

Discovery Sports Center

Adults Indoor Soccer Rules '09-10

Discovery Sports Center Rules for Indoor Soccer are based on FIFA Laws modified for indoor play. Below are the major differences.

Key: IFK=Indirect Free Kick
DFK=Direct Free Kick

- 1. Number of Players:** 6 field players and one goalkeeper as set forth below.
 - a. All Leagues 6 + goalkeeper
 - b. Coed teams must have a minimum of two (2) females and (2) males, excluding the goalkeeper, on the field at all times. A team may start and finish a game with one female/male, but has to play the game with one less player. (At no time can a team play with only males or females on the court.)

Teams must have a minimum of five (5) players to begin, continue and conclude a match. The official will start the game clock as scheduled, but provide teams with fewer than five (5), a ten (10) minute grace period, while the clock is running, to produce the minimum required five (5) players before a forfeit is awarded to the opposing team, with the resulting score registered as a 1-0 result.
- 2. Ball:** Home team (1st on schedule) provides.
All Leagues Size 5
- 3. Substitutions:** Unlimited "on the fly" without the referee's permission. Must occur from the player's bench with exiting player off the field before substitute enters the field. (IFK)
- 4. Rosters:** Sixteen (16) for adult leagues. A maximum of one (1) additional adult personnel, coach or otherwise, are allowed in the player's bench. Only players on a roster may play. Rosters are frozen at the kickoff of a team's 3rd match.
- 5. Player's Bench and Coaching.** No coaching is allowed from the opposite touchline or behind the goals. Non-rostered players are not permitted on the player's bench.
- 6. Equipment:**
 - a. Turf shoes and flats (including black-soled) are acceptable footwear. Molded cleats and/or studs are prohibited.
 - b. All players must wear shin guards.
 - c. Teams are required to have a dark jersey and an alternate light colored jersey. All jerseys must have a number on the back.

7. Duration of Play:

<u>Type of Play</u>	<u>Half</u>	<u>Halftime</u>
Adult League	2 x 25 minutes	2 minutes

TERMINATED GAMES AND FINAL SCORES

If a game is terminated because of weather or unforeseen conditions, it will be considered a complete game if the first half has been completed. The score will be final as it stands at the time the game is terminated. If the game is terminated prior to or during the first half, the score will revert to 0 - 0, and the game will be rescheduled at a later date.

Play-offs: Only the top four teams in each division will advance to the championship game. **(In the event of a tie in a play-off game: go directly to PK's.)**

8. **Kickoff:** On the whistle, ball may be played in any direction on the first touch. A player may score directly from the kickoff.
9. **Six Second Restart Rule:** A restart must occur within 6 seconds of placing the ball for a free kick, corner kick or goal kick (IFK). Goalkeepers must also release within 6 seconds after gaining possession and returning to their feet (IFK from the top of the penalty arc). Goalkeepers may use unlimited steps to bring the ball to the boundary of the penalty area.
10. **Ball Out of Play:** If the ball goes over the touchline, the restart is a throw-in where the ball went out. A goal kick (IFK) or corner kick (DFK) is taken if the ball goes over the end line. If the ball hits any overhead fixtures, the restart is a free kick (IFK) under the point of contact. Opposing players must give TEN FEET when the ball is re-started.
11. **There is no offside.**
12. **Slide Tackling:** Slide tackling the ball by field players is not permitted. If penalized, a direct free kick will be awarded to the opposing teams.
13. **Injuries:** Any player who is bleeding must leave the field. Time will not be stopped for injuries.
14. **Goalkeeper Release:** Punts and drop kicks are not permitted. The ball must be distributed by a throw, normal place kick or kick from a dribble (IFK from top of the penalty arc)
15. **Goalkeeper:**
 - a. The goalkeeper may NOT handle the ball if intentionally passed to him from the feet of his own teammate.
 - b. The goalkeeper is not limited in steps in his goal area which is the area inside the white arc in front of each goal.
 - c. If the ball is thrown or kicked over midfield in the air without hitting the ground or another player on his own half of the field first, an indirect free kick from the center mark will be awarded to the opposing team.
16. **Direct and Indirect Free Kicks:**

Opposing players must give TEN FEET on all kicks, and corner kicks or may be caution (Rekick). Player taking the direct or indirect kick may not play the ball a second time until the ball is touched by another player.

17. Misconduct Rules:

- a. **Yellow:** 2 minute penalty with replacement until penalty period has elapsed. Time penalties are not reduced by the scoring of a goal.
- b. **Red:** ***Ejection without replacement for the duration of match. The offender must leave the DSC building and sit out the team's next match and may not play in any other league during this period at the DSC.***
- c. Coaches can be issued cards. Coaches issued a red card will play short one player for the rest of the game and must leave the building.

Notes: Goalkeepers must serve their own penalties. The Discovery Sports Center has a **"Zero Tolerance Policy" towards fighting**. Any player engaged in fighting will be suspended for the remainder of the season. A second incident of fighting from any player on a team, in which a player has been previously suspended, will result in the ejection of the team from the current session, without refund and may warrant exclusion from future sessions.

18. Penalty Kicks:

Penalty Kicks will be taken from the BLUE line in front of each goal. Players must take a one-step approach.

19. Point System: Win = 3* Tie = 1 Loss = 0

20. Tie Breakers: (League Play)

- 1. Head to Head (or record among tied teams where applicable)
- 2. Least goals against
- 3. Goal differential (max 3 per game for the winning team. For example, a team wins 1-0, they get 1 bonus point; a team wins 2-0, they get 2 bonus points. A team winning 6-0 gets 3 bonus points.)
- 4. Most goals scored.

21. FIFA Penalty Kicks (modified): The three (3) players to take kicks must come from those on the field when time expires. If the score is tied after three (3) kicks, the same three (3) players alternate kicks in "sudden-death" format until one team wins. (One step approach only for a PK)

22. All rules herein are final unless a formal protest is made within 24 hours of the incident in the form of a written letter/e-mail from the team's manager/coach with a \$50 nonrefundable check. Also, only DSC Rules & Discipline committee members will have final say concerning all league indoor rules.

*forfeit victories will be recorded as 1-0