



## Adult League Indoor Soccer Rules (5v5)

### Indoor Field Dimensions:

200'x90' Multipurpose Field | 12'x6' Goals

### League Format

- Teams play one night a week identified in the division level
- Teams must have a minimum of five (5) rostered players
- Division must have a minimum of four (4) teams registered in order to run. Teams may be offered to play in a different division or season if this minimum is not met.
- Ranking:
  - Win = 3 points
  - Draw = 1 point
  - Loss = 0 points
  - Tiebreakers for play-offs: Head to Head, goal differential, Goals for

### COED Division Rules:

- Two female players must be on the field at all times.
- Each team must field at least 2 females in order to play a full five.
  - If a team only has 1 female, they must play with 4 players. The opponents with 2 females will still be allowed to field 5 players.
  - If a team cannot field 1 female on the field, they must forfeit the match.
- A team is allowed to have more females than males on the field at any time.

**\*\* "A" level players from any division may not also play on a "C" level team. Players may play "A" and "B" or "B" and "C".**

### Game Rules

- Game Length: (2) fifteen-minute halves (may change depending on the time of game starting). Games have a (3) minute half-time.
- 5v5 (Minimum of 4 players to start)
  - Game may begin with 4 players if both captains agree. Players must have a colored wristband in order to play in the game.
  - **Anyone found playing in a game that is not on the current roster will result in a 3-0 forfeit for that team no matter the score**
- If a referee must stop the game for any reason, extra time will be added at the end of the game (Max 3 minutes).
- Numbered Jersey required to check-in
- No Offsides
- **No Slide Tackling (Instant Yellow Card).**
- No Punting by Goalkeeper, No Throws Past Half by Goalkeeper.
- Throw-ins on out of bounds plays.
- Dead Ball if the ball touches the ceiling (kick in from touchline).
- Direct free kicks are permitted on fouls in the attacking half of the field.
- Indirect Free Kicks will be forced on incidental handballs and other minor offenses (The ball must touch another player before going in the goal).
- No overtime in the regular season, games will end in a tie.



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### **FIFA Fouls and Misconduct/Free Kicks: Law 12 and 13**

Handling the Ball:

- The Upper boundary of the arm is in line with the bottom of the Armpit (Sleeve).
- Not every touch of a player's hand/arm with the ball is an offense.
- It is a foul if a player:
  - Touches the ball with their hand/arm when it has made their body unnaturally bigger. When the the position of their hand/arm is not a consequence of, or justifiable by, the player's body movement for that specific situation.
  - Scores in the opponents goal directly from their hand/arm.

A direct free kick is awarded if a player commits any of the following offenses against an opponent in a manner considered by the referee to be careless, reckless, or using excessive force:

- Charges
- Jumps at Kicks or attempts to kick Pushes (fully extending the arm)
- Strikes of attempts to strike Tackles of challenges Trips of attempts to trip

### **Playoffs:**

Once the regular season has concluded, teams will be seeded based on their place on the league table. All teams in each league, based on points, will make the Single Elimination play-off.

### **Play-off Game Play Rules:**

- If at the end of regulation, teams are tied, one 5-minute Golden Goal period will be played. If no one scores after the period, a penalty shootout will occur.
  - Both teams choose 5 players to shoot in the shootout
  - If the shootout must go longer than 5, a new player must shoot the next penalty
- The winning team will receive a Champions T-Shirt and their photo taken for our wall of champions

### **Yellow/Red Cards:**

A Yellow Card can be issued for but is not limited to:

- Careless or Reckless Action: When a player acts with disregard to the danger to, or consequences for, an opponent and must be cautioned.
- Stopping or interfering with a promising attack by holding, pulling, pushing or handball
- Dissent
- Delaying the Restart of the Game: An opponent who deliberately prevents a free kick being taken quickly after being warned must be cautioned. Players must Give the allowed yards (within reason) without being asked.

A Red Card can be issued for but is not limited to:

- Denying an Obvious Goal Scoring Opportunity
- Excessive Force: A player exceeds the necessary use of force and or endangers the safety of an opponent and must be sent off
- Using Offensive, insulting, or abusive language and or gesture



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- Violent Conduct
- Serious Foul Play

#### **Any player receiving a red card must leave the field and sideline Immediately**

- Two Yellow Cards will result in a Red Card and the player will be sent off and **must leave the facility immediately.**
- **A player who gets a straight Red Card will be sent off and must leave the facility immediately.**
  - Straight red cards result in a single game ban from their next match in the league.
- After any red card, the team must play the remainder of the game with one less player on the field
- The Red Card will be reviewed by the Edge team to determine if further suspension or expulsion from the league in the current season is required
- A second Red Card in the same season results in expulsion from the league in the current season

#### **Abandoned Matches:**

If a game in progress is canceled, the game will be considered a completed match with the score at the time of abandonment standing, if at least one-half of the time has been played. If the game is canceled prior to halftime, the game will be counted as a 0-0 draw.

#### **Forfeits:**

- If a team does not show for their game, the result will be a 0-3 loss on the losing team's record and a 3-0 win on the winning team's record.
- If there are not at least five players on the field at the scheduled kick-off time, the other team has up to 10 minutes to wait for more players to show.
  - If after those 10 minutes a team still cannot take the field, the opposing team will receive the 3-0 forfeit win.
  - Teams may agree to play with a team having a minimum of 4 players.
  - Teams beginning with 4 players may increase to 5 with additional arrivals.
- If a player enters the game without a wristband and is found to not be on the team's current roster, the match will be stopped immediately, and it will result in a forfeit
- **The game will end on time.** Both team captains and the referee must agree that the match will take place if 10 minutes have passed, resulting in shorter halves.

#### **Player's Equipment:**

- Teams must wear numbered jerseys that are similar in color.
- Shin guards are recommended to be worn but are not mandatory. If a player is wearing shin guards, they must be covered by socks.
- Players are allowed to play in cleats, tennis shoes, or turf shoes. (No screw-in studs or metal cleats).
- Horizons Edge will provide balls (1 game ball, 1 additional per team for warm-up).
- **NO JEWELRY** will be allowed to be worn during games except flat wedding bands and medical/alert bracelets, necklaces, or anklets.



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- No hard casts are allowed in games.
- No hats with bills on-field players (keeper may wear a referee approved head covering if desired, like a bandana).