish them from the other players and the referee. Goalie pants or sweats, long sleeved jerseys, knee and elbow pads, and gloves are strongly recommended for all goalkeepers. **E. Knee pads are recommended for younger goal keepers.**
- E. No apparel that may be dangerous to another player may be worn. **Note:** plaster casts may be approved by the referees, if properly wrapped and cushioned. It is up to the decision of parents, coaches, referees, and soccer management to give joint approval. Any infringement of this rule will result in the player being sent off the field to make adjustments and shall not return without first reporting to the referee. A 2-minute penalty shall be assessed to the offender who re-enters the game having failed to carry out the equipment adjustment as ordered. **G. Shoes must be worn at all times while on the premises.**
- F. **All soccer players must wear shin guards, no exceptions.**
- G. Each team must provide their own warm up balls or if borrowing from soccer office return the ball before going on field to play.

Revised 11/26/2016 by Chris Breeling