



FieldHouse Indoor Soccer League

RULES OF SOCCER

REVISION 10/13/2007

Rule I: Players, Coaches, and Substitutes

- A. **Large fields:** A team will field not more than 6 players at a time. If a team's score lags by 5 or more goals, an "extra player" may be added until the goal differential is less than 5. The count includes the keepers.
- B. **Small field:** Teams for U10 and older will field not more than 4 players at a time; U8 teams not more than 6 players at a time. The "extra player" rule does not apply.
- C. Teams must have a **minimum of 5 players** to start a game on the large field and 4 players to start on the small field. Failure to do so will result in a forfeiture of the game, with a 4-0 score. A team may continue to play a game after dropping below the minimum number of players required to start the game without forfeiting the game. The team now has the option of forfeiting in order to add players who are rostered on another team within the same league.
- D. In **adult co-ed games**, each team must have 2 female players on the field at all times. If 2 females are not on the field, the team plays short a player for each missing female.
- E. **Substitutions** for players in all positions are unlimited and are made "on the fly". The player being substituted for must be off the playing floor before the substitute enters the field. Teams gaining an unfair advantage may be assessed a free kick **OR** a 2-minute penalty and a free kick at the official's discretion.
- F. Each team's **roster will be limited to 18 players**, which includes all rostered substitutes. Double-rostering a player within one league is prohibited, even if there is an A, B, or C division in that league.
- G. **The following personnel shall be permitted in the bench area:** the rostered team players for that team, 1 rostered head coach, and 2 rostered assistant coaches. At least 1 coach must be a minimum of 21 years of age. Teams out of compliance will be asked to correct the issue and may be assessed a 2-minute penalty. The team will play short-handed for the entire 2 minutes, regardless of the opponent's score.
- H. It shall be the **coaches' responsibility** to ensure that all players are properly dressed and equipped, to control the actions of all players on and off the field, and to assist the official in controlling the match at all times.
- I. **Any player or coach who is verbally or physically abusive anywhere on the property** shall **immediately** receive a suspension from the facility, the length of which will be determined by FieldHouse Indoor Soccer League management. Incident reports will be forwarded to NHSA for further review and possible disciplinary action.

Rule II: Player Equipment

- A. **Plaster casts and metal/plastic braces** shall be disallowed, unless wrapped with ½" of soft padding.
- B. Only goalies and women are allowed to wear **long pants**.
- C. **Numbers** are required to be on the backs of uniform shirts in all divisions.
- D. **Pinnies** will be loaned to the home team and/or goalies when uniform colors do not distinctly define the players.
- E. **Shin guards** are mandatory.
- F. **No jewelry** is allowed, although medical tags are acceptable.

- G. **Indoor shoes** with non-marking soles are to be worn on the small/multipurpose field. Outdoor cleats are not allowed on any surface. Both indoor flat-soled and turf shoes are allowed on the turf fields.
- H. **Mouth guards** are highly recommended.

Rule III: Start of Play

- A. The **guest team shall be awarded the game opening kick-off**. The home team shall receive the kickoff for the second half.
- B. A goal shall **not** be scored directly from a kick-off. (The restart is a goal kick.)
- C. At the **beginning of the game**, the referee will signal for the game to start and one player will take the kickoff. The kicker shall not touch the ball a second time until it has been touched by another player. The penalty shall be a direct free kick from the point of infraction. The ball may travel forward or backward at the start of a play.

Rule IV: Duration of Regular Season Game

- A. A **full game will consist of two 26-minute periods**, with a running clock. The clock may be stopped for serious injuries, at the discretion of the referee. Games are not extended if the score is tied at the end of regulation play.
- B. **Half time will be 1-3 minutes in length**, as determined by the official, guided by the need to end and start games on time.
- C. **Games will start at the scheduled times**. Teams failing to show, or teams who are late for a scheduled match, will receive a forfeiture of the game with a 4-0 score. In this case, teams may intermix rostered players from the same league and use the referee, if desired, for a "friendly" match.

Rule V: Ball In and Out of Play

- A. **The ball is out of play when it has traveled beyond the boards, has touched a person on the bench, or has touched a net**. The re-start is a direct free kick when it can be determined which team caused the out-of-bounds situation, or a drop ball when no determination can be made. In the case of a person reaching out of the bench area, the restart is for the opponent, and is not determined by who kicked the ball.
- B. **For balls out of bounds on the sides**, the restart position is 1 yard from the dasher boards. For corner kicks, the position is the white dot on the appropriate side. For goal kicks, the ball may be placed anywhere in the penalty box.
- C. **For balls out of bounds on the ceiling**, the restart is on the nearest of the 3 long white lines, closest to the point of contact with the ceiling net. For example, if the ball hits the ceiling net 6 feet from where it meets the wall net, the ball is placed on the nearest of the 3 white lines, 6 feet from the boards.
- D. **Re-starts for all goalie violations will be on the dot at the top of the box**. When the ball was in play at the time of an infraction, the re-start is the spot where it would have been placed, had the infraction not been called. (That is, bring it back in bounds right where it went out of bounds, not at the spot of the off-the-ball violation that the referee called, and most likely, assessed a time penalty and/or a card.)
- E. **The kicker shall not touch the ball a second time until it has been touched by another player**, even if the ball was kicked off the boards. The result is a direct kick for the opponent.

Rule VI: Methods of Scoring

- A. A goal is scored when the **entire ball has crossed the goal line** prior to the horn's sounding.
- B. The **referee shall signal a goal** by pointing to the center circle. A whistle will be used only when there is a need to stop players from continuing to play after a goal has been scored.

Rule VII: Goalkeeper Restrictions

- A. **Goalie throws** must touch the floor, wall or any player **before** crossing the 3rd long white line. A violation will result in a free kick for the opponent from the long white line closest to the goalie at the point where the ball crossed that line.
- B. The **goalie may not dropkick or punt the ball**. After playing the ball with his/her hands in the box, the goalie may immediately play the ball with his/her feet only after the ball is no longer bouncing.
- C. The **goalie will have a maximum of 5 seconds** to place the ball on the floor or distribute the ball after having it in his/her hands.
- D. The goalie may not play the ball with his/her hands when intentionally **passed back** by a teammate's foot (either directly off the wall or not).
- E. The goalie **may not** dribble the ball into the box from outside the box, and then pick the ball up.

Rule VIII: Fouls and Misconduct

- A. A player may not **intentionally handle the ball**, which is to carry, strike, or propel the ball with hand or arm. Handling shall not be called on a man who protects his groin or on a woman who protects her chest when he/she is in a stationary position. If a ball strikes a hand and is judged as 'not handling', it is moot as to whether an advantage has been gained or not. Goalies may not be called for handling when their hands meet the ball inside of the penalty box. Because handling is judged by where, on the field, the ball meets the hand or arm, it does not matter whether a goalie is standing inside or outside of the penalty box.
- B. The following offenses are considered as indoor fouls:
 - Dangerous play along the boards, whether or not there was contact.
 - Encroachment: Being closer than 9 feet from the ball at a start of restart.
 - Swinging any part of the body **toward** the ball before or as it is kicked.
- C. The following offenses will result in a **2-minute penalty and a yellow card**:
 - Any penalty kick
 - Persistent infringement
 - **Slide tackling** by any player
 - **Sliding to play the ball**, with the exception being the goalie in the box
 - Sliding by the goalie, **outside the box**
 - Charging in a violent or dangerous manner
 - Boarding
 - Intentional handling
 - Delaying the game
 - Encroachment
 - **Incidental foul language**

- Unsporting behavior
- D. The following offenses will result in a **5-minute penalty and a red card**:
- Fouling an opponent on a break-away
 - **Foul and/or abusive language**
 - Serious boarding
 - **Violent behavior**
 - Flagrant misbehavior
 - Flagrant intentional handling of the ball in the goalie box
- E. **Any player or coach spitting within the confines of the building** will face an automatic red card, a 5-minute penalty, and a suspension.
- F. Major misconduct-fighting, attempting to injure, excessive and/or abusive foul language, etc. will result in an **immediate ejection** and the team will receive a 5-minute penalty.
- G. A **yellow card** is issued for serious first offenses or a second offense by the same player. A yellow card is accompanied by a 2-minute penalty.
- H. A **red card** is issued for extreme offenses, in place of a 2nd yellow card, for a third offense, for a 4th 2-minute offense, or for a 2nd 5-minute penalty. Any player receiving two (2) red cards in one session will be suspended from participation in any league the player is playing in for the remainder of the session at a minimum. A red card received in the game immediately prior to the start of playoffs will result in that player being ineligible for any playoff games in any division that the player is participating in.
- I. **Players or coaches who are issued a red card must leave the playing area immediately.** They will be permitted to remain within the confines of FieldHouse Sports only if their actions and behavior are no longer disruptive or inappropriate as determined by FieldHouse Sports' officials and staff. They are also subject to further FieldHouse Indoor Soccer League suspensions (**a minimum of 1 game, which applies to all leagues, age groups and divisions in which a red-carded player participates**) and may face investigation with the NHTA Disciplinary Committee. The offending player or coach's team must play short-handed for a full 5-minute penalty.
- J. Any player or coach who leaves his/her bench area and enters the field during an altercation on the field will **automatically be ejected** from the game and must serve a minimum one game suspension.
- K. A person guilty of fighting a 2nd time **will be suspended** for a **minimum** of the remainder of the season.
- L. Any team intentionally providing inaccurate information about the carded player's name will face additional disciplinary action by FieldHouse Indoor Soccer League.
- M. The referee will log each card in the FieldHouse Indoor Soccer League scorebook and will inform the manager on duty about any red cards prior to leaving the building.
- N. **Expulsion of teams:** FieldHouse Sports Indoor Soccer League reserves the right to expel/dismiss teams from participation. This decision will be based upon individual issues and circumstances. Coaches will be informed when their team is on a probationary status. This will be done by letter, telephone call, and a meeting with the coach or coaches. It shall be the coach's responsibility to convey all information relevant to the probation to the players' parents and anyone else who may be associated with the team. **Refunds of the league fee**, whether complete or partial, **will not be given** to the team or to individual players **in the event of the expulsion/dismissal from league play.**

Rule IX: Serving Penalties

- A. The player who is assessed a penalty shall proceed immediately to the team's bench. Any delay by that player shall result in that player being assessed an additional 2-minute penalty for delay of game. The referee will declare the time at which the penalty will be considered fully served, taking into account that the penalty doesn't start until the ball is put back in play.
- B. **Goalies must serve their own penalties.** A teammate must dress as goalie during that time.
- C. The referee will release a player from the penalty box by notifying the player that the penalty has been fully served.
- D. If a team is awarded a goal while an opponent is serving an unmatched, 2-minute penalty, the person serving the penalty may re-enter the field of play even though the full 2 minutes have not been served.
- E. **All 5-minute penalties must be fully served.**
- F. For matching time penalties, each team plays short-handed, and the penalties are served in full. If a player from each team is ejected, teams will play short-handed for the duration of the 5-minute penalty, because **all 5-minute penalties must be served in full.**
- G. At no time can a player receive more than 5 minutes in time penalties at a stoppage.
- H. The completion of a late first-half penalty must be served at the start of the 2nd half.

Rule X: Penalty Kicks

- A. A penalty kick, when deserved, **must be taken even if time has expired.**
- B. Other than the kicker and goalie, all players must be positioned behind the closest cross field (3 line) white line.
- C. **The offending player must be placed in the penalty box,** regardless of how many teammates are already serving penalties. If the penalty kick is successful, the player who was most recently placed in the penalty box is the only player released back onto the field.
- D. After the ball is kicked and contacts either the goalie or the wall, the ball is live and can be played by any player, including the player who just took the PK.

Rule XI: Playoffs

- A. All playoff games, except for the championship match, will be one 25-minute game. The final match will be two 20-minute halves. One 5-minute sudden victory overtime period will be added if the score is tied at the end of regulation time. If a tie still exists, a shoot-out will break the tie.
- B. **Shoot-out:** The players on the field at the end of the sudden victory period will be the first players in the 5-player shoot-out. The winner of a coin toss must choose to shoot first. The official will be given an ordered list of the shooters by each team, which will include both the shooters' names and jersey numbers. Shooters will gather at mid-field; goalies will wait near the corner kick dots. Teams will alternate kickers only until such time as a win is clearly defined. (Note that all kickers might not need to kick, depending on previous results.)
If the score is still tied at the conclusion of 5 kicks per team, a sudden death shootout begins. The 6th persons from each team, (still on the field), are the first 2 shooters in the sudden death shootout. If their score is still tied, a player is released from each bench to become the next pair of shooters. This is repeated until such time as a winner can be declared or until at least one bench is emptied. **In the event that every player from one team has shot and the other team still has players on the bench,** it is that team's choice as to whether all the remaining players will be exhausted before players shoot a 2nd time. A team may elect to have every player shoot. The other option is to have only as many shooters as the other team has. **It is not a choice to have only "some" of the remaining players on the bench shoot,**

while others don't participate. The order of the 2nd round of players may be changed on the fly, but must be fully completed prior to a 3rd round starting.

Rule XII: General Rules

- A. A **3-line infraction** occurs when the ball is propelled across all 3 long white lines without hitting any part of the wall, floor or a player. For violating this rule, the ball will be placed on the long, white line closest to the opponent's goal at the spot closest to where the ball first crossed that line.
- B. All free kicks will be deemed to be direct free kicks except the kick-off to start a half or the kick-off after a goal.
- C. **A team will have 5 seconds to put the ball in play after it has been accurately set.** For violating this rule, the ball will be re-awarded to the opponent. This is the only instance when a dead ball, once awarded to a given team, is re-awarded to an opponent.
- D. Size 4 balls will be used for U12's and below; Size 5 for all others.
- E. **No gum chewing** is allowed within the confines of the building.
- F. **A 9-goal differential is the largest that will be displayed on the arena clock.** A maximum difference of 4 goals will be awarded to calculate standings, **regardless** of how much above 4 is the difference.
- G. FieldHouse Indoor Soccer League will determine the winner of a **match that was terminated by a referee.** The match will **not** be rescheduled or replayed.
- H. Due to inclement weather or other situations out of its control, FieldHouse Indoor Soccer League will determine the fairest method of applying wins and losses for the purpose of standings.