

THE OFFICIAL RULES OF INDOOR SOCCER AS USED AT FREESTATE ARENA 2009/2010

Rules are taken from the United States Indoor Soccer Association rulebook with modifications for house rules.

*Revised December 2009
Abridged for Players and Spectators*

Rule 1 - The Field Of Play

Free State Arena has three fields all different sizes, all marked according to indoor specifications.

Rule 2 - The Ball

The ball is size 4 indoor for U12 and below and size 5 for all others. Home team must supply game ball.

Rule 3 - The Players

Teams U12 and below shall have no fewer than 5 or more than 7 players on the field at a time, including a goalkeeper. For U13 and above, no fewer than 4 or more than 6 are allowed. *GU10 playing on field 3 will play 6v6.

U12 and below*	7v7
U13 and above	6v6

No more than 2 coaches shall occupy the Team Bench during a game. No other personnel may occupy the Team Bench.

Rosters must be turned in prior to the start of the first game. If a player's parent/guardian does not sign the form, that player will not be permitted to play. If a team uses an unsigned player, they will forfeit those games. Teams using an illegal player will forfeit any game in which that player is deemed to have played in.

Players can be added up to the fifth game of the session. A player can only be on one roster per age group. If a team does not turn in a roster and has a player challenged as illegal, that team will automatically lose. All challenges of illegal players must be made by the end of the game in question to a Freestate Manager. A \$50 protest bond must be paid to Freestate upon declaring protest. The protest bond will be returned if the player is found ineligible.

Substitutions: Each team may substitute players freely; provided that (a) players must substitute off the field of play or within the Touch Line in the area of their Team Bench and (b) no substitutions are allowed during the first 3 seconds of a Shootout.

**Adult Coed – 2 Females must be on the field at all times.*

Rule 4 - The Players' Equipment

Players wear their team's uniform, consisting of the same colors, **shin guards**, and indoor footwear. **No spikes are allowed.** Jewelry and other accessories are prohibited. The Goalkeeper wears jersey colors distinguished from all other field players and from the Referees.

Rule 5 - The Referee

The decisions of the Referee regarding facts connected with play and interpretations of the Rules are final. The referee must read and understand all rules of play.

Rule 6 - The Duration of the Game

A regulation game consists of two Halves, with duration according to “house rules” and the following:

Leagues are 24 minute Halves

(b) *Running Clock*: Except in the case of an unusual delay, determined by the Referee, the Game Clock counts down continuously through each Half. No overtime shall be played. Forfeit time is game time.

**Adult league playoff format – 5 minute sudden death followed by penalty kicks.*

Rule 7 - The Start and Restart of Play

A **Kickoff** from the Center Mark starts play at the beginning of each Half and after every goal. A player who starts play may not again play the ball until it touches another player.

The Team according to “house rules.” takes the Kickoff for the First Half Kickoff and any Overtime Period, and the other Team takes the Kickoff for the Second Half. The Referee designates the teams’ defensive ends, according to “house rules.”

Restarts take place by either a Kickoff, Free Kick, Goalkeeper Throw-In, or Dropped Ball. Other than for Kickoffs or as provided below, Restarts occur within three feet (3') from the spot of the ball at the moment of stoppage.

A team receives a Free Kick after stoppages other than when a Dropped Ball or Goalkeeper Throw-In is required. Before the team takes the Free Kick, the ball must be stationary. All opposing players are at least 15 feet from the spot of the Free Kick (or, if within 15 feet of the opponent’s Goal, along the Goal Line). The spot of the Free Kick is that provided above, except:

- (a) *Within Own Penalty Arch*: from any spot therein.
 - (b) *Within Opponent's Penalty Arch*: at the Free Kick Mark ("Top of the Arch").
 - (c) *Delayed Penalty*: (i) according to the ensuing stoppage, as normally administered, or (ii) in case the defending team obtains possession of the ball during play, at the spot of the original offense. (See unabridged Rules where the original offense would have resulted in a Shootout.)
 - (d) *Kick-In*: from the point on the Touch Line nearest where the ball crossed over the Perimeter Wall.
 - (e) *Three-Line Violation*: from the offending team's Restart Mark.
 - (f) *Superstructure Violation*: from the nearer Restart Mark.
- (See unabridged Rules for additional exceptions.)

If neither team has clear possession of the ball at a stoppage, the Referee restarts play with a dropped ball.

Dropped Ball: A Dropped Ball caused while the ball is inside a Penalty Arch takes place at the Free Kick Mark; otherwise at the spot of stoppage.

Play restarts with a **Goalkeeper Throw-in** (or punt in U12 divisions and younger) anywhere within the Penalty Arch after an attacking player has last touched the ball before crossing an end perimeter wall.

Rule 8 - The Ball In And Out Of Play

A **Three-Line Violation** occurs when the *Goalkeeper* propels the ball in the air across the two Red Lines and the Halfway Line toward the opponent's Goal without touching the Perimeter Wall, another player or a Referee on the field of play (**Field 3 exception**). A **Superstructure Violation** occurs when the ball contacts any part of the building above the field of play.

Rule 9 - The Method of Scoring

A team scores a goal when the whole of the ball legally passes over the Goal Line. A goal may be scored directly from a Kickoff or Restart.

****All free kicks on field #3 are indirect**

Adult Coed – Ball must be touched by a female in the offensive zone before it can be scored.

Rule 10 - Fouls and Other Violations

A **Foul** occurs if a player:

- (a) Holds an opponent;
 - (b) Handles the ball (except by the Goalkeeper within his Penalty Arch);
 - (c) Plays in a dangerous manner;
 - (d) Impedes the progress of an opponent ("Obstruction"), or
 - (e) Prevents the Goalkeeper from releasing the ball from his hands;
- and when a player commits the following in a manner that the Referee considers careless, serious, reckless, or involving excessive force:

- (a) Kicks an opponent;
- (b) Trips an opponent;
- (c) Jumps at an opponent;
- (d) Charges an opponent;
- (e) Strikes or elbows an opponent; or
- (f) Pushes an opponent.

Unsporting Behavior: A Free Kick results for the following offenses:

- (a) Leverage: Using the body of a teammate or any part of the field to gain an advantage;
- (b) Encroachment: Entering the protected area of an opposing player taking a Free Kick (after initial Warning);
- (c) Dissent: (i) Referee Abuse; (ii) Breach of Penalty Area Decorum; (iii) Entering the Referee Crease without permission;
- (d) Other: Behavior which, in the Referee's discretion, does not warrant another category of penalty (*e.g.*, taunting, foul language.)

Goalkeeper Violations: The opposing team receives a Free Kick for the following violations by Goalkeeper:

- (a) *Illegal Handling:* Bringing the ball from outside of the Penalty Arch to his hand within it, or receiving the ball again after a Goalkeeper Distribution without the ball's having first touched another player (*e.g.*, no drop-kicking or bouncing the ball);
- (b) *Pass Back:* Handling the ball, having been passed deliberately and directly to him by a teammate; except that he may handle a ball which a teammate passes to him by the

head, chest, or knee and without "trickery" (the use of a wall or foot to flick the ball to a head, chest, or knee before making the pass);

(c) *5-Seconds*: Controlling the ball with either his hand or foot inside of his Penalty Arch for over five (5) seconds.

(d) Goal Keeper shall not bounce the ball after receiving it, if done the ball is placed at the top of the arc for the opposing team.

Team Violations: The Referee issues a Team Penalty for the following violations by a team or unidentified person:

(a) *Leaving Team Bench*: Players leave a Team Bench to join a fracas or confrontation with the opposition or a Game Official;

(b) *Bench Dissent*: After an initial "Warning," one or more unidentifiable players verbally abuse the Referee.

(c) *Other*: Unsporting Behavior, which, in the Referee's discretion, does not warrant another category of penalty.

Advantage Rule: The Referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an existing offensive advantage.

Flagrant Fouls: A *Penalty Kick* is awarded for the following Fouls committed by a defender in his or her defensive half of the field:

(a) A Foul within the Penalty Arch or Goal for which he receives a Time Penalty;

(b) A Foul from behind against an attacking player, having control of the ball and one or no defensive players between himself and the Goal; and

(c) Any Foul where he or she is the last player on the team between the attacking player with the ball and the Goal.

Blue Card Offenses: Unless otherwise provided below, the Referee issues a Blue Card for serious Fouls and for:

(a) Deliberate Handball or Handball by a Goalkeeper;

(b) Goalkeeper Endangerment;

(c) Boarding;

(d) Unsporting Behavior by a player; and

(e) Team Violations.

Cautionable Offenses: The Referee issues a Yellow Card for reckless Fouls and offenses described directly above, and for the following:

(a) Second Blue Card;

(b) Unsporting Behavior by any non-player personnel;

(c) Provoking Altercation: Making physical contact with an opponent (e.g., pushing or poking), short of fighting, or using the ball in so doing.

Ejectionable Offenses: A person receives a Red Card for Fouls and offenses described directly above, which the Referee considers violent or use of excessive force, and for:

(a) Third-Time Penalty;

(b) Elbowing: Intentionally elbowing an opponent above the shoulder;

(c) Vicious Slide Tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him;

(d) Fighting;

- (e) Leaving Team Bench or Penalty Area to engage in a fracas or confrontation with the opposition or a Game Official;
- (f) Extreme Unsporting Behavior: Committing particularly despicable behavior, including:
 - (i) Spitting at an opponent or any other person;
 - (ii) Persistent use of extremely abusive language or behavior toward a Game Official;
 - (iii) Bodily contact with a Game Official in dissent.

Rule 11 - Time Penalties

The following penalties apply to offenses for which a Card is issued (subject to further action by the Administrative Authority):

- (a) Blue Card: 2-minutes (i.e., in the Penalty Area)
- (b) Yellow Card: 2-minutes for a second carded offense and 4-minutes (2 + 2) for a straight Yellow;
- (c) Red Card: 2-minutes (for accumulation) or 5-minutes (other), plus ejection.

Players are designated by their teams to serve Time Penalties of their team, their Goalkeeper, non-player personnel, and of teammates who receive Red Cards. Otherwise, the person who commits a carded offense serves the penalty. Players serving Time Penalties serve their Time Penalties, seated, until their expiration and the Referee permits their release.

Players shown a Blue Card for dissent serve a two minute penalty but the team *DOES NOT* play short handed.

Short-Handed Play: For each Time Penalty being served by a player, his team plays with one fewer field player until its expiration; provided that a team may not have fewer than the minimum required, regardless of the number serving Time Penalties. Should a player receive a Time Penalty, while two or more teammates are already in the Penalty Area, his team continues to play with the minimum while he joins his teammates in the Area.

Exceptions: Under the following circumstances, Time Penalties either expire prior to their completed countdown, or have the beginning of their countdowns delayed:

- (a) *Powerplay Goal:* If a team is scored upon having fewer players on the field of play, due to one or more players serving Time Penalties, a player from the team is released from the Penalty Area into the field of play, unless otherwise prohibited, and the player's Penalty or Penalties are wiped out. If the team has two players in the Penalty Area, only the player whose Time Penalty or Penalties are recorded earlier is affected.
- (b) *Multiple Penalties:* If two teammates are serving Time Penalties when another teammate is penalized, his Time Penalty does not begin to count down until at least one of the teammates' Time Penalties has expired and his Time Penalty is next to begin.
- (c) *Simultaneous Ejections:* When two simultaneous Red Cards carrying the same Time Penalties are assessed to opposing players, their Time Penalties are not served.
- (d) *Maximum Time Penalty:* No player may receive more than 5 minutes for penalties arising at the same time on the Game Clock, irrespective of the number or nature of accumulated offenses or the fact that one or more teammates may be designated to serve such time.
- (e) *End of Game:* All Time Penalties carry over between periods and expire at the end of the game.

Delayed Penalty: In instances where the Referee would issue a Blue Card or a Yellow Card, but for the Advantage Rule, he acknowledges the offense by holding the Card above his head until the earlier to occur of the following:

(a) *Opponent's Possession*: The team of the offending player gains control of the ball;

(b) *Stoppage*: The Referee stops play for any reason.

Once play is stopped, the offense is recorded and assessed, as customary. In the event of power play goal, the Time Penalty is not served and the provisions above regarding early release from the Penalty Area remain applicable.

Rule 12 - Penalty Kicks

Penalty Kick: A Penalty Kick proceeds the same as a Shootout except

(a) The ball is placed at the Free-Kick Mark;

(b) The Goalkeeper has at least one foot on his Goal Line until the ball is in play; and

(c) The player taking the Penalty Kick may not touch the ball again until after touching another player.

Conduct: Coaches are responsible for their behavior and the behavior of their players and spectators. Game referees and Freestate management reserves the right to suspend or revoke registration of any player engaging in disorderly conduct. Harassment of officials will not be tolerated.

Suspensions: Any player, coach or spectator who is ejected before, during or after a game is automatically suspended for a minimum of one game.

Age Determination: Age determination date is August 1.

Standings

Win – 3 points

Tie – 1 point

Loss – 0 points

League Champions will be determined by league standings. No playoffs will be used, with the possible exception of adult leagues. Forfeits are recorded as a score of 1-0.

Tie breakers

Head to Head

Goals Against (overall)

Goal Differential

Forfeits: Referee fees for both teams must be paid by the forfeiting team to Freestate within one week from the date forfeited.

Liability: Freestate Sports Arena is not responsible for any injuries, regardless of how sustained, that a player sustains on the premises. Freestate Sports Arena assumes no responsibility for medical bills.

Freestate reserves the right to place or move teams in order to create the most competitive leagues possible.