



Rev. 12/11

# Adirondack Sports Complex

## Indoor Soccer Rules

**Team Make-up:** Using players not registered with us will constitute a forfeited game. A player may be added to a roster at anytime throughout the Session. Roster changes must be submitted before the added player may be used in any game.

Teams are expected to supply their own second jersey or pinnie in the situation both teams are wearing the same color.

### **Number of Players on the Field:**

<b><u>Age</u></b>	<b><u>Field Size</u></b>	<b><u>Players</u></b>
U8	Eighth field (98' x 75')	4 v 4 (no keeper)
U10	Quarter field (120' x 80')	5 v 5 (4 + keeper)
U12 & Up	Quarter field (150' x 98')	6 v 6 (5 + keeper)
High School & Up	Half field (200' x 150')	8 v 8 (7 + keeper)

**5 Goal Rule** – Whenever a team is leading by 5 goals, the opposing team may add an additional player to make the game more competitive for both teams.

**Game Times:** All games will consist of 2, 25 minute (running time) halves and a 5 minute half time. Games will start 5 minutes or 35 minutes after the hour. Teams need to be prepared to begin their game at the appropriate start time. A horn will sound at each 5 minute and 25 minute intervals signifying the end of the half, end of half time, and end of the game. Players and coaches are requested to leave the field immediately so that the following teams may begin their game on time.

**Shin Guards:** All players are required to wear shin guards covered by socks.

**Footwear:** No cleats or spikes are allowed on the turf fields. Turf shoes, flats or sneakers are acceptable.

**Kick Offs:** Kickoffs are direct and may be played in any direction.

**Goalkeepers:** Cannot hold the ball for more than 6 seconds.

Cannot pick up the ball if intentionally kicked back by own team.

Punts, dropkicks or throws:

**Quarter Field Play:** Ball cannot land beyond 2/3 the length of the field, identified by the “flight limit” lines. (see attached field drawing)

**Half Field Play:** Ball cannot land in the opposite box without being touched by another player or touching the ground first.

**Examples:** If the goalie drops the ball inside the box and kicks it over the 2/3 “flight limit” line (or opposite box for 8v8), a free kick is awarded to the opponent at midfield line. If the goalie distributes the ball from outside the box, they can distribute or play the ball over the 2/3 “flight limit” line (or opposite box for 8v8), the same as any field player.

**Free Kicks:** All free kicks are **direct** and the defending team must be a minimum of 10 ft. away.

**Penalty Kicks:** Penalty kicks will be taken at the top of the box.

**Ball Exiting Field Of Play:** Any ball that exits the playing field over the side line is a throw in. A ball cannot be thrown directly into the goal on a restart. Any illegal throw-in results in the loss of possession. Any ball that exits the field over the end line will be restarted by a goal kick or corner kick. Goal kicks cannot be played over the 2/3 “flight limit” line in the air. Violation of the 2/3 “flight limit” rule results in a direct kick from the midfield. Any ball that strikes a net, light, or ceiling, within the confines of the field is out of play. A direct kick restart will occur nearest where the ball hit. Exception: Within the goal box, the ball is placed outside of the box for restart.

**Substitutions:** Substitutions are allowed for either team on any “out of bounds” ball. Single substitutions are allowed on the fly for U12 levels and above. Players must leave and enter the field ONLY at the midfield area; and the players leaving MUST be off the field before the incoming players enters the field. U10 levels and below must wait at the midfield area for the referee to call the players in.

**Off-sides:** Off-sides will not be called when playing small sided games (6v6, 7v7 or 8v8).

**Yellow Card:**

- All yellow (caution) cards will result in a two (2) minute penalty. A player receiving a yellow card will be removed from the game for the FULL two (2) minute penalty; and his/her team will play man-down for the two minutes or until the opposing team scores a goal, which ever comes first.
- A second yellow (caution) card in a game will be issues a “soft” red card. The player will sit out the remaining time of the current game.
- Four yellow cards in one session (Session 1 or Session 2) or two yellow cards in one tournament require the player to sit out the next game.
- Coaches and referees are required to report all cards to the main office.

**Red Card:** All red cards will result in ejection and the individual must leave the dome area for the rest of the game and the following game. Additionally, the team will play a player down for five minutes or until the opposing teams scores a goal. A second red card during a session or tournament requires the individual to sit out for the remainder of the session or tournament.

**Fighting:** Fighting will not be tolerated and will result in immediate suspension for the greater of either the remainder of the session or 4 weeks.

**Spitting:** Spitting on the field will result in an automatic “soft” red card. The player will sit out the remaining time of the current game.

**Score Sheets:** Coaches/Managers are responsible for signing the referee’s score sheet at the end of each game. Failure to do so may result in the inability to resolve a scoring discrepancy leaving the listed score, on the score sheet, as final.

**Standings:** Points, Head-to-Head (only if all tied teams have played each other), Goals Allowed, Goals Scored

**Other Rules:**

- *No Slide Tackles* (this includes the goalkeeper outside of his/her goal box)
- *No Vulgar language*
- *No Baiting or Taunting*
- *No Alcoholic Beverages*
- *No Spitting* (use garbage barrels)
- *No Gum Chewing*
- *No ball kicking against any walls, nets or light standards.*
- *No Jewelry may be worn during games.*
- Casts and Braces must be covered properly.
- Repeated, persistent rule breaking will result in the appropriate card issued. All other Rules apply as per USSF.
- When moving to and from the back-fields (Fields 3 & 4), walk around the outside of the front-fields (Fields 1 & 2). Do not walk through the middle of the Fields 1 & 2.
- At the conclusion of the game, please leave the field and bench area at once. It is most likely another group will be using the field immediately following your game.

**Final Decision:** The Adirondack Sports Complex reserves the right to establish rules and guidelines for any and all regulations or infractions not covered in the league rules. Participation by any individual or coach may be refused if they do not follow the rules and guidelines set forth by the facility.

**HOW TO BE A SPECTATOR:**

- Dress appropriately. During the winter months the temperature is set at 59 degrees. An extra layer of clothes may be needed.
- Bleachers are provided to spectators but cushions make the viewing more enjoyable. You are welcome to bring your own lawn chair just as long as you take it home with you.
- It is very important to supervise any other children you may bring with you to the facility. They should be with you at all times to watch the activity/game.
- Please respect the people using the facility before and after you. Walk around the outside of the field when entering and leaving the facility. Do not linger in the field area because another group is likely to be scheduled to use the field immediately following your event.
- We expect good sportsmanship from everyone involved in any activity/game. We will not tolerate negative statements or actions between or directed toward spectators, athletes, referees or coaches.
- Please throw your trash in the garbage barrels provided around the facility
- No pets are allowed on the property of the Adirondack Sports Complex, including the Dome.