



Southeast Recreation Center Adult Indoor Soccer Rules

The Southeast Recreation Center Fieldhouse Rules are intended to create a balance of play, an atmosphere of sportsmanship and fair play, and to emphasize cleverness and skill without limiting freedom of individual or team play. All games will be played with a combination of United States Indoor Soccer Association (US Indoor) and United States Soccer Federation (USSF) rules. For ease of use and understanding, the House Rules are formatted to align with the USSF *Laws of the Game* followed by the corresponding US Indoor rule in parenthesis.

Sportsmanship and Behavior

Unsportsmanlike actions before, during or after games may result in suspension from the league up to and including lifetime suspension and/or legal charges.

- A. **Behavioral Policy:** If a player engages in conflict, verbal or physical with another player, spectator, or a sports representative (e.g., referee, timekeeper, etc.), they shall be punished accordingly, including ejection from the game and further suspension. If one or more additional players from either team engage in the conflict, the game may be called, and the full team will be placed on suspension and issued a forfeit for the following week's game. Players may only enter into a conflict to pull their own player out of the fight. Scores for a game that is called before completion due to a behavior/fight incident will be determined by the staffs' observations on a case-by-case basis.
 1. Players may not leave the bench area to engage in any altercation. Any player or players coming on to the field from the bench (outside of normal substitution procedure) are subject to sportsmanship penalties, including league suspensions. The severity of these penalties is up to the staff's discretion.
- B. **Alcohol Policy:** No alcoholic beverages are allowed on the premises. Anyone suspected of consuming alcohol or illegal substance before, during, or after the game will be removed from the playing field and/or bench area and, depending on conduct, the premises. They may be given a red card and a suspension.
- C. **Elastic Power:** The City of Aurora athletics staff reserves the right to establish guidelines for any and all rules or infractions not covered in the above/below league rules. We reserve the right to refuse participation to any individual if they do not obey the rules and regulations and/or keep within the spirit of sportsmanship.

LAW 1 (US Indoor Rule 1) - THE FIELD OF PLAY

- A. **Field Dimensions:** The Fieldhouse field is 185' x 85'.
- B. **Player Benches:** Players and team captains only are allowed on the player benches.
 1. Please keep children or other non-players supervised and off the field. Referees and staff may enforce penalties if procedures are not followed.

LAW 2 (US Indoor Rule 2) – THE BALL

Aurora Recreation will provide a standard size 5 ball.



LAW 3 (US Indoor Rule 3) – THE NUMBER OF PLAYERS

- A. **Team Rosters:** Prior to each game, the team captain is responsible for the completed waivers: a team will forfeit games if all players and subs have not signed the waiver *prior to the start of the game*. Print each name legibly.
1. All players must be 18 years old at the start of the season. Exception: 16–17-year-olds can participate with the signature/permission of a parent.
 2. Over 30 League: All players on over 30 league rosters must be 30 at the start of the season.
 3. Each player is required to have picture identification at all games and must present this if requested by staff.
 4. Any active party in the game (supervisor, referee, team manager) may request a roster/identification check.
 - a. If a player *who is participating in the game* cannot produce a valid picture ID the team will forfeit the game, no matter what time the check was performed.
 - b. If a roster is checked *before the game* and a player is found to be ineligible or unable to produce a picture identification, they will not be allowed to play; all eligible players can play as normal.
 - c. All roster challenges must be made before the end of the game.
 5. All players must be on the team roster and must sign before playing any game. If a player is not listed on the roster OR has not played during the regular season, the player cannot play the tournament games.
 6. Players are able to play in all leagues if they meet the specific criteria but are only able to play with one team per league. Sharing players will result in a forfeit for the team the player is NOT on the roster.
 - a. Players may drop off one team's roster and join another team within the same league during the first 3 games of the season.
 - b. Players may only make team changes once within the same season.



- B. Number of Players to Start a Game:** Each team must have 3 players and a goalkeeper (GK) to begin the game (4 total). In co-ed, one of those 4 players must be a female. A team should have at least 2 females when playing 6 vs. 6. Players cannot be borrowed from another team within the same division.
1. To start the game a team may use any of the following combinations.
 - a. 4-6 females, not to exceed 6 on the field.
 - b. 1 male and 3-5 females, not to exceed 6 on the field.
 - c. 2 males and 2-4 females, not to exceed 6 on the field.
 - d. 3 males and 1-3 females, not to exceed 6 on the field.
 - e. 4 males and 1-2 females, not to exceed 6 on the field.
 2. If a female receives a red card or is placed in the penalty box, the team must have a minimum of one female on the field. If a yellow card is issued to the only female on the field (playing with 1 female and 4 men), the penalty may be served by a male player and one female may remain on the field. If a team is playing with only one female and the female is red carded, the game may be forfeited at the discretion of the referee and opposing captain.
 3. A designated goalkeeper must be on the field at all times. Infractions will result in an illegal substitution penalty assessed at the spot the player entered the field.
- C. Claiming A Forfeit:** If only one team is present and ready to play at game time, they may claim a win by forfeit.
1. Forfeiting will result in a score of 10 to 0.
 - a. Teams may forfeit by calling the league coordinator a minimum of 24 hours prior to their scheduled game without penalty.
 2. **Forfeit Fines and Procedures to be determined.**
- D. Substitutions:** Each team may substitute players freely.
1. Players must substitute off the field of play or within the Touch Line in the area of their Team Bench.
 - a. For substitutions within the Touch Line, neither the player entering the field, nor the player being substituted may play the ball while the other is on the field. If a team has committed this infraction 2 or more times, the team will receive a yellow card penalty and play down 1 player.
 2. Substitutions are allowed during an Overtime Period
- E. Injuries:** Injured players may be required to leave the field of play at the discretion of the referee or supervisor. If needed the clock will be stopped at the discretion of the staff. After leaving the field, the supervisor will determine when the injured player can return to the field if needed.



LAW 4 (US Indoor Rule 4) – THE PLAYERS’ EQUIPMENT

1. Each team must wear similar colored jerseys (or pinnies). The goalkeeper shall wear jersey colors distinguished from all other field players and referees. Other permitted Goalkeeper equipment includes gloves and pants and approved headgear.
2. All players must wear shin guards and must be covered.
 - a. Shin guards must be commercially recognized as shin guards.
 - b. Using cardboard or other items not recognized as shin guards will not be acceptable.
3. All shoes are welcome except steel toed cleats, metal cleats, golf shoes, or baseball cleats.
4. Knee, ankle, and wrist braces/wraps can be worn and will need to have referee approval.
5. Jewelry or similar accessories may not be worn, and taping is not allowed. For safety measures, medical alert bracelets may be worn but must be taped to the body.
6. If two teams are wearing the same (or very similar) colored jerseys the home team or the team listed first on the game schedule, shall change jersey colors.

LAW 5 (US Indoor Rule 5) – THE REFEREE

One Referee is required to officiate each game. The Referee may be assisted by another Referee, an Assistant Referee, and/or a supervisor.

LAW 6 (US Indoor Rule 5) – THE ASSISTANT REFEREES

Assistant Referees are generally not used in Indoor soccer.

LAW 7 (US Indoor Rule 6) – THE DURATION OF THE MATCH

- A. **Regulation Playing Time:** Matches consist of 22-minute halves.
- B. **Running Clock:** The Game Clock counts down continuously through each half or overtime period except as determined by the Referee or:
 1. Last 2 minutes of regulation play: If the score is within 2 points, the clock will stop for all fouls, injuries, cautions, send-offs, and balls in/out of play during the last 2 minutes of the second half only.
 2. If a penalty kick/shootout is to be taken, the duration of either half is extended until the penalty kick/shootout is completed.
- C. **Grace Period:** Any team short of the lowest number of players (4) required to play the game will be given a five-minute grace period. The clock may run during the grace period depending on the game schedule for that day.



- D. **Half-time:** There may be up to 1-minute halftime and a 1-minute intermission before any overtime period.
- E. **Overtime:** There are no overtime periods during the regular season matches and they may end in a tie. During playoffs, if teams are tied after regulation time, there will be a “golden goal” overtime period lasting 5 minutes.
 - 1. There is no halftime during the overtime period and the clock *does* stop during the last two minutes of the overtime period.
 - 2. If the score remains tied after the first 5-minute overtime, a Tiebreaker proceeds with Shootouts.
 - a. All players, other than the player taking the shot and the defending Goalkeeper, remain within their Team Bench areas.
 - b. Both teams may have 3 shots, alternating players from each team kicking.
 - c. If, after the initial 3 shots, neither has an advantage, the Tiebreaker continues, alternating one player at a time, until both teams have taken an equal number of shots and one team has scored when the other has not.
 - d. Only players who are on the field of play at the end of the match, including extra time, are eligible to participate in the tiebreaker.

LAW 8 (US Indoor Rule 7) – THE START AND RESTART OF PLAY

A. Restart Regulations

- 1. Once a referee signals for a restart, the attacking team has 5 seconds to resume play. If a 5 second violation occurs, the opponent is given a direct free kick at the same location.
- 2. The ball must be stationary; if it is not, the kick is retaken.
- 3. Opposing players may not encroach (e.g., wall may not move towards the kicker). The 5 seconds may begin after the opposing players are at the appropriate distance (at the referee’s discretion).
- 4. A whistle is not required to restart the game after a foul has occurred. The following restarts require the referee to signal with the whistle:
 - a. Kickoff.
 - b. Referee stops play for an injury.
 - c. Shootout.
 - d. Referee cautions or sends off a player.
 - e. Kicking team requests the distance to the opposing player to be measured.
 - f. Whenever indicated by the referee.

B. Restart Position:

- 1. If the ball strikes the netting along the sidelines, the direct free kick will take place on the turf, near the wall, at the point of contact; if it strikes the netting along the endlines (between the two corner spots), the attacking restart will be a corner kick; the defending restart will begin with the goalkeeper’s touch, hands or feet.
- 2. If the ball strikes the netting above the playing field the restart is directly below the point of contact.
- 3. For misconduct that occurs on the field; the opposing team will be awarded a direct free kick from the spot of the misconduct.
- 4. For misconduct that occurs off the field or on the bench; the ball will be a drop ball from where the ball was located when the play stopped.



LAW 9 (US Indoor Rule 8) – THE BALL IN AND OUT OF PLAY

- A. **Ball In Play:** The ball is “in play” once each Kickoff or Restart begins and the ball makes any discernable movement in any direction.
- B. **Restarts Within Defensive Penalty Arch:** For Restarts by a team within its penalty arch, the ball is not “in play” until the game is properly restarted, and the ball is propelled beyond the penalty arch by the player taking the restart.
- C. **Ball Out of Play:** The ball is “out of play” once any stoppage occurs which the referee acknowledges or orders, whether for goals, fouls, time penalties (i.e., cautions, ejections, etc.), injuries, out of bounds, Three-Line Violations, or Superstructure Violations.
- D. **Three-Line Violation:** A “Three-Line Violation” occurs when a player propels the ball in the air across the two yellow lines and the halfway line toward the opponent’s goal without touching the wall, another player of either team or a referee on the field of play. The referee shall award a direct free kick to the opposing team at the Restart Mark of the first white line that the ball crossed.
- E. **Superstructure Violation:** A “Superstructure Violation” occurs when the ball contacts any part of the building above (i.e., netting, etc.) the field of play.

LAW 10 (US Indoor Rule 9) – THE METHOD OF SCORING

- A. **Goal Scoring:** When the whole of the ball has passed over the goal line, between the goal posts and under the crossbar provided that no infringement or violation was committed previously by the team scoring the goal. In the event of a shot taken while time is expiring, the whole of the ball must pass over the goal line before the horn sounds.
- B. **Mercy Rule:** If a team is winning by 5 goals, the opposing team can add 1 player to the field. After a team is up by 7, the opposing team can add a second player to the field. If the team that added the player(s) then scores, the additional player must be removed. To have 1 extra player on the field, a team must be down by 5 goals or more; to have 2 extra players on the field a team must be down by 7 goals or more.
 - 1. After a team is up by 10 goals, the winning team must remove 1 player; in coed divisions, 2 females must be playing on the field at all times, regardless of mercy rules.
 - 2. If a team is up by 15 goals, the scoreboard will remain as is unless the score drops to/below a 14-point deficit. No score will be recorded in the standings with more than a 15-goal differential.

LAW 11 (US Indoor Rule is Nonexistent) – OFFSIDE

There are no offside infractions or violations in Indoor soccer.



LAW 12 (US Indoor Rules 10 & 11) – FOULS AND MISCONDUCT (TIME PENALTIES)

Fouls and Misconduct: A direct free kick is awarded if a player commits any of the following offences in a manner considered by the referee to be careless, reckless, or using excessive force (a Shootout is awarded when infringement takes place in penalty arch):

- a. kicking or attempting to kick an opponent.
- b. tripping an opponent.
- c. jumping at an opponent.
- d. charging an opponent in a violent or dangerous manner or from behind.
- e. holding an opponent.
- f. pushing an opponent.
- g. Sliding.
- h. The goalkeeper throws the ball directly at an opponent with intent to injure.
- i. dangerous play (placing another player/oneself in danger of injury, i.e., high kick or bicycle kick near others, attempt to kick a ball held by a goalkeeper).
- j. checking or pushing into the boards.
- k. obstruction
- l. goalkeeper charge - charging the goalkeeper in the penalty arch (ball placed at the top of arch)
- m. checking an opponent
- n. playing the ball from the ground
- o. handling the ball with the intent to play the ball (except goalkeeper)
- p. goalkeeper throws/kicks ball over the third line (without it touching his own side of the turf or any player)
- q. a field player plays the ball in the air over the third line (without touch)
- r. illegal pass back to the goalkeeper (ball placed at the top of arch)
- s. goalkeeper holds the ball for more than 5 sec. (ball placed at the top of arch)

B. Yellow & Red Cards:

****In cases of Bench Misconduct, the person who received the card must sit out. The team may choose which player must come off the field as the team must play short a player per the following guidelines:**

1. A yellow card penalty includes:
 - a. A full 2 minutes in the penalty area for the player who was issued the card. The team plays down a player until the 2 minutes expire no matter if the opponent scores.
2. A red card penalty includes:
 - a. Dismissal from the game
 - b. Dismissal from the facility within 5 minutes – (if the player has not left the building the game will be forfeited).
 - c. The team served a red card will receive a 5-minute penalty and play short for the entire duration, regardless of goals scores. The team may only return to full strength after the 5 minutes expire.
 - i. In cases where the player receives a red card for Serious Foul Play or Violent Conduct, a team will be required to play the remainder of the game down one player. This judgment is at the discretion of the supervisors and referees.



- d. Any player issued a straight red card will sit out the scheduled games for the following week. Red cards that are a product of two yellow cards will be evaluated by the supervisor as far as suspension length. The specific length of suspension will be determined at the discretion of the game staff, league coordinator and sports supervisor.
 - i. Player behavior after receiving the card and prior league history may affect the length of the suspension.
 - e. If simultaneous yellow or red cards are issued to a player from each team, teams will remain at 6v6 and all other above penalties will be observed (players receiving yellow cards will sit out two minutes, but team will play at full strength unless there is a issue where there are 4 men present and 2 female and no subs, that team will play a player down for 2 minutes – have subs!).
 3. All time penalties carry over between periods if necessary.
 4. Cautions and send-offs will be monitored.
 5. Any player accumulating multiple yellow or red cards may be subject to additional suspensions or dismissal from the league.
 6. Any player accumulating 2 or more red cards in any 12-month period will be subject to an extended suspension from the league per behavioral policies.
 - a. Cards are counted on an accumulated basis (i.e., 2 yellows = 1 red)
 - b. Cards from each division will be included in the overall card count. (i.e., cards on Tuesdays do add to cards on Wednesdays).
 - c. Decisions regarding suspension duration and the sports/divisions the suspension applies to are made at the discretion of league administration.
- C. **Fighting:** Any form of fighting and physical altercations will result in immediate ejection from the game and league suspension up to and including lifetime suspension and/or legal charges.
1. Fighting is a flagrant act that can occur when the ball is in play or dead. Examples include, but are not limited to:
 - a. An attempt to strike an opponent with the fist, hands, arms, legs or feet regardless of whether or not contact is made.
 - b. Attempting to instigate a fight by committing an unsportsmanlike act, comment or gesture toward an opponent that causes the opponent to retaliate by fighting.
- D. **Dissent:** A four (4) minute Misconduct Penalty shall be assessed against players who show disapproval, by word or action, of the decision by the Referee or other game officials or acts in a severe un-sportsmanlike manner. These penalties shall be administered by the showing of a Yellow Card and shall be four (4) minutes in length.



- a. If a bench player is shown a Yellow Card for dissent, the team committing the offense plays a player down by removing a player from the field and the player committing the offense may not go back into the game for 4 minutes.
 - b. Each team shall appoint a captain who shall be identified by introducing themselves to the Referees at the beginning of the game.
 - i. In the event of a dispute or problem, the Referee will inform the team captain of the decision and each captain will advise their team.
 - ii. Only when invited by the Referee shall the captain have the privilege of discussing any point relating to interpretation of the Rules that may arise during the progress of the game.
 - iii. A protest or complaint about a penalty is NOT a matter “relating to interpretation of the Rules” and may receive a Dissent penalty.
 - c. Profane language is considered dissent and will also be carded at the referee’s discretion.
- E. **No sliding at any time:** Sliding is defined as “a direct and deliberate sliding motion with any body part other than both feet (i.e., knee, shin, etc.)”.
1. The penalty is a direct free kick at the spot of the infraction.
 2. The goalkeeper may slide within the penalty arch only with the attempt to play the ball inside of the penalty arch.
 - a. Sliding in the penalty arch by any other player in his or her own penalty arch will result in a Shootout.
 3. Player penalties, in addition to the direct free kick or shootout awarded to the opponent, may include a yellow or red card at the referee’s discretion.
- F. **No spitting on the field:** Spitting can be unsanitary, unsightly, and potentially dangerous; please refrain or spit into trash cans on the side of the field. Teams will be given one warning; a yellow card will be issued for continued occurrences.
- G. **Advantage Rule:** The Referee allows play to continue when the team against which a foul has been committed will benefit from an existing offensive advantage.

LAW 13 (US Indoor Rule 7) – FREE KICKS

- A. **Direct Free Kicks:** A team receives a Direct Free Kick after stoppages other than when a Dropped Ball or Goalkeeper distribution is required. (i.e., ALL free kicks are DIRECT)
1. Wall: must be at least 5 yards away until the ball is in play.
 2. Time limit: kick must be taken within 5 seconds. This is assuming the opponents are not delaying the restart and therefore the 5 seconds begins at the referee’s discretion.
 3. A goal is awarded if a direct free kick goes directly into the opponents’ goal without touching another player. If a direct free kick goes directly into the team’s own goal, a corner kick is awarded to the opponent. The own goal is not counted.
 4. Restriction: Kicker cannot touch the ball again until it has been touched by another player except for a shootout or tiebreaker at which time normal dribbling is allowed.



5. Within Own Penalty Arch: A Direct Free Kick within a player's defensive Penalty Arch may be taken from any spot therein. All opposing players remain outside the Arch and at least five yards away until the ball is in play beyond the Arch. If, after the Direct Free Kick, any player touches the ball before it has left the Penalty Arch, the Direct Free Kick is retaken.
6. Within Opponent's Penalty Arch: When a team is awarded a Direct Free Kick within its opponent's Penalty Arch this results in a Shootout.

LAW 14 (US Indoor Rule 12) – THE PENALTY KICK

A. All Penalty Kicks will be conducted as Shootouts:

1. All defending players, goalkeeper excluded, will stay in the center circle, behind the half. Except for the player taking the Shootout, the attacking team will stay behind the half, outside the center circle.
2. The shooter begins at the Restart Mark (3rd line nearest the goal) and the Goalkeeper starts with at least one foot on the goal line.
3. After the whistle is blown, play is live:
 - a. the goalkeeper is free to move along or forward off the line.
 - b. All other players are able to enter the half after the whistle is blown.
4. If a Shootout occurs at the end of a half or game the play is extended and will expire when any of the following occurs:
 - a. The Goalkeeper makes a save.
 - b. The player taking the penalty kick scores a goal.
 - c. The player taking the penalty kick misses the shot.

LAW 15 (US Indoor Rule 7) – THE THROW-IN

There are no throw-ins in Indoor Soccer; however, there are “kick-ins”.

LAW 16 (US Indoor Rule 7) – THE GOAL KICK

Goal “kicks” may be taken by the goalkeeper rolling or throwing the ball out from his/her hands or by placing the ball on the ground within the penalty arch. Ball may not cross three lines without a touch. Opposing players must not interfere and be outside of the penalty arch or 5 yards away.

LAW 17 (US Indoor Rule 7) – THE CORNER KICK

- A. The ball is placed on the corner mark.
- B. The kicker cannot play the ball a second time until it has been played by another player of either team; infringement of this rule will result in a direct free kick to the opposing team from the point of infringement.
- C. Players on the opposing team should be at least 5 yards away from the point of the corner kick.
- D. A goal can be scored directly from a corner kick.



Additional Information and Regulations:

Goalkeepers may NOT punt or drop kick the ball. They may throw, roll, or drop to the floor and play with their feet at which time the ball is live and cannot be picked up again until another player has made contact with the ball.

Discrimination of any kind against a person or group of people based on account of race, ethnic, national or social origin, gender, disability, religion, political opinion or wealth, birth or sexual orientation is **STRICTLY PROHIBITED** and will result in a red card and suspension if heard by referees or staff.