



Rev. 11/23

Adirondack Sports Complex Soccer Rules

**Shin guards are MANDATORY. No Slide Tackling.
No cleats allowed indoors - Turf shoes, flats, or sneakers only.**

Team Make-up: Use of any players not having a **current ADKSC Waiver, Facility/Member ID** will result in a forfeited game. **NO Exceptions!**

- A player may be added to a roster at any time during the Session.
- A player may be rostered on **ONLY** one team in a division.
- All players must have a current ADKSC Waiver and Facility/Member ID before the player participates in any game. **NO Exceptions!**

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

Number of Players on the Field:

<u>Age</u>	<u>Field Size</u>	<u>Players</u>	<u>Ball Size</u>
U8	Eighth field (98' x 77')	4 v 4 (no keeper)	3
U10, U12	Quarter field (150' x 98')	7 v 7 (6 + keeper)	4
U14, High School & Adult ¼ field	Quarter field (150' x 98')	6 v 6 (5 + keeper)	5
High School & Adult ½ field Indoors	Half field (200' x 150')	8 v 8 (7 + keeper)	5
High School & Adult Outdoors	Full field (310' x 210')	11 v 11 (10 + keeper)	5

4 Goal Rule – Whenever a team is leading by 4 goals, the opposing team may add an additional player to make the game more competitive for both teams.

Game Times: Teams need to be prepared to begin their game at the appropriate start time. Players and coaches are requested to leave the field immediately so that the following teams may begin their game on time.

- **Indoor Games:** All indoor games will consist of 2, 25-minute (running time) halves and a 5-minute halftime. Games will start 5 minutes or 35 minutes after the hour. A horn will sound at each 5-minute and 25-minute interval signifying the end of the half, end of half time, and end of the game.
- **Outdoor Games:** Outdoor games will consist of 2, 35-minute (running time) halves and a 5-minute halftime.

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

Footwear:

- **Indoors:** No cleats or spikes are allowed on any of the **indoor** turf fields. Turf shoes, flats, or sneakers are acceptable.
- **Outdoors:** No metal or screw-in cleats are allowed. Molded cleats are acceptable.

10U and under modifications:

- **No Heading:** No heading allowed in any age group from U10 and below.
- **No Punting:** No drop-kicks or Punts from the goalie. A goalie may throw the ball, drop and dribble, or kick the ball.
- On any goalkeeper restarts, the opposing team must drop back to midfield and can not enter the opposing half until a teammate of the goalkeeper touches the ball. If the goalkeeper dribbles the ball out of the box, the opposing team can enter the half.

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 their own team.

- **Outdoors:** Can punt, throw, or drop kick the ball over midfield.
- **Indoors:** Punts, dropkicks, or throws:
 - **Quarter Field Play:** The Ball cannot land beyond 2/3 the length of the field, identified by the “flight limit” lines. (see attached field drawing)
 - **Half-Field Play:** The 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 the 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.

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

Indoor 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 sideline 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.

- **Indoor** 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. 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 enter the field.

Off-sides: Off-sides will not be called when playing small-sided **Indoor** 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, whichever comes first.
- A second yellow (caution) card in a game will result in a **“Soft Red”**. The player will sit out for the remainder 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.

“Soft Red”: A second yellow card in a game will result in a **“Soft Red”**. The player will sit out for the remainder of the current game.

Red Card: All red cards will result in the ejection of the individual for the remainder of the game **AND the following game**. The ejected individual must leave the dome for the rest of the game and the following game. Additionally, the team will play a player down for five (5) minutes or until the opposing team 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.

Foul and/or Abusive Language:

- Foul or abusive language clearly heard by a referee or ADKSC staff members that is directed towards a player, referee, or customer, will not be tolerated.
- Verbal attacks (racial, ethnic, or gender-related) or threats of any kind will result in immediate ejection and suspension of 2 weeks.
- No refunds will be issued due to a suspension.
- Failure to give your name to the referee or staff members when asked to do so will result in immediate and indefinite suspension.

Fighting/Altercation:

- All Players involved in an altercation on the field will be reviewed.
- Any person who strikes (i.e.: open or closed fist) or blatantly attacks (i.e. kicking, elbowing, headbutting, etc.) another person will be suspended for a minimum of 8 weeks.
- Any player defending him or herself, without striking an opponent, will be reviewed.
- Those players who instigate an altercation on the field will be suspended for a minimum of 2 weeks.
- No refunds will be issued due to a suspension.
- Failure to give your name to the referee or staff members when asked to do so will result in immediate and indefinite suspension.

Spitting: Spitting on the **Indoor** 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:

- ***Failure to give your name to the referee or staff members when asked to do so will result in immediate and indefinite suspension.***
- ***No Slide Tackles*** (please see the “Slide Tackling” Rule Clarification below)
- ***No Vulgar language***
- ***No Baiting or Taunting***
- ***No Alcoholic Beverages***
- ***No Spitting Indoors*** (use garbage barrels)
- ***No Gum Chewing***
- ***No ball kicking against any walls, or nets.***
- ***No Jewelry may be worn during games.***
- Casts and Braces must be covered properly.
- Repeated, persistent rule-breaking will result in the appropriate card being issued. All other Rules apply as per USSF.
- When moving to and from the indoor 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: Participation and/or entry of any individual, player, or coach may be refused at any time for behavior deemed to be inappropriate.

The referees and the ADKSC staff have the right to suspend anyone from the facility indefinitely at any time for this behavior.

ADKSC reserves the right to issue a more or less severe suspension than listed above, and to establish rules and guidelines for any regulations or infractions not covered in the league rules.

HOW TO BE A SPECTATOR:

- Dress appropriately. During the winter months, the temperature is set at 61-62 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.