



## Rules Cheat Sheet

### Players on the Field

- 6 on the field (5 + Goalie)

### Mercy Rule

- Down by 6= losing team adds 1 player
- Down by 12= end game

### Blue Card

- Player received 2 minutes in penalty area
- If opposing team scores they go back in
- If the blue card is on the 6<sup>th</sup> team foul the player does not go back in

### Yellow Card

- Player receives 2 minutes in penalty area
- If opposing team scores the player **DOES NOT** go back in

### Red Card

- Player receives 5 minutes in penalty area
- The specific player must exit the fieldhouse area
- Player receives a suspension from one game

### Penalty Accumulation

- 6 fouls= Penalty Kick

### Sliding

- **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.)”.
- At the discretion of the official

### Restarting play

- The ball must be still, no movement
- Opposing players cannot encroach

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South Suburban Parks and Recreation Adult Indoor Soccer Rules Sportsmanship Policy Each team or individual is responsible for the actions of its members and spectators during competition and all other times while on South Suburban District property. Unsportsmanlike conduct, including intimidation and infliction or threat of bodily harm, will not be tolerated and may result in ejection from competition and the playing facility. No contest is important enough to warrant physical or verbal abuse of officials, participants or spectators. Please make the utmost effort to win with class, lose with dignity, and treat the officials with respect.

Alcohol Policy: No alcoholic beverages are allowed in the player bench area or consumed during their respective game. Anyone suspected of consuming alcohol or illegal substance during the game will be removed from the playing field and/or bench area and, depending on conduct, the premises. They may be given a red card and a suspension.

### **LAW 1 (USIndoor Rule 1) - THE FIELD OF PLAY**

A. Field Dimensions: The Fieldhouse field is 185' x 85'. See Appendix A for details.

B. Player Benches: Players and team captains only are allowed on the player benches.

1. 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.
  - b. 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.
2. Second offense-The parent will be required to leave the game to provide supervision for the remainder of play.
3. 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 (USIndoor Rule 2) – THE BALL**

Standard size 5 ball needs to be provided by the home team for every game that is played.

### **LAW 3 (USIndoor Rule 3) – THE NUMBER OF PLAYERS**

1. Team Rosters: Prior to each game, the team captain is responsible for the completed waivers: a team will forfeit games if all players and subs have not signed the waiver prior to the start of the game. Print each name legibly.
2. All players must be 18 years old at the start of the season.

3. Over 30 League: All players on over 30 league rosters must be 30 at the start of the season.
4. Each player is required to have picture identification at all games and must present this if requested by staff.
5. Any active party in the game (supervisor, referee, team manager) may request a roster/identification check.
  - 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.
6. 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.
7. 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. Sharing players will result in a forfeit for the team the player is NOT on the roster.
  - a. Number of Players to Start a Game: Each team must have 3 field players and a goalkeeper (GK) to begin the game. In co-ed, one of those 3 field players must be a female. A team should have at least 2 females when playing 6 vs. 6. Players cannot be borrowed from another team within the same division.
8. In order to start the game a team may use any of the following combinations.
  - a. 4-6 females, not to exceed 6 on the field;
  - b. 1 male and 3-5 females, not to exceed 6 on the field;
  - c. 2 males and 2-4 females, not to exceed 6 on the field;
  - d. 3 males and 1-3 females, not to exceed 6 on the field;
  - e. 4 males and 1-2 females, not to exceed 6 on the field.
9. 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.
10. 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.
  - a. C. Claiming A Forfeit: If only one team is present and ready to play at game time, they may claim a win by forfeit.
    1. Forfeit will result in a score of 10 to 0;
    2. The first game will be given a 5-minute grace period (the clock will be begin running at game time). All other games will start on time and game time is forfeit time. If teams have the required number of players to start the game, the grace period cannot be used;
    3. Teams who commit 1 no-call, no-show forfeit in the regular season will automatically drop to the lowest seed for tournament purposes;
      - a. Teams may forfeit by calling the league coordinator a minimum of 24 hours prior to their scheduled game without penalty.

4. Forfeit Fines: It is the captain's responsibility to notify league administration 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 \$40.
1. The \$40 fine will be placed on the Team Captain's registration account.
2. All fines must be paid before 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.
5. If the team is scheduled to play on Sunday, call the front desk at 303.798.7515 and ask them to get a message to the Sports Coordinator.
  - b. Substitutions: Each team may substitute players freely.
1. Players must substitute off the field of play or within the Touch Line in the area of their Team Bench.
  - a. 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.
2. Substitutions are allowed during an Overtime Period
  - c. 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 in an attempt to waste time, the player may remain off the field for a maximum of 3 minutes.

#### **LAW 4 (USIndoor Rule 4) – THE PLAYERS' EQUIPMENT**

1. Each team must wear similar colored jerseys (or pinnies). The Goalkeeper shall wear jersey colors distinguished from all other field players and referees. Other permitted Goalkeeper equipment includes gloves and pants and approved headgear. All field players are required to bring two shirts colors of the same color (light and dark) to each game.
2. 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 will not be acceptable.
3. All shoes are welcome except steel toed cleats, golf shoes, open toed, or baseball cleats.
4. Knee, ankle, and wrist braces/wraps can be worn and will need to have referee approval.
5. 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.
6. 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.
7. Each team will be required to provide a captains' band (sweat bands are acceptable) and must be worn by 1 team captain for the duration of the game.

#### **LAW 5 (USIndoor 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 Supervisor.

**LAW 6 (USIndoor Rule 6) – THE DURATION OF THE MATCH**

Regulation Playing Time: Full field matches will play 23-minute halves.

Running Clock: The Game Clock counts down continuously through each Half or Overtime Period Except as determined by the Referee or:

1. During playoffs only, last 2 minutes of regulation play: If the score is within 2 points, 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;
2. If a penalty kick/shootout has to be taken, the duration of either half is extended until the penalty kick/shootout is completed. C. Grace Period: Any team short of the lowest number of players required to play the game will be given a five (5) minute grace period.
1. The Game Clock will start at game time.
2. The team that is present will have the choice to be the Home or Away team.
3. Once the Game Clock has run off 5 minutes, the game is then declared a forfeit to the team who was not fully present.
  - a. Half-time: There may be up to a 1-minute halftime and a 1-minute intermission before any overtime period.
  - b. 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.
1. There is no halftime during the overtime period and the clock does stop during the last two minutes of the overtime period.
2. If the score remains tied after the first 5 minute overtime, a Tiebreaker proceeds with Penalty Kicks or Shootouts.
  - a. All players, other than the player taking the shot and the defending Goalkeeper, remain within their Team Bench areas;
  - b. Both teams may have 3 shots, alternating players from each team kicking;
  - c. 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;
  - d. 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 (USIndoor Rule 7) – THE START AND RESTART OF PLAY**

Restart Regulations

1. 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.
2. **The ball must be stationary; if it is not, the kick is retaken. 3. Opposing players may not encroach (e.g., wall may not move towards the kicker).**
3. 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 mid line 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 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. The home team kicks off the second half.
  - i. Timeouts;
  - ii. Referee stops play for an injury;
  - iii. Penalty Kick, Shootout or Tiebreaker;
  - iv. Referee cautions or sends-off a player;
  - v. Kicking team requests the distance to the opposing player to be measured;
  - vi. Whenever indicated by the referee.

Restart Position:

1. 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.
2. If the ball strikes the netting above the playing field the restart is directly below the point of contact.
3. For misconduct that occurs on the field; the opposing team will be awarded a direct free kick from the spot of the misconduct.
4. 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 (USIndoor Rule 8) – THE BALL IN AND OUT OF PLAY**

1. Ball In Play: The ball is “in play” once each Kickoff or Restart begins and the ball makes any discernable movement in any direction.
2. 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.
3. 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.
4. 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.

5. 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 (USIndoor Rule 9) – THE METHOD OF SCORING**

1. 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.

#### **Mercy Rule:**

1. If a team is winning by 6 goals, the opposing team can add 1 player to the field.
2. 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 5 goals or more.
3. If a team is up by 12 goals, the game will end.

**LAW 10 (USIndoor Rule is Nonexistent) – OFFSIDE** There are no offside infractions or violations in Indoor soccer.

#### **LAW 11 (USIndoor Rules 10 & 11) – FOULS AND MISCONDUCT (TIME PENALTIES)**

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):

1. Infractions that count toward the foul count:
  - a. kicking or attempting to kick an opponent
  - b. tripping an opponent
  - c. jumping at an opponent
  - d. charging an opponent in a violent or dangerous manner or from behind
  - e. holding an opponent
  - f. pushing an opponent
  - g. sliding
  - h. goalkeeper throws ball directly at an opponent with intent to injure
  - i. 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)
  - j. checking into the boards
  - k. obstruction
  - l. goalkeeper charge - charging the goalkeeper in the penalty arch (ball placed at the top of arch)
  - m. checking an opponent
  - n. playing the ball from the ground
2. Infractions that DO NOT count toward the foul count
  - a. handling the ball with the intent to play the ball (except goalkeeper)
  - b. goalkeeper throws/kicks ball over the third line (without it touching his own side of the turf or any player)



- c. a field player plays the ball in the air over the third line (without touch)
- d. illegal pass back to the goalkeeper (ball placed at the top of arch)
- e. goalkeeper dribbles the ball into their penalty arch and picks it up (ball placed at the top of arch)
- f. goalkeeper holds the ball for more than 5 sec. (ball placed at the top of arch)

### **Accumulated Fouls:**

1. 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.
2. 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.

**Blue, Yellow & Red Cards:** \*\*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 of the field as the team must play short a player per the following guidelines:

#### **1. A blue cards penalty includes:**

- a. A full 2 minutes in the box for the player who was issued the card; b. The team plays down a player until the 2 minutes expire or the opponent scores. If the opponent scores another player besides the carded player, may return to the field of play.

#### **2. A yellow card penalty includes:**

- a. A full 2 minutes in the penalty area for the player who was issued the card b. The team plays down a player until the 2 minutes expire no matter if the opponent scores.

#### **3. A red card penalty includes:**

- a. Dismissal from the game
- b. Dismissal from the facility within 5 minutes – (if the player has not left the building the game will be forfeited).
- c. The team 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.
  - i. 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.
- d. 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 game staff, league coordinator and sports supervisor.
  - i. Player behavior after receiving the card and prior league history may affect the length of the suspension.

#### **4. Blue cards, cautions and send-offs will be monitored.**

- a. 2 blue cards= 1 yellow card/3 blue cards = 1 red card

- b. 2 yellow cards=1 red card
- 5. Any player accumulating multiple blue cards or yellow cards will be subject to additional suspensions or dismissal from the league.
- 6. Any player accumulating 2 or more red cards in any 12-month period will be subject to an extended suspension from the league per behavioral policies.
  - a. Cards are counted on an accumulated basis (i.e. 2 yellows = 1 red) b. Cards from each division will be included in the overall card count. (i.e., cards on Mondays do add to cards on Wednesdays). c. Decisions regarding suspension duration and the sports/divisions the suspension applies to are made at the discretion of league administration. D. 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.
- 1. Fighting is a flagrant act that can occur when the ball is in play or dead. Examples include, but are not limited to:
  - a. An attempt to strike an opponent with the fist, hands, arms, legs or feet regardless of whether or not contact is made
  - b. Attempting to instigate a fight by committing an unsportsmanlike act, comment or gesture toward an opponent that causes the opponent to retaliate by fighting
  - c. 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.
  - d. 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.
  - e. 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.
  - f. Profane language is considered dissent and will also be carded at the referee’s discretion.

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: Spitting

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 (USIndoor 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.

1. Wall: must be at least 5 yards away until the ball is in play.
2. Time limit: kick must be taken within 5 seconds
3. 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.
4. 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.
5. 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.
6. 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 (USIndoor Rule 12) – THE PENALTY KICK**

All Penalty Kicks will be conducted as Shootouts:

1. 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;
2. 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;
3. After the whistle is blown, play is live: the goalkeeper is free to move along or forward off the line. b. All other players are able to enter the half after the whistle is blown; c. With the exception of 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).
4. 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 (USIndoor Rule 7) – THE THROW-IN**

There are no Throw-ins in Indoor Soccer; however, there are “Kick-ins”.

**LAW 15 (USIndoor 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 (USIndoor Rule 7) – THE CORNER KICK**

1. The ball is placed on the corner mark.
2. 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.
3. Players on opposing team should be at least 5 yards away from point of the corner kick.
4. A goal can be scored directly from a corner kick.

- Schedules and standings are posted online at [www.southsuburbansports.com](http://www.southsuburbansports.com) The last week(s) of each session will consist of a playoff schedule. 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-group 3) Head-to-group differential 4) Total goals differential Elastic Power South Suburban Athletics staff members reserve the right to establish guidelines for any and all rules or infractions not covered in the league rules and/or Code of Conduct.