



Adult Soccer Indoor Rules (Sports Complex)

League administrators and staff reserve the right to interpret rules and make decisions on matters not covered herein. By participating, all players and spectators agree to abide by the South Suburban Parks & Recreation District Code of Conduct and are responsible for their actions.

LAW 1 (US Indoor Rule 1) - THE FIELD OF PLAY

- A. Field Dimensions: The playing field is 185' x 85'. See Appendix A for details.
- B. Player Benches: Players and team captains only are allowed on the player benches. Benches are on the same side as the score table
- C. Spectators must be located on the opposite side of the field from the score table & player's bench.
- D. Unsupervised Children: It is recommended that children be accompanied to league games by a care provider or left at home. Children who do attend games are not allowed to play in the warm-up areas or behave in a disruptive manner. Any child under the age of 10 must be directly supervised by an adult (18 or older). No children are allowed in the supervisor's booth or team benches. Should league play be disrupted by issues with children, games will be stopped and penalties, including forfeits may occur. The safety of players and children will be the top priority.
 - a. First offense-Team must address the unsupervised or disruptive child. It will be considered a foul and a direct free kick from the spot of the ball at the time of interruption will be awarded to the opposing team.
 - i. The adult in charge of the children will be removed from the game to supervise the children. He/she may only re-enter the game if the children under 10 have other adult supervision or when disruptive children are managed. This foul will NOT count toward the foul count.
 - b. Second offense-The parent will be required to leave the game to provide supervision for the remainder of play.
 - i. If removing a player to supervise children causes teams to play below player minimums (maintaining proper ratios), that team will be issued a forfeit.

LAW 2 (US Indoor Rule 2) – THE BALL

Standard size 5

LAW 3 (US Indoor Rule 3) – THE NUMBER OF PLAYERS

- A. All players must sign the online roster/release form prior to participation via Team Sideline.
- B. If a team doesn't provide the proper roster information by the second week of the season, they will be fined \$20 and/or made to forfeit until it is provided.

- C. Proper roster information includes: first and last names listed on identification as well as email address for each player.
 - D. Players must be at least 18 years old.
 - *Exception: Players that are 16 and 17 years old are permitted with written parent/guardian consent and present **AT ALL GAMES***
 - E. Over 30 League: All players on over 30 league rosters must be 30 at the start of the season.
 - F. Each player is **required to have picture identification at all games** and must present this if requested by staff.
 - G. Any active party in the game (supervisor, referee, team manager) may request a roster/identification check at any point.
 - a. If a player who is participating in the game cannot produce a valid picture ID the team will forfeit the game, no matter what time the check was performed
 - b. If a roster is checked before the game and a player is found to be ineligible or unable to produce a picture identification, they will not be allowed to play; all eligible players can play as normal.
 - c. All roster challenges must be made before the end of the game.
 - H. All players must be on the team roster before playing any game. Team rosters are finalized by the start of playoffs and the only additions thereafter may be for injured players not returning with approval by the athletic coordinator. Any player playing that is not on the roster may result in a team forfeit. a. Rosters are not limited to a specific number of players per team.
 - I. Players are able to play in all leagues if they meet the specific criteria but are only able to play with one team per league.
 - a. Sharing players will result in a forfeit for the team the player is **NOT** on the roster. Teams are not allowed to borrow players who play on different teams in the same league.
- *Borrowed Players are **only allowed** if the opposing Team Manager approves*
- J. To start the game a team may use any of the following combinations.
 - a. Coed:
 - 1. 4-6 females, not to exceed 6 on the field.
 - 2. 1 male and 3-5 females, not to exceed 6 on the field.
 - 3. 2 males and 2-4 females, not to exceed 6 on the field.
 - 4. 3 males and 1-3 females, not to exceed 6 on the field.
 - 5. 4 males and 1-2 females, not to exceed 6 on the field.
 - K. If a female receives a red card or is placed in the penalty box, the team must have one female on the field. If no female players are present, the game is a forfeit.
 - L. A **designated goalkeeper must be on the field at all times**. Infractions will result in an illegal substitution penalty assessed at the spot the player entered the field.
 - M. Teams who commit 1 no-call, no-show forfeit in the regular season will automatically drop to the lowest seed for tournament purposes as well as fined.
 - a. Teams may forfeit by calling the league coordinator by 4pm on the day of their schedule game to allow proper communication to the opposing team.
 - N. Forfeit Fines: It is the captain's responsibility to notify the league if their team cannot attend a scheduled game. Captains must provide **24 hours notice** at minimum.

- a. Failure to contact the Sports Coordinator via phone or email with **24 hours notice** will result in a **Forfeit Fine of \$15**.
 - 1. The \$15 fine will be placed on the Team Captain's registration account.
- O. A player that accumulates more than **5 yellow cards** in a season will be suspended from the league(s) they participate in.
- P. A Player that accumulates more than **2 red cards** in a season will be suspended from the league as well as fined \$25 for unsportsmanlike behavior.
- Q. A Team (as a whole) that accumulates **10 yellow cards** or **4 red cards** in a season will be suspended for a minimum of 1 season or 8 weeks and will forfeit the remaining games of the season that current season
- R. All fines must be paid before the playoffs.
 - a. Any fines incurred during playoffs must be paid prior to the start of a new season.
 - b. Future registration will not be accepted until the fine is paid in full.
- S. Substitutions: Each team may substitute for players freely.
 - a. Players must substitute off the field of play or within the Touch Line in the area of their Team Bench.
 - b. For substitutions within the Touch Line, neither the player entering the field nor the player being substituted may play the ball while the other is on the field. If a team has committed this infraction 2 or more times, the team will receive a blue card penalty and play down 1 player.
 - 1. Substitutions are allowed during an Overtime Period
- T. Injuries: Injured players may be required to leave the field of play at the discretion of the referee. If needed the clock will be stopped at the discretion of the staff. After leaving the field, the supervisor will determine when the injured player can return to the field. If the injury was to waste time, the player may remain off the field for a maximum of 3 minutes.

LAW 4 (US Indoor Rule 4) – THE PLAYERS' EQUIPMENT

- A. Each team must wear **the same SOLID colored jerseys**. The Goalkeeper **must** wear jersey colors distinguished from all other field players and referees.
- B. Other permitted Goalkeeper equipment includes gloves and pants and approved headgear.
- C. All field players are required to bring their proper colored jersey/shirt, that they choose in the beginning of the season.
 - a. White is not able to be a team color as that will be EVERYBODIES ALTERNATE JERSEY in case jersey colors clash*
- D. All players **must wear shin guards** and must be covered.
 - a. Shin guards must be commercially recognized as shin guards.
 - b. Using cardboard or other items not recognized as shin guards are not accepted.
 - c. If players fail to abide they will be issued an immediate yellow card.
- E. All shoes are welcome except steel toed cleats, golf shoes, open toed, or baseball cleats.

- F. Knee, ankle, and wrist braces/wraps can be worn and will need to have referee approval.
- G. Jewelry or similar accessories may not be worn and taping is not allowed. For safety measures, medical alert bracelets may be worn but must be taped to the body.
- H. If two teams are wearing the same (or very similar) colored jerseys the home team or the team listed first on the game schedule, shall change jersey colors.

LAW 5 (US Indoor Rule 5) – THE REFEREE

One Referee is required to officiate each game. The Referee may be assisted by another Referee, an Assistant Referee, and/or a Site Supervisor.

LAW 6 (US Indoor Rule 6) – THE DURATION OF THE MATCH

- A. Regulation Playing Time: 20 minute halves
- B. Running Clock: The Game Clock counts down continuously through each half or overtime period except as determined by the Referee or:
 - a. During playoffs only, the last 2 minutes of regulation play: If the score is within 2 goals, the clock will stop for all fouls, injuries, cautions, send-offs, and balls in/out of play during the last 2 minutes of the second half only
 - b. If a penalty kick/shootout must be taken, the duration of either half is extended until the penalty kick/shootout is completed.
- C. The game clock will start at game time.
- D. Gametime is forfeit time.
 - a. The opposing team manager can decide if they want to:
 - 1. Win off a forfeit due to other team not being prepared on time.
 - 2. Start the clock at gametime and every 2 minutes leading up to the 5-minute mark, the other team will be awarded a goal. That way the teams can still play during their scheduled time and not impede upcoming games.
- E. Half-time: There may be up to 1-minute halftime and a 1-minute intermission before any overtime period.
- F. Timeouts:
 - a. Referee stops play for an injury.
 - b. Penalty kick, shootout or tiebreaker.
 - c. Referee cautions or sends off a player.
 - d. Kicking team requests the distance to the opposing player be measured.
 - e. Whenever indicated by the referee.
- G. Overtime: There are no overtime periods during the regular season matches and they may end in a tie. During playoffs, if teams are tied after regulation time, there will be a “sudden death” or “golden goal” overtime period lasting 5 minutes.
 - a. There is no halftime during the overtime period and the clock does stop during the last two minutes of the overtime period.
 - b. If the score remains tied after the first 5-minute overtime, a tiebreaker proceeds with penalty kicks or shootouts.
 - c. Players have a maximum of 5 seconds to take the penalty kick.
 - d. All players, other than the player taking the shot and the defending Goalkeeper, remain within their team bench areas.

- e. Both teams may have 3 shots, alternating players from each team kicking.
- f. If, after the initial 3 shots, neither has an advantage, the tiebreaker continues, alternating one player at a time, until both teams have taken an equal number of shots and one team has scored when the other has not;
- g. Only players who are on the field of play at the end of the match, including extra time, are eligible to participate in the tiebreaker.

LAW 7 (US Indoor Rule 7) – THE START AND RESTART OF PLAY

Restart Regulations:

- A. Once a referee signals for a restart, the attacking team has 5 seconds to resume play. If a 5 second violation occurs, the opponent is given a direct free kick at the same location.
- B. The ball must be stationary; if it is not, the kick is retaken.
- C. Opposing players may not encroach (e.g., the wall may not move towards the kicker).
- D. A whistle is not required to restart the game after a foul has occurred. The following restarts require the referee to signal with the whistle:
 - a. Kickoff: The player kicking the ball may not touch the ball a second time until it is touched by another player (a “double touch”).
 - b. Players may not cross the midline until the ball is kicked (“offside”).
 - c. The kickoff does not have to go forward.
 - d. A goal may be scored directly from a kickoff.
 - e. If an offside is called or the kicker takes longer than 5 seconds to play the ball, the opposing team is awarded a free kick at the mid line center spot. (Because this restart is a free kick, the players can be anywhere on the field, if they do not encroach.)
 - f. If a double touch is called, the opposing team will be awarded a free kick at the point of the infraction.
 - g. After each goal, the game is restarted with a kickoff by the team just scored upon, except when a goal is scored at the end of the half. Prior to the second half, the teams change defensive ends.

Restart Position:

- A. If the ball strikes the netting along the sidelines, the direct free kick will take place on the turf, near the wall, at the point of contact; if it strikes the netting along the end line (in between the 2 boundary lines), the attacking restart will be a corner kick; the defending restart will begin with the goalkeeper’s touch, hands or feet.
- B. If the ball strikes the netting above the playing field the restart is directly below the point of contact.
- C. For misconduct that occurs on the field; the opposing team will be awarded a direct free kick from the spot of the misconduct.
- D. For misconduct that occurs off the field or on the bench; the ball will be a drop ball from where the ball was located when the play stopped.

LAW 8 (US Indoor Rule 8) – THE BALL IN AND OUT OF PLAY

- A. Ball In Play: The ball is “in play” once each kickoff or restart begins and the ball makes any discernable movement in any direction.

- B. Restarts Within Defensive Penalty Arch: For restarts by a team within its penalty arch, the ball is not “in play” until the game is properly restarted and the ball is propelled beyond the penalty arch by the player taking the restart.
- C. Ball Out of Play: The ball is “out of play” once any stoppage occurs which the referee acknowledges or orders, whether for goals, fouls, time penalties (i.e., cautions, ejections, etc), injuries, out of bounds, Three-Line Violations, or Superstructure Violations.
- D. Three-Line Violation: A “Three-Line Violation” occurs when a player propels the ball in the air across the two white lines and the halfway line toward the opponent’s goal without touching the wall, another player of either team or a referee on the field of play. The referee shall award a direct free kick to the opposing team at the Restart Mark of the first white line that the ball crossed.
- E. Superstructure Violation: A “Superstructure Violation” occurs when the ball contacts any part of the building above (i.e., ceiling, netting, etc) the field of play.

LAW 9 (US Indoor Rule 9) – THE METHOD OF SCORING

- A. Goal Scoring: When the whole of the ball has passed over the goal line, between the goal posts and under the crossbar provided that no infringement or violation was committed previously by the team scoring the goal. In the event of a shot taken while time is expiring, the whole of the ball must pass over the goal line before the horn sounds.
- B. Mercy Rule:
 - a. If a team is winning by 6 goals, the opposing team can add 1 player to the field.
 - b. If the team that added the player, then scores, the additional player must be removed. To have 1 extra player on the field, a team must be down by 6 goals or more.
 - c. If a team is up by 12 goals, the game will end.

LAW 10 (US Indoor Rule is Nonexistent) – OFFSIDE

There are no offside infractions or violations in Indoor soccer at the complex.

LAW 11 (US Indoor Rules 10 & 11) – FOULS AND MISCONDUCT (TIME PENALTIES)

- A. Physical altercations are NOT tolerated and will result in an immediate suspension for the remainder of that season as a minimum.
- B. There will be no tolerance for excessive use of profanity, derogatory or anything of that nature accepted towards official, South Suburban staff, opposing team and teammates. At the discrepancy of the officials, they will be immediately awarded a red card. EVERY PLAYER that receives a card must immediately come off the field and report to the Site Supervisor. That player must directly report to the site supervisor and give their information that is listed on the roster. Roster checks will be mandatory the following game a red card(s) was issued for compliance.
- C. Fouls and Misconduct: A direct free kick is awarded if a player commits any of the following offences in a manner considered by the referee to be careless, reckless or

using excessive force (a Penalty Kick is awarded when infringement takes place in penalty arch):

a. Infractions that count toward the foul count:

1. kicking or attempting to kick an opponent
2. tripping an opponent
3. jumping at an opponent
4. charging an opponent in a violent or dangerous manner or from behind
5. holding an opponent
6. pushing an opponent
7. sliding
8. goalkeeper throws ball directly at an opponent with intent to injure
9. dangerous play (placing another player/oneself in danger of injury, i.e. high kick or bicycle kick near others, attempt to kick a ball held by a goalkeeper)
10. checking into the boards
11. obstruction
12. goalkeeper charge - charging the goalkeeper in the penalty arch (ball placed at the top of arch) checking an opponent
13. playing the ball from the ground

D. Accumulated Fouls:

a. Infractions that DO NOT count toward the foul count

1. handling the ball with the intent to play the ball (except goalkeeper)
2. goalkeeper throws/kicks ball over the third line (without it touching his own side of the turf or any player)
3. a field player plays the ball in the air over the third line (without touch)
4. illegal pass back to the goalkeeper (ball placed at the top of arch)
5. goalkeeper dribbles the ball into their penalty arch and picks it up (ball placed at the top of arch)
6. goalkeeper holds the ball for more than 5 sec. (ball placed at the top of arch)

b. Once a team has accumulated 6 fouls (those accumulated in the first half will continue to accumulate in the second half) one penalty kick will be awarded to the opponent. After accumulation has occurred, a penalty kick shootout will be issued. The foul count will restart at 0 after the penalty kick is awarded. During overtime, fouls will restart at 0 and a penalty kick will be awarded after 3 fouls.

c. If a blue card offense is the 5th foul, the referee will assess the penalty (2 minutes to the player). The opposing team takes their PK. Regardless of the outcome of the PK, the player remains in the penalty area and that team remains down a player on the field until either another goal is scored, or the 2 minutes expire.

E. Blue, Yellow & Red Cards:

- a. In cases of bench misconduct, the person who received the card must sit in the penalty area. The team may choose which player must come off the field as the team must play short a player per the following guidelines:
 1. A blue cards penalty includes:
 - i. A full 2 minutes in the box for the player who was issued the card
 - ii. The team plays down a player until the 2 minutes expire or the opponent scores.
 - iii. If the opponent scores another player besides the carded player, they may return to the field of play.
 2. A yellow card penalty includes:
 - i. A full 2 minutes in the penalty area for the player who was issued the card.
 - ii. The team plays down a player until the 2 minutes expire no matter if the opponent scores.
 3. A red card penalty includes:
 - i. Dismissal from the game
 - ii. Dismissal from the facility within 5 minutes – (if the player has not left the building the game will be forfeited).
 - iii. The team that served a red card will receive a 5-minute penalty and play short for the entire duration, regardless of goals scores. The team may only return to full strength after the 5 minutes expire.
 1. In cases where the player receives a red card for Serious Foul Play or Violent Conduct, a team will be required to play the remainder of the game down one player. This judgment is at the discretion of the supervisors and referees.
 - iv. Any player issued a red card will sit out the scheduled games for the following week. The specific length of suspension will be determined at the discretion of the league coordinator.
 1. Player behavior after receiving the card and prior league history may affect the length of the suspension.
- b. Blue cards, cautions and send-offs will be monitored
 1. 2 blue cards = 1 yellow card/3 blue cards = 1 red card
 2. 2 yellow cards = 1 red card
- c. Any player accumulating multiple blue cards or yellow cards will be subject to additional suspensions or dismissal from the league.
 1. Cards are counted on an accumulated basis (i.e. 2 yellows = 1 red)
 2. Cards from each division will be included in the overall card count. (i.e., cards on Mondays do add to cards on Wednesdays).
 3. Decisions regarding suspension duration and the sports/divisions the suspension applies to are made at the discretion of the league coordinator
 4. Fighting: Any form of fighting and physical altercations will result in immediate ejection from the game and league suspension up to and including lifetime suspension and/or legal charges.
- d. Fighting is a flagrant act. Examples include, but are not limited to:

1. An attempt to strike an opponent with the fist, hands, arms, legs or feet regardless of whether contact is made
2. Attempting to instigate a fight by committing an unsportsmanlike act, commenting or gesture toward an opponent that causes the opponent to retaliate by fighting
3. Dissent: A two (2) minute Misconduct Penalty shall be assessed against players who show disapproval, by word or action, of the decision by the Referee or other game officials or acts in a severe un-sportsmanlike manner. These penalties shall be administered by the showing of a Yellow Card and shall be two (2) minutes in length.
4. SSPR Yellow Card penalty procedures will apply. If a bench player is shown a Yellow Card for dissent, they must choose a player from the field to serve their 2-minute penalty.
5. Each team shall appoint a captain who shall be identified by introducing themselves to the Referees at the beginning of the game.
 - i. In the event of a dispute or problem, the Referee will inform the team captain of the decision and each captain will advise their team.
 - ii. Only when invited by the Referee shall the captain have the privilege of discussing any point relating to interpretation of the Rules that may arise during the progress of the game.
 - iii. A protest or complaint about a penalty is NOT a matter "relating to interpretation of the Rules" and may receive a Dissent penalty.
 1. Profane language is considered dissent and will also be carded at the referee's discretion.
 2. If a player deliberately puts their hands on another player, official or SSPRD staff member.
- e. No sliding at any time: Sliding is defined as "a direct and deliberate sliding motion with any body part other than both feet (i.e. knee, shin, etc.)".
 1. The penalty is a direct free kick at the spot of the infraction.
 2. The goalkeeper may slide within the penalty arch only with the attempt to play the ball inside of the penalty arch. a. Sliding in the penalty arch by any other player will result in a Penalty Kick.
 3. Player penalties, in addition to the direct free kick or penalty kick awarded to the opponent, may include a blue, yellow, or red card at the referee's discretion.

G. No spitting on the field: can be unsanitary, unsightly, and potentially dangerous; please refrain or spit into trash cans on the side of the field. Teams will be given one warning; a blue card will be issued for continued occurrences.

H. Trifling Infraction: A trifling infraction is one which, though still an offense, has no significant impact upon play. It is the referee's discretion to call trifling infractions. A doubtful offense is one which the referee cannot attest to. The referee's decision as to whether a player's action is trifling is affected considerably by the skill level of the players.

I. Advantage Rule: The Referee allows play to continue when the team against which a foul has been committed will benefit from an existing offensive advantage.

LAW 12 (US Indoor Rule 7) – FREE KICKS

A team receives a Direct Free Kick after stoppages other than when a dropped ball or goalkeeper throw-in is required.

- A. Wall: It must be **at least 5 yards away** until the ball is in play.
- B. Time limit: kick must be taken **within 5 seconds**
- C. A goal is awarded if a direct free kick goes directly into the opponents' goal without touching another player. If a direct free kick goes directly into the team's own goal, a corner kick is awarded to the opponent. The own goal is not counted.
- D. Restriction: Kicker cannot touch the ball again until it has been touched by another player except for a penalty kick, shootout, or tiebreaker at which time normal dribbling is allowed.
- E. Within Own Penalty Arch: A Direct Free Kick within a player's defensive Penalty Arch may be taken from any spot therein. All opposing players remain outside the Arch and at least five yards away until the ball is in play beyond the Arch. If, after the Direct Free Kick, any player touches the ball before it has left the Penalty Arch, the Direct Free Kick is retaken.
- F. Within Opponent's Penalty Arch: When a team is awarded a Direct Free Kick within its opponent's Penalty Arch, the Direct Free Kick takes place at the opponent's Free Kick Mark ("Top of the Arch").

LAW 13 (US Indoor Rule 12) – THE PENALTY KICK

All Penalty Kicks will be conducted as Shootouts:

- A. All defending players, goalkeeper excluded, will stay in the center circle, behind the half. Except for the player taking the Penalty Kick or Shootout, the attacking team will stay behind the half, outside the center circle
- B. The shooter begins at the Restart Mark (3rd line nearest the goal) and the Goalkeeper starts with at least one foot on the goal line
- C. After the whistle is blown, play is live, the goalkeeper is free to move along or forward off the line.
 - a. All other players can enter the half after the whistle is blown.
 - b. Except for normal dribbling, the player taking the PK may not touch the ball again until after it touches another player (i.e. may not take a second shot after a missed attempt, may not pass the ball to him/herself off the wall).
 - c. Players have 5 seconds to shoot the PK. If a player takes longer than 5 seconds, they will be awarded a miss.
- D. If a Penalty Kick or Shootout occurs at the end of a half or game the play is extended and will expire when any of the following occurs:
 - a. The Goalkeeper makes a save.
 - b. The player taking the penalty kick scores a goal.
 - c. The player taking the penalty kick misses the shot.

LAW 14 (US Indoor Rule 7) – THE THROW-IN

There are no throw-ins in Indoor Soccer; however, there are "Kick-ins".

LAW 15 (US Indoor Rule 7) – THE GOAL KICK

Assuming the provisions of the Three Line Rule have been met, a goal may be scored directly from a Goalkeeper distribution, but only against the opposing team.

LAW 16 (US Indoor Rule 7) – THE CORNER KICK

- A. The ball is placed on the corner mark.
- B. The kicker cannot play the ball a second time until it has been played by another player of either team; infringement of this rule will result in a direct free kick to the opposing team from the point of infringement.
- C. Players on the opposing team should be at least 5 yards away from the point of the corner kick.
- D. A goal can be scored directly from a corner kick.

SCHEDULES

- A. Schedules and standings are posted online at www.southsuburbansports.com The last week(s) of each session will consist of a playoff schedule.
- B. Teams will be seeded according to win/loss record. The following criteria will be used for a tie in standings:
 - 1) Winning percentage
 - 2) Head to-Head
 - 3) Total goals differential
- C. Average Sportsmanship Points (ASP): After each game The Official(s), Site Supervisors, and Team Managers will rate the opposing team on their sportsmanship on a scale of 0 to 5. With 5 being they had good sportsman like conduct and 0 being they were a multitude of sportsman-like conduct
- D. Schedules are finalized prior to beginning each season. Only email if:
 - 1) You do not have enough players to play at gametime and need to forfeit.
 - 2) Rescheduled games can happen ONLY IF the opposing team is willing to accommodate and agree to a new date/time.
- E. Any scheduling accommodation needs to be communicated to the league coordinator via email from the team manager prior to schedule release. We will do our best to accommodate however, there are not guarantees.

ELASTIC POWER

South Suburban Athletics staff members reserve the right to establish guidelines for all rules or infractions not covered in the league rules and/or Code of Conduct.