

INDOOR SOCCER RULES

PLAYER ELIGIBILITY

1. Players must be 18 years or older. A team is allowed to play players under the age of 18, provided they are 16 or older at the start of the league, and they sign our minor liability waiver.
2. Picking up players: Adventure Athletics does not like forfeits. A team may pick up as many as 2 players from another team in order to play on that given day (the picked up players must be on another team and not a random fan unless the team has roster spots available). Mid State registered players can “pick up” as many times as they want throughout the season so long as they do not play for the same pickup team twice. Absolutely no picking up of players in the playoffs. If a league is denoted as “A/B”, a “B-Division” team may have **ONE “A-Division” player** on their roster from any league in that sport.
3. Regular Season Eligibility: Captains must submit their rosters to Mid State before the commencement of the first game. Captains may add players to that roster until reaching the maximum number of players for that sport.
4. Playoff Eligibility: To be eligible for the playoffs, the player must be on the team’s roster **and** must have played a minimum of one game during the regular season.
5. Ejections: All ejections will result in the player being suspended from the game he or she was ejected from and the following game. Any player who engages will be removed from the league without refund.

The Ball– Size #4

Player’s Equipment– Same colored shirt required, shin-guards are highly suggested

Number of Players

1. Style: 6v6 (one of whom shall be the goalkeeper)
2. Minimum to start a match: 5
3. Substitution Limit: None
4. Substitution Method: “On The Fly” (all players but the goalkeeper enter and leave as they please as long as this is done at midfield and the player entering does not

come on the court before the player leaving exits; goalkeeper substitutions can only be made when the ball is out of play and with a referee's consent)

Duration of the Game

1. Time: Two, 20-minute halves
2. Clock Stoppage: Does not stop.
3. Timeouts: No timeouts

Start of Play– Coin Toss followed by kickoff; opposing team will wait outside the circle until the ball is touched

Ball in & out of Play– When it has wholly crossed the goal line or touchline or hits the ceiling (restart: kick-in at the place closest to where the ball touched the ceiling)

Fouls & Misconduct-

1. Indirect Kicks: All kicks will be “direct” unless it’s a foul in the penalty box which will result in a penalty kick
 2. Types of Fouls
 3. Awarded when a player intentionally commits any of the following 11 offenses (penalty kick awarded when infringement takes place in penalty area)
 4. Kicking or attempting to kick an opponent
- Striking, attempting to strike, or spitting at an opponent
 - Holding an opponent
 1. Pushing an opponent
 2. Charging an opponent with shoulder (i.e., shoulder charge)
 3. Sliding at an opponent (i.e., sliding tackle) Slide Tackle = Automatic Yellow Card
 1. Sliding to keep a ball from going out of bounds, or to stop a ball that does not endanger another player is not a foul. It will be up to the referee’s discretion as to whether or not a player’s participation from the ground is dangerous.

1. Violations
 2. Handling the ball (except goalkeeper)
 3. Dangerous play (e.g. attempting to kick ball held by goalkeeper)
- Obstruction
 1. Charging the goalkeeper in the penalty area (i.e., goalkeeper charge)
 2. Goalkeeper picks up or touches with his hands a back pass
 3. Goalkeeper picks up or touches with his hands a kick-in from a teammate

 - Goalkeeper controls the ball with his/her hands for more than 4 seconds
 1. Players shall be cautioned (i.e., shown yellow card) when:
 2. A substituting player enters the pitch from an incorrect position or before the player he is substituting has entirely left the pitch
 3. He persistently infringes the Laws of the Game

 - He shows dissent with any decision of the referee
 1. He is guilty of ungentlemanly conduct
 2. These 4 yellow-card offenses are punishable by an indirect free kick taken from the point of infringement (or from the 6-meter line when the infringement takes place in penalty area).
 3. Players shall be sent off (i.e., shown the red card) for:
 4. Serious foul play
 5. Violent conduct
 6. Foul or abusive language
 7. Second instance of cautionable offense (i.e., second yellow card)
 8. Intentionally impeding a clear goal opportunity (e.g. through a “professional foul”)
 9. Intentionally impeding a clear goal opportunity in the penalty area by handling the ball
 10. Rules of Expulsion:
 11. The player sent off (shown a red card) is out for the rest of the game and is not even permitted to sit on the reserves’ bench.

12. The team of the player sent off can substitute for that player after 2 minutes of playing time or after the opposing team scores —which ever comes first.

- The 2-minute punishment shall be checked by the timekeeper (or by the assistant referee, if there is no timekeeper).
 1. The substitute cannot come on until the ball is out of play and he has a referee's consent.

Free Kick

1. Wall: At least 4 yards away until the ball is in play
2. Ball in Play: After it has traveled the distance of its own circumference
3. Time Limit: Kick must be taken within 5 seconds
4. Restriction: Kicker cannot touch the ball again until it has been touched by another player

Penalty Kick

1. To be taken from the penalty mark on the mid-point of the 6-m-line. The Kicker can only take one step, and then must shoot. The kicker is not allowed to take a running start.
2. The kicker is to aim at goal, with the intention of scoring.
3. All players must be out of the penalty area.
4. The kicker shall not play the ball a second time until it has been touched by another player.
5. The goalkeeper shall remain in his penalty area at least 5 m away from the ball.
6. No other player may touch the ball until it has been touched by the pitch, rebounded from the goal post or crossbar, or has left the pitch.
7. If the infringement took place in penalty area (and does not merit a penalty kick), the indirect free kick is to be taken from the 6-m-line on the spot nearest to where the infringement occurred.

Kick-in

1. To be taken in place of the throw-in.

2. The ball is placed on the touch line before kicking.
3. The kicker's foot not kicking the ball must be outside or at least on the touchline; if it crosses the touchline all of the way, into the pitch, the kick-in is given to the opposing team.
4. The kick-in must be taken within 5 seconds; if it is not, the kick-in is given to the opposing team.
5. The kicker cannot play the ball a second time until it has been played by another player; infringement of this rule entail an indirect free kick to the opposing from the point of infringement.
6. Players on opposing team must be at least 4 yards away from point of kick-in.
7. Cannot score directly from a kick-in.

Goal Clearance

1. To be taken in place of goal kick.
2. From inside the penalty area, the goalkeeper throws the ball into play (goalkeeper cannot throw the ball directly into the opposing goal, the ball must touch someone first).
3. The ball is not in play until it has passed outside of the penalty area. If the goal clearance is received inside of the penalty area, the goal clearance shall be taken over. Furthermore, if the keeper does the goal clearance incorrectly, the opposing team will be awarded the ball after a second infraction.

Corner Kick

1. Ball placed on the corner (no corner-kick arc). If ball is misplaced, the corner kick is taken over.
2. Must be taken within 5 seconds; failure to do so entails an indirect free kick to the opposing team from the corner mark.
3. The kicker cannot play the ball a second time until it has been played by another player; infringement of this rule entail an indirect free kick to the opposing from the point of infringement.
4. Players on opposing team must be at least 4 yards away from point of the corner kick.
5. A player can score a goal directly from a corner kick.

Extra Time (for playoffs only)

1. Extra time will consist of 2-three minute halves of Golden goal format. If no one scores we move on to penalty kicks.

Penalty Kick Shoot-Out

1. Coin tossed to decide order.
2. Three kicks to be taken by 3 different players. Captain of each team announces these 3 to the main referee before the kicks are taken.
3. If two teams are still tied after 3 kicks, the additional kicks will be taken on a sudden-death basis by the rest of the players who have not kicked yet starting with the players who were on the field (including the goalkeeper), then moving on to those who were not on the field when time expired.
4. Players sent off during the match are not eligible to take these kicks.
5. Any eligible player may change places with his goalkeeper.
6. While the penalty shoot-out is in progress, players will remain on the opposite half of the pitch.