

2009-10 Indoor Soccer Playing Rules

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Rule 1 • The Field of Play:

The Referee(s) must check BEFORE the game for any house rules changes.

Rule 2 • The Ball:**2.1 - Approved ball:**

The referee will approve the ball used in the game and is not responsible for the ball during the match or after the match ends.

2.2 - Ball bursts:

If the ball becomes defective during the match, the game shall be stopped, a new ball obtained, and a drop ball given at the place where the ball was when the referee stopped play, unless another restart appropriate to the stoppage should occur, subject to rule 8.5.

Rule 3 - The Number of Players:**3.1 • Teams:**

There shall be two teams each consisting of the following:

U8 and U10 7 field players plus a goalkeeper — size 4 ball

U12 6 field players plus a goalkeeper - size 4 ball.

U14 & higher divisions: 5 field players plus a goalkeeper - size 5 ball.

Co-ed divisions: 6 field players - 3 (minimum of 2) women and 3 men as field players, plus a goalkeeper of either gender - size 5 ball. A woman may replace a man, but a man may not replace a woman if the team is short of having enough players. There will never be less than 4 players on the field for any team.

3.2 - Unlimited substitution:

During the game, substitutions for field players and the goalkeepers may be made at any time on an unlimited basis, provided the player being substituted for is within the dasher marks at his own bench area, or entirely off the field of play at his own bench area, before substitution is made. It is an infraction of "too many men on the field" if the substitute and the field player are on the field at the same time and either becomes involved in the play of the ball. For too many players on the field, a two (2) minute time penalty shall be called. Play shall be restarted in accordance with Rule 13 - free kicks. The offending team plays short a player.

3.3 - Guaranteed substitutions:

The referee must delay restart of play to allow completion of substitutions on the following occasions:

A. After a goal has been scored.

B. After a time penalty has been awarded.

C. On an injury stoppage.

D. When the ball is out-of-play and it has crossed the goal line, dasher line over the perimeter wall; or struck the superstructure.

E. At any unusual stoppage given by the referee.

F. Prior to the start of the second half or overtime periods.

G. If a team fails to take its restart within five (5) seconds of having been signaled by the referee to do so.

No guaranteed substitution when the referee stops for a simple foul, or in the last two minutes of each half.

3.4 - Timed substitutions:

There is a twenty-second time limit during guaranteed substitutions to complete all player subs. A Bench Warning will be issued for the first offense, followed by a team time penalty for each violation thereafter.

3.5 • Last substitution chance: Belongs to the defensive team.

3.6- Time penalties for substitution violations:

For any of the following offenses, the offending team's coach shall designate a player who will serve a team time penalty:

A. Excess number of players on the field. ("Too many men")

B. Playing without a designated goalkeeper.

C. Illegal substitution of the goalkeeper. (2 GK's on field at the same time, same team)

D. Delay of substitution after a 20 second warning.

E. Excessive substitutions to delay, after a warning. The referee may stop time and resume with time by his/her watch if the referee decides the substitution delay is being used as a tactic merely to run out the clock, against the spirit of the game.

Rule 4- The Player's Equipment:

4.1 - Nothing dangerous is allowed:

The referee is sole judge as to fitness of equipment. This includes but is not limited to any jewelry, watches, rings, etc.

Shin guards are mandatory and must be age appropriate, professionally manufactured, provide adequate protection, may not be altered, and must be the proper size to cover the shin! Shoes worn must be of the type that are manufactured and designed for use on artificial surfaces. (**Sport zone must be flat shoes**) Hard casts, if approved by the referee, are allowed, but must not be used illegally.

4.2 - Goalkeepers:

Shall wear colors, which distinguish him from other players and the referee. Any field player who replaces the goalkeeper must wear a goalkeeper jersey. Protective headgear (not a baseball cap) is allowed if it is approved by the referee.

4.3 - Infringement:

A player may be sent from the field-of-play to adjust or correct his/her equipment, and must not return to play without first reporting to the referee, who shall be satisfied that everything is in order. Any player, who is sent from the field to correct or adjust equipment, may not return until the next guaranteed substitution opportunity. A time-penalty shall be given to a player who violates this condition. If the referee stops the game to issue this time-penalty, the game shall be restarted with a free kick taken by the opponents in accordance with rule 13.

Rule 5 • The Referee(s)

5.1 - Authority:

The referee's jurisdiction begins when they enter the facility and ends when they leave the facility. The referee shall keep a record of the game. The Referee(s) is/are not liable for any injury or circumstance as defined in the Laws of the Game from the USSF Rule Book, Law 5, Decision 1: 'Decisions of the International F. A. Board.'

5.2 • Powers:

The referee's power for penalizing extends to offenses committed when play has been temporarily suspended or when the ball is 'out-of-play'. Referee decisions on all matters of the game are final as far as the result of the game is concerned.

There will be absolutely no protests! Referees have all of the following powers:

A. Enforce the rules.

Should a player commit 2 infringements of a different nature, he shall penalize the more serious offense.

B. Advantage:

Refrain from penalizing in cases where the referee is satisfied that by so doing, he would give an unfair advantage to the offending team. However, FIFA '96 IDB applies, therefore, if in the referee's opinion the advantage does not materialize within a few seconds, the referee may blow the whistle and apply the appropriate foul & restart.

C. Discretionary power. The referee has the power to stop the game for any infringement of the rules, and to suspend or terminate the game due to poor behavior of the players, coaches, spectators, or any other cause should he/she deem stoppage necessary.

D. Penalize / Caution / Eject: Penalize any player or non-player personnel guilty of misconduct, caution any player for unsporting behavior, and, if he persists, eject him/her from further participation in the game. In such cases, an ejection report must be filed with the facility director for disciplinary actions.

E. Illegal entry: Allow no person other than the players to enter the field without his permission.

F. Injury stoppage: Stop the game if in his opinion, a player has been injured, has the player removed as soon as practical, and resume the game. **The game clock will continue to run during injury stoppages!**

G. Ejection: Send off from the field-of-play any player or non-player who is guilty of:

1. Violent Conduct or Serious Foul Play.
2. Insulting, Foul or Abusive Language, or Gesture.
3. Persists in misconduct after having received a Caution.

An ejection report must be filed with the facility director and the player or non-player so ejected must leave the playing area, bench area, and the spectator area. Play may not be resumed until the person complies with the referee's request to leave.

H. Signal restarts: The referee may give a verbal or whistle signal for play to restart after some stoppages.

5.3 Line Violations

I. Control the game clock: The referee controls the game clock and may take time to his watch, as necessary. It is suggested that where there is a visible game clock the referee set the time at 30 Minutes, U-8 four 15 minutes, start the clock immediately and let time count down to the game start time. If players mill about or continue to warm up after start time, they are wasting their own playing time and the clock will not be re-set by the referee.

Rule 6 • Assistant Referee & Other Game Officials:

As needed. Based on division and the facility management.

Rule 7 • Duration of the Game:

7.1 • Duration:

A regulation game shall consist of two halves, 25 minutes in length, with a three to four-minute interval between halves.

Referees may include a thirty-second warning before starting, when possible. Duration is subject to the following:

A. Play shall be extended to permit the taking of a penalty kick in the second half, if the infraction occurred immediately prior to the expiration of time.

B. As allowed elsewhere in the rules at the referee's discretion.

7.2 - Interval between periods:

A three to four-minute interval shall be provided between the first and second halves. This is to be strictly enforced! There is no warm-up period provided!

7.3 - Time outs:

There are no timeouts, except for injury as deemed appropriate by the referee and entirely at his discretion.

7.4 • Overtime:

A. There are no overtime periods for regular session games.

Rule 8 - The Start of Play

8.1 • Game beginning:

The home team kicks off first. After the referee's whistle, the player shall take a place kick from the center spot.

The ball may be kicked in any direction and does not have to go forward into the other half. All opponents must be at least 10 feet from the ball and outside of the center circle. The kicker may not play the ball a second time, including instances where the ball bounces off the perimeter wall back to the kicker, without first having touched another player. A goal may be scored from a kickoff.

8.2 - After a goal has been scored:

The game will restart in like manner to section 8.1, by the opposing team.

8.3 After the end of each half:

Ends shall be changed and the opposing team to that, which kicked off the first half, will kick off the second half. If a penalty kick is awarded just prior to the end of the first half then the second half shall start with the taking of the penalty kick. **8.4 -**

Punishment:

For any infringement of rule 8, the kick-off shall be retaken; except in the case of the kicker playing the ball a second time before it has been touched by another player. For this offense, a free kick shall be taken by the opponent subject to rule 13.

8.5 - Drop ball:

When restarting play after a stoppage for any other cause not mentioned elsewhere in these rules, the referee shall drop the ball at the place where it was when play was stopped, and it shall be deemed in-play when it touches the floor. Any drop ball restart that occurs in the penalty area shall be dropped at the top-of-the-arc instead. If the ball is played before it touches the floor, the ball shall be re-dropped. In any situation where a team has clear possession of the ball when play was stopped, a drop ball shall not be used.

8.6 • Five-second requirement:

After having given a signal to do so, a team has five seconds to put the ball into play. Failure to restart within (5) five seconds shall result in a possession turnover to the opponent. If this occurs on a goal-kick restart, the ball shall be restarted by the opponent from the top-of-the-arc. Possession turnover becomes a guaranteed substitution opportunity for both teams. **Rule 9 -**

The Ball In and Out of Play

9.1 - The ball is in play:

At all times from start to finish including:

A. If it rebounds from a goal post, crossbar, center wire, or off the perimeter wall into the field-of-play.

B. If it rebounds off a referee who is in the field-of-play.

C. In the event of a supposed infringement of the rules until a decision has been made by the referee.

9.2 - The ball is out of play when:

- A. It has wholly crossed the perimeter wall or contacted the perimeter netting surrounding the sides and ends of the field.
- B. When it has made contact with the building superstructure or lights above the field-of-play. The referee will be sole judge as to whether any contact has occurred, and teams are advised to continue to play until they hear a whistle. *If* play is stopped for contact with super structure a free kick will be awarded to the opponent at the center spot of the nearest "zone" **line. (Never the halfway line)** This stoppage is a guaranteed substitution occasion.
- C. The game has been stopped by the referee.

Rule 10 - The Method of Scoring

10.1 - Legal goal:

Except as otherwise provided in these rules, a goal is scored when the whole of the ball has passed completely over the goal-line between the goal posts and under the crossbar, provided it has not been thrown, carried, or intentionally propelled by the hand or arm of a player of the attacking team. Exception: A goalkeeper who was within his own penalty area who has legally propelled the ball over his own goal line. The team scoring the greater number of goals shall be the game winner.

10.2 - Outside interference:

A goal shall not be allowed if the ball has been touched or prevented by some outside agent from passing over the goal line. If this happens during the normal course of play, other than at the taking of a penalty kick the game shall be restarted by rule 8.5

10.3 Each goal shall count as 1 point

Rule 11 - Three Line Violations

11.1 - Definition:

Any time the ball is kicked or thrown, in the air, completely over three lines, toward the opponent's goal by the attacking team, a three-line violation shall be declared. Restart with a free-kick for the opponents at the center of the first "red" line the ball crossed.

Rule 12 - Fouls I Time Penalties I Misconduct I Cautions I Ejections

12.1 - Fouls:

Any player who carelessly, recklessly, or with excessive force commits any of the following offenses, is guilty of committing a foul and shall be penalized by the referee by the awarding of a free kick to be taken by the opposing team from the point of the infraction, subject to the exclusions in rule 13:

- A. Kicks or attempts to kick an opponent;
- B. Trips an opponent;
- C. Jumps at an opponent;
- D. Strikes or attempts to strike an opponent;
- E. Pushes an opponent;
- F. When tackling (charging) an opponent, makes contact with the opponent before contact is made with the ball;
- G. Spits at an opponent or throws the ball at him;
- H. Holds an opponent or holds the perimeter wall to prevent an opponent from playing past;
- I. Handles the ball deliberately in a premeditated and calculated manner, i.e., Carries, strikes or propels the ball with his hand or arm (this does not apply to the goal-keeper who is within his own penalty area);
- J. Boarding or propelling an opponent into the perimeter wall (Note: a time-penalty must be given for boarding.)
- K. Playing in a manner that is considered dangerous by the referee; (DFK, no PK)
- L. Charging fairly, with the shoulder, but when the ball is considered by the referee to be not within playing distance of the players concerned; (DFK, No PK)
- M. When not playing the ball, impeding the progress of an opponent by running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent; (DFK, No PK)
- N. Charging the goalkeeper anywhere within the penalty area.
- O. There is absolutely no sliding what so ever at any age group. (it will be a DFK)
- P. There is no slide tackling allowed it will be a DFK (any slide tackle in U14 or higher will result in a time penalty)

12.2 - Goalkeeper restrictions:

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

A. Hand -to -hand: A goalkeeper who has had hand control of the ball, and then having released the ball from his hands to be played either by his feet or by a teammate, shall not handle the ball with his hands again until it has been touched or played by an opponent

B. Pass-back: A goalkeeper, inside his own penalty area, *may not touch the ball with his hands* after it has been deliberately kicked to him by a teammate.

C. Five (5) second distribution: A goalkeeper, determined to have possession of the ball with his hands or at his feet/foot, who remains within his penalty area, must distribute the ball outside of his penalty area within (5) five seconds of having received the ball into his/her possession in the penalty area.

D. Legal procedure - handling by the goalkeeper. A goalkeeper who attains possession of the ball from outside the penalty area, may bring the ball inside with the feet and then pick the ball up.

E. Handball outside of the penalty area: Intentional handballs by the goalkeeper outside of the penalty area shall be determined to be severe in nature and a time penalty must be given against the goalkeeper who intentionally handles the ball in a deliberate attempt to break up a play or save a shot at goal from outside the penalty area. In situations where the goalkeeper first handles the ball legally within his penalty area, and then his momentum carries him outside of the area while still holding the ball, shall not be deemed to be severe in nature and a time-penalty will not be awarded. The referee will award a simple handball, free kick restart at the place of the infraction.

F. Goalkeeper striking: A goalkeeper shall be ejected without previous caution if he intentionally strikes an opponent by throwing the ball violently at him, or pushes him violently while holding the ball. A penalty kick shall be awarded if the offense is within the penalty area.

12.3 • Goalkeeper privileges:

A. Another member of his team may serve goalkeeper time penalties. All time penalties so served shall be charged against the goalkeeper for accumulation purposes toward subsequent time penalties.

B. An opponent may not obstruct a goalkeeper in an attempt to prevent him from putting the ball into play.

C. A goalkeeper may not be charged in the penalty area. In cases where an attacker intentionally obstructs the goalkeeper or makes contact with the goalkeeper not in possession of the ball, the referee shall stop the game and award a free kick.

D. A player who carelessly or recklessly commits a foul against the goalkeeper, which falls short of an ejection, but nevertheless endangers the goalkeeper beyond what is considered to be normal hazards of play, must be cautioned for unsporting behavior. Any repeat by this same player results in immediate ejection.

E. Any player, who intentionally charges into the goalkeeper in a violent manner or intentionally kicks the goalkeeper while he/she is in full possession of the ball, shall be ejected immediately for serious foul play.

12.4- Time Penalties:

Penalties to players, substitutes, coaches, etc., shall be divided into the following categories:

A. The referee showing a Yellow card shall indicate Caution time penalty of a minimum of 2 minutes

B. The referee showing a Red card shall indicate Ejection from the game and building if referee indicates.

D. Delayed penalty:

The referee is not required to stop the game immediately to administer a caution or a blue card time penalty. He may, if he chooses, apply the advantage to the observed foul. If he does apply the advantage, and the advantage is immediately realized, he shall penalize the offending player (s) when:

1. The offending team gains ball possession.
2. The referee decides to stop play.
3. A goal is scored during the advantage. The offending player(s) 'penalty shall be recorded for accumulation purposes but no time shall be served. The punishment shall be the appropriate re-start for the reason why the time penalty was called.

E. Power play goal:

If a team is reduced to a lesser number of players than its opponents, due to a time penalty or multiple time penalties, and such team is scored upon by its opponent, then the player having the least amount of penalty time remaining may return to play.

F. When each team has an equal number of players serving time penalties and floor strength remains equal, and a goal is scored, no player shall be released and no time penalty shall be voided.

G. Penalty Kick! Exclusion:

If a penalized player is in the penalty box for a foul which resulted in the awarding of a penalty kick that player shall be released immediately from serving his time penalty if, and only if, the kick is scored directly from the attempt, subject to rule 12.9 - Ejection Time Penalties and subsection E. - "Power play goal"- above.

H. Multiple penalties on the same team:

There must always be a minimum of four (4) players on the field for each team. If a team has two (2) players serving time penalties, and a third player receives a time penalty, the third player must go immediately to the penalty box. He shall, however, be replaced by a substitute since there is always a (4) player minimum on the field. The penalty time for the third player in will not start until that of the first player in has elapsed. Order of return to the field will be first in to last time expired

I. Multiple penalties to the same player

If a player is serving more than one time penalty, he shall not be immediately released, when the opponents score a power-play goal. Rather, his first time penalty will be erased and his second time penalty will begin at the start of the place kick.

J. All time penalties (except team time penalties) are cumulative:

A player who receives a penal time penalty, who later commits another time penalty occurrence, shall be shown a yellow card. If there is another time penalty occurrence by this same player, he will be given a red card ejection.

K. Authorized penalty box exit:

A player shall not leave the penalty box unless released at one of these occasions:

1. The expiration of his time penalty.
 2. At the end of a period of play to consult with his team, provided he returns to the penalty box before play is restarted.
 3. A power-play goal is scored against his team subject to rule [D] & [E] above.
- For an infraction of this section, an additional time penalty will be given to the player who exits before the appropriate time is allowed.

12.5 Team Time Penalties:

A player designated by the coach of his team, for any of the following offenses will serve a two (2) minute time penalty.

The player chosen will not be charged with the time penalty for accumulation purposes:

A. Illegal substitutions.

B. Leaving the bench to join a confrontation.

C. Referee crease violation:

Players may not congregate in the area of the referee crease for purposes of disputing or dissenting any referee decision. Players may also be assessed individual time penalties in lieu of this provision.

D. Bench Misconduct:

Verbal or physical abuse of the referee of any kind will not be tolerated. For any subsequent team violation after being warned for bench misconduct when the offender is not identifiable, the referee can assess a bench misconduct time penalty and a player will be chosen by the offending teams coach to serve the time penalty. This does not, however, prevent the referee from assessing penalties to individual players or non-playing team personnel. Note: the offending team is required to play short a player(s).

12.6 - Penal Time Penalties:

A two (2) minute "penal " time penalty may be assessed, at the referee's discretion against a player who is guilty of a severe tactical or blatant offense that is listed in section 12.1. These penal time penalties result when the foul **exceeds** the referee's opinion of a "**simple foul**", rather they are looked upon as **more severe** in nature. A penal time penalty *MUST* be given for boarding, striking, or for a foul committed by the defensive team within its own penalty area; subject to other conditions which appear elsewhere in the rules. (Subject to rule 14.1 - Penalty Kick if the foul occurs within the penalty area).

12.7 • Misconduct Time Penalties:

For any of the following offenses, a two (2) minute time penalty will be assessed and the appropriate restart given. The offending team is required to play short a player (s)

A. Referee's discretion:

A misconduct time penalty may be given to any player deemed guilty of an offense which of itself does not warrant a caution or "penal" category time penalty

B. Encroachment:

Defending players must give the Minimum ten (10) feet allowance when free kicks are about to be taken.

Player(s), who interfere with the taking of these kicks by deliberate encroachment, must be assessed with a two (2) minute misconduct time penalty (no "warning" is necessary).

C. Referee's crease:

The referee crease allows the referee to administer time penalties without interference. For any infringement of the rules pertaining to this area, the offender will be assessed a misconduct time penalty.

D. Equipment adjustment:

A player who enters the game having failed to comply with the referee's orders requiring equipment adjustment or correction, shall be assessed a misconduct time penalty.

E. Delaying the re-start of the game:

In the opinion of the referee, players of the offending team shall not engage in tactics designed to delay the restart of the game, or otherwise waste time following the referee's whistle to stop play. A player shall be deemed to be wasting time if he/she intentionally touches the ball, which then causes a delay in the restart of play. For any violation of this rule, the offending player shall be assessed a misconduct time penalty.

F. If a player leans on the shoulder of a teammate in order to head the ball, the referee shall assess a Misconduct time penalty.

G. Gesticulating:

If, when a free kick is about to be taken, in the opinion of the referee, any player dances about or gesticulates in a way that attempts to distract his opponent, he shall be assessed with a misconduct time penalty.

H. Intentionally playing the ball over the perimeter wall:

A player who, in the opinion of the referee, intentionally plays the ball over the perimeter wall after a stoppage in play occurs, shall be assessed a misconduct time penalty.

I. Illegal substitution of an injured player.

J. Misconduct for spitting on the playing field:

If a player or substitute or non-player personnel spits on the carpet, that person shall be assessed a misconduct time penalty.

12.8 • Caution Time Penalties:

A player, substitute, or non-player personnel shall be cautioned and a two (2) minute time penalty must be given when:

A. He is guilty of Unsporting Behavior.

B. He is guilty of Dissent by word or action.

C. He is guilty of Taunting.

D. He is guilty of a Serious Penal Offense.

If any of the fouls listed in section 12.1 are determined by the referee to be of a **more serious** nature than a simple "penal" category, he shall caution the offender, assess a two (2) minute time penalty, and award a a penalty kick if the foul occurred in the penalty area.

E. He is guilty of persistent infringement of the rules.

F. He exits the field-of-play during a delayed blue card advantage or is guilty of a second time penalty offense while playing under the blue card advantage signal.

G. Cumulative time penalty caution: If a player receives a second penal or misconduct time penalty, and has not already been cautioned, he must now be cautioned.

H. Four (4) minute dissent: Any penalized player, substitute, etc., must proceed immediately to the penalty box. If this person continues to challenge or dispute the referee's decision, they must be assessed an additional two (2) minute time penalty and be cautioned. Further dispute will result in an ejection. All caution time penalties will result in the offending team playing short a player for the duration of the time imposed (subject to section 12.4).

12.9 - Ejection Time Penalties:

A player, substitute, non-playing personnel, etc., shall be sent off the field-of-play (i.e. Ejected), if in the opinion of the referee:

1. He is guilty of Violent Conduct.
2. He is guilty of Serious Foul Play.
3. He is guilty of using Offensive, Insulting, -or- Abusive Language or Gesture.
4. He commits a Second Caution Time Penalty.
5. He receives a Third Penal Category or Misconduct Time Penalty. (Not a "team" penalty)

If play is stopped for a player to be ejected for an offense without a separate breach of the rules having been committed, the game shall be resumes by a free kick awarded to the opposing team. This five (5) minute time penalty is a "hard" time penalty, meaning the offending team plays short the entire five minutes, regardless of the number of goals scored against them. If the ejection results from a foul listed in Section 12.1 of the rules, (except K, L. or M.) a penalty kick (if the foul occurred in the Penalty Area) shall be awarded in addition to the full 5-minute time penalty, which will start from the moment play, is resumed. Any player! coach / spectator! etc., so ejected must leave the playing area, coaching area, field area, etc., and be out of the sight and sound of the referee. Anyone failing to follow the referee's request to leave the area will result in termination of the game.

A. Simultaneous ejections: In situations where two (2) or more simultaneous ejections occur, the number of field players shall not be lowered beyond four (4).

B. Maximum time single incident: Despite the number or nature of penalties assessed for a single incident, no player designated by a coach to serve the offenders ejection time, shall serve more than a maximum of a five (5) minute penalty. A single incident is defined as occurring from the moment of the original stoppage of play and continuing until play is re-started.

C. Unseemly behavior: Spitting at another person, or similar unseemly behavior, blatant taunting, misconduct directed at the referee, leaving the penalty box to engage in confrontation or dissent, shall be considered violent conduct.

D. Second caution: When a referee is about to caution a player, etc., and before he has done so the person commits another offense that merits a caution, that person shall be ejected.

E. Delay of restart after an ejection: Play shall not be started again until the ejected player, substitute, non-player personnel, spectator, etc., has completely left the playing area, bench area, facility spectator area, etc. Ejected players or other non -player personnel are to go to the front lobby area of the facility without delay.

Rule 13 • Free Kicks:

13.1 - Free kick regulations: When play has been stopped for a **simple foul** listed in the section entitled "12.1 - Fouls", and the restart does not call for a penalty kick or for an infraction listed elsewhere in the rules, play shall be restarted with a free kick taken by a player of the opposing team. When a player is about to take a free kick, all opponents shall be at least ten (10) feet away The ball must be stationary when the free kick is taken, and the kicker shall have five (5) seconds within which to play the ball after being signaled to do so by the referee. Failure to put the ball into play within five (5) seconds of the referee's signal will result in a possession "turnover" to the opponent. When this occurs, such a possession turnover shall become a guaranteed substitution occasion. On all free kicks that are not penalty kicks, or kick-off, the ball shall be deemed to be in-play when it has moved. There can be no circumstances where the player taking the kick may be allowed to play the ball twice, until, it has been touched by another player. This includes instances where the ball rebounds from the perimeter wall or the referee — before it has been touched by another player. A goal may be scored directly against either team from a free kick.

A. Location:

Free kicks shall be taken from the point of the infraction subject to exclusions listed herein or elsewhere in the rules. The referee has the freedom to allow the kick to be taken within a three (3) foot radius of the point of the infraction, unless, in his opinion, a team would gain an unfair advantage from the liberal placement.

B. Free kick taken from within the defensive penalty area shall begin with the goal keeper throwing the ball.

C. Free kicks originating in the penalty area: shall begin with the goalkeeper throwing the ball.

D. Free kicks from within the attacking penalty area:

All free kicks indoors are direct free kicks (i.e., A goal may be scored directly from them). However, there may be a circumstance where an Indirect type four such as "dangerous play" may occur inside the Penalty Area and committed by the defensive team. (12.1 Foul K,L,M) In the opinion of the referee and in circumstances of this nature, the free kick awarded to the attacking team shall be taken at the top-of-the-arc.

E. Penalty Kick: The restart for an infraction, which awards a penalty kick, shall be taken at the top-of-the-arc.

F. Infractions that occurring off of the field:

If the referee stops play for an infraction, which occurred off the field of play (i.e. Bench misconduct), the game shall be restarted with a free kick. This free kick is taken by a player of the opposing team, from the place where the ball was when play was stopped, subject to exclusions elsewhere in the rules.

G. Substitution Violations:

If play is stopped for a substitution violation listed in section 3.6, play shall be restarted with a free kick taken by a player of the opposing team from the place where the ball was when play was stopped; subject to the exclusions in Rule 13, Free Kicks.

H. Intentionally propelling a ball out-of-play & time wasting:

If, in the opinion of the referee and while the ball is still in-play, a player intentionally kicks the ball out over the perimeter wall, the correct restart will be the awarding of a free kick to the opponent at the top of the offending teams penalty arc. This is enforced regardless of where the ball was at the moment it was kicked from play, deliberately to waste time.

I. any ball kicked or thrown out of play directly from within the penalty area the restart shall be at the top of the arc.

13.2 - Encroachment:

If a player on the opposing team encroaches into the penalty area or within ten (10) feet of the ball before a free kick is taken, the referee may issue a Bench Warning for the first offense. Subsequent offenses of encroachment will result in awarding a misconduct time penalty. It will, solely, be the referee's judgment concerning whether encroachment has occurred, and any opponent who does not retire the proper distance after the team warning, must be given a misconduct time penalty.

13.3 - Gesticulation misconduct: If, when a player is about to take a free kick for his team, the opponent acts in a manner intended to interfere the taking of a kick (i.e. gesticulating, jumping up and down, or lifting a leg to interfere with the taking of the kick), the opponent must receive a misconduct time penalty.

13.4 - Violation = Kicker:

If the kicker, after taking the free kick, plays the ball a second time before it has been touched by another player, a free kick shall be taken by the opposing team from the spot where the infringement occurred. If the kicker delays the taking of the free kick for a period longer then five (5) seconds after having been signaled by the referee to do so, that team shall lose possession of the restart. When this type of turnover occurs, it becomes a guaranteed substitution situation for both teams.

Rule 14- Penalty Kick

14.1 - Definition:

A. A free kick from the top-of-the-arc taken by an opponent against the opposing goalkeeper without interference by other players. Should a player of the defensive team commit one of the fouls listed in section 12.1. (Except for subsections K, L, or M), while mein his own penalty area, he shall be penalized by the awarding of a Penalty Kick for the opposing team. A time penalty must be assessed against the offender. A penalty kick can be awarded irrespective of the position of the ball, if in play, at the time the offense is committed. A penalty kick must be kicked forward.

B. If a penalty kick is awarded just prior to the end of the first half the second half shall start with the penalty kick.

C. If in the second half a penalty kick is awarded just prior to the end of the second half time shall be extended for the taking of the penalty kick the game shall be deemed over when the forward momentum of the ball is exhausted. **14.2 -**

Penalty Expiration:

If the penalty kick results in a goal scored directly from the kick, the offending player shall be immediately released from serving his time. When there are an equal numbers of players serving time penalties from each team, or the time penalty given was for a red card ejection, subject to rule 12.9, players will not be released from serving the time penalty.

14.3 - Player positions on a Penalty Kick:

The referee shall not whistle for a penalty kick to be taken until the players are positioned in accordance with the following:

A. All players, with the exception of the player taking the kick and the opposing goalkeeper, shall be on the field-of-play, but outside the penalty area, and at least ten (10') feet from the penalty mark. (top of the arc)

B. The opposing goalkeeper must stand on his own goal line with both feet, and **may** move side-to-side before the ball is kicked.

C. Players are not permitted to stand on the restraining arc, and are not permitted to interfere with the kicker. Any such interference shall result in a misconduct time penalty being assessed against the offender(s).

14.4 • Ball in play:

The player taking the penalty kick must play the ball forward and the ball shall be deemed to be in-play when it has moved.

14.5 • Violation = Goalkeeper:

If after having given the signal for the kick to be taken, the referee sees that the goalkeeper is not in his right place on the goal line, he shall, never the less, allow the kick to proceed. It shall be retaken if a goal is not scored.

14.6 - Encroachment violation by attackers or defenders:

Players who enter the Penalty Area before the ball has been kicked need not be deemed guilty of misconduct.

The referee, having waited to see the outcome of the kick, is empowered to issue a team warning and retake, if necessary.

Referees shall issue a misconduct time penalty for persistent infringement after a warning.

14.7 - Violation = Kicker:

Should the player taking the penalty kick feign or pretend to kick the ball, so as to distract the goalkeeper with intent to make the goalkeeper move from the line before the kick is actually taken, is guilty of misconduct. Therefore, any kick, shall be retaken if a goal is scored. If the kicker does not score, or is guilty of misconduct after the ball is kicked, the player shall be assessed a misconduct time penalty. The game will restart with a free kick awarded to the opposing team from where the ball was when the referee stopped play, subject to rule 13 Free Kicks.

14.8 - Outside interference:

The kick shall be retaken, if, while the ball is in play it is stopped by some outside agent. If it rebounds back into play and then is interfered with, restart is subject to rule 8.5: Drop Ball.

14.9 - Penalty Kick in extended play:

Play must be extended at the end of any period for the taking or retaking of a penalty kick. The extension shall last until the referee is satisfied that the kick has been completed. The referee will decide whether a goal has scored or has not been scored. The period shall end immediately after the ball ceases its momentum toward the goal. The provisions of all previous paragraphs apply except that no players other than the kicker and the opposing goalkeeper shall be allowed to participate in extended play. In circumstances described in paragraphs 14.7 and 14.8, the game shall terminate immediately after the ball rebounds back into the field-of-play.

Rule 15 - Restarts:

15.1 - Goal Kick:

When the entire ball passes over the perimeter wall between the flag posts (excluding that portion between the goalposts and under the crossbar) having last been touched by a player of the attacking team, play shall be restarted with the goal keeper throwing the ball. (no punting of the ball)

A. Ball in play:

After it leaves the goalkeepers hands.

15.2 • Corner Kick:

When the entire ball, having last been touched or played by one of the defending team players, passes over the end perimeter wall, or into the end perimeter netting, between the corner flag posts, excluding a legal goal, a member of the attacking team shall be awarded a corner kick, subject to the exclusions in rule 13.1.

A goal may be scored directly from this kick.

A. Placement: The entire ball shall be placed on the corner mark (usually a 9" inch spot) at the nearest corner flag post from where it went out-of-play, and it shall be kicked-in from that position. The ball is in-play when it moves.

B. Whistle: A whistle signal by the referee is mandatory for the taking of a corner kick only if a guaranteed substitution is completed prior to the taking of the corner-kick.

C. All opposing players must remain ten (10) feet away from the ball until the ball moves into play.

Rule 16.0 - Mandatory Restart Whistle Times:

1. Kick-Off
2. Penalty Kick
3. Top of arc restart
4. After a Guaranteed Substitution Occurs
5. 3 Line violation

Rule 17.0 • Special rules for Co-Ed play:

1. **In Co-Ed games**, all free kicks that originate in the middle third of the field and their attacking third of the field, must be taken by a woman. A man may restart play if the kick originates in the defensive third of the field and is being kicked by the defensive team. A man may also restart play directly on a kick-off provided he plays the ball backwards.
2. There are absolutely no slide tackles allowed in Co-Ed, and also in any **Men** or **Women's 30+ age leagues**. A Misconduct Time Penalty will be given for an infraction.
3. If a time penalty is given to the goalkeeper in Co-Ed, the player serving the time penalty must either be the goalkeeper who committed the offense or another male player.
4. Men can only score 2 goals
5. Any hard shot hit into a women will be considered a foul (at referee's discretion to be a simple foul or a time penalty or an ejection.)
6. teams will play with 3 men and 3 women plus a goalkeeper.

The preceding rules are in addition to those house rules that are already in place at Sportzone.

Rule 18.0 - Bleeding: In conjunction with FIFA guidelines, no player will be allowed to play with an open cut or blood showing through the uniform. Referees are advised to remove a bleeding player from the field immediately, and to not allow that player to return until you are completely satisfied the problem is corrected.

Rule 19.0— Conduct/Policies While Inside Sportzone

19.1 — Payment to Referees:

Each team is responsible for paying the referee before each game. The amount is \$7.00 for U-12 teams and Under, \$10.00 for U-14 and Above. Any team that cancels a game or is a no-show is still responsible for the referee fees unless another team fills the vacancy. Any team that plays in the same division may fill the cancelled time slot and must pay the referee for the services rendered.

19.2— Registration/Payment:

Teams must pay a \$200.00 deposit with application and the balance is due by the second week of play.

19.3— Roster/Waiver Form:

Teams must turn in their roster and waiver form by the first week of play.

19.4— Players' Registration.

Players may NOT register with more than one team in Division A or B. An exception to this rule may be made by the approval of both the referee and the opposing team in the case of a shorthanded team.

19.5— Roster Checks.

All teams will be subject to roster checks at the beginning of the session and spot checked throughout the session.

19.6— Field Bench Area.

Only players and coaches are permitted on the field and bench. Any violation will result in the player being removed and the team receiving a player penalty of five (5) minutes which shall be served whether or not the opposing team scores a goal(s).

19.7— Balls

Balls are restricted to the field of play ONLY. No balls are permitted off the field and are subject to confiscation.