



# Indoor Soccer Rules

Updated 5/31/2019

**ENTER FIELD AREA AT YOUR OWN RISK:** All patrons and players must understand that participating in or spectating sports can result in bodily harm. By entering the field house, all patrons and players do so at their own risk and agree to hold harmless in the event of injury or accident, SMCRC, dba Gorham Sports Center (GSC), and any assigns, the organizer of the league, field officials, the manufacturer of any and all equipment used in conjunction with the activity at GSC. Gorham Sports Center **HIGHLY RECOMMENDS** the use of all correct protective gear and equipment, including mouth and shin guards. Captains and coaches must read this Rules document in full and are responsible for their team's conduct and making sure their team understands and follows all facility and game rules specified here.

## League and Facility Rules:

- There is **NO SPITTING, NO FOOD, NO BEVERAGES, and NO FOUL LANGUAGE ALLOWED on the field.** The referee may give a red card to any player for any of these infractions.
- No cleats with metal spikes are allowed in the field house.
- A parent or legal guardian must be present at all times if participant is under the age of 18.
- For high school and younger age groups, someone 21 years of age or older must be present at the team bench to supervise.
- All adult league players must be 18 or older to play. There will be **NO** exceptions.
- GSC reserves the right to remove anybody from the league for any reason at any time.
- Team deposit (non-refundable) and registration form must be submitted online or in-person. Captains and coaches are responsible for collecting and keeping track of payments from their team's players, and paying off the team's remaining balance at once.
- Full team payment is due on the second game night, otherwise a team may be disqualified or a financial penalty may be assessed.
- Games will consist of two (2) twenty-five (25) minute halves and a 2 to 5 minute intermission (as needed, in order to maintain a timely schedule). The game clock will run continuously, only stopping for emergency injuries.
- We will make every effort to start all games at the scheduled time. The game clock will begin counting down on-time, regardless of team readiness. The clock will continue running into game time without notice if time elapses downward past the 25 minute mark and a team is not ready to play.
- Players are allowed to play on a maximum of two teams in the same league, as long as they are listed on both team's rosters, but they must choose only one team to play with during the playoffs (if applicable).
- During playoffs, ties will be settled by following normal FIFA rules (best of three (3) penalty kicks and then sudden death).
- If your team has to forfeit a game, please let the league coordinator know **at least** (3) hours prior to your scheduled game.
- During the Adult regular season only, if a team does not have the minimum number of players in attendance, opposing team captains must meet with the referee and one of the following decisions must be made:
  1. The game will go on, the team with too few players will play, and the results will count.
  2. The team with too few players will forfeit the game, but will be allowed to solicit un-rostered players to play the game as a friendly match.

➤ This decision **must be made before the game begins** and must be relayed on to GSC.

**Note:** Teams are only allowed to bring on additional players during the season if **both** of the following are true:

- Team does not have the minimum number of players present to field a team (4), (5), or (7), **AND...**
- The player has signed the team roster.
- Men's Over 35 teams may have no more than one (1) player between the ages of 30 and 34 on their roster. **NO PLAYERS UNDER 30.**
- Players **must** have played in at least 1 game by week 5, **AND** have signed the team's roster in order to play in playoffs.
- Regular season standings will be based on 3 points for a win, 1 point for a tie, and 0 points for a loss. 1 point will be deducted for a forfeit.
- Playoff seeding will be determined by total points. In the case of a tie, seeding will be determined by head to head, then goal differential, and then goals for, if necessary.
- Loose and potentially dangerous jewelry must be removed before the game. This includes necklaces, earrings, bracelets, watches and any other kind of jewelry that could potentially harm you or others.

**We strive to maintain a safe, professional, and family-oriented environment. Therefore, it is critical to enforce these policies.**

Game schedules will be posted on [www.gorhamsportscenter.com](http://www.gorhamsportscenter.com) and are available from team captains. Playoff schedules will be posted after the final game online up to 24 hours prior to playoff date. Thank you for your participation and cooperation!



## Indoor Soccer Rules (*continued*)

### FIFA soccer rules apply unless otherwise specified here in this document.

#### Full Field Soccer Game Rules:

- All full field games will play with 8 field players and a goalkeeper (9v9).
- Only adult leagues are allowed to substitute on the fly. Youth leagues are **NOT** allowed to substitute on the fly. Players must wait for the referee's direction to enter the field.
- There will be **no free kick awarded for hitting the center cable**. Play will continue unstopped.
- Indirect kicks will be used when the ball hits the ceiling, trusses, or any netting in play. The defensive team will be awarded all indirect kicks from the spot on the field directly below where the ball struck the ceiling/cord/netting or trusses.
- If a throw-in hits a side net, the player will re-throw just as would be the case if the ball never came in bounds.
- Opponents must stand ten (10) yards from the ball on all free kicks.
- All goal kicks, keeper punts and throws are indirect. They may travel the entire length of the field but must be touched by another player before a goal is counted.
- Penalty kicks for full field games will be from 12 yards away. Play is live if the ball is missed, however, the penalty-taker cannot re-touch the ball unless another player does so first.
- Slide tackling is not allowed and will result in a direct kick or a penalty kick.
- There is **no offside offense**, however players are encouraged to play in the spirit of the game.

#### Half Field Modifications:

- Half field games will play either with 5 field players and a goalkeeper (6v6), or 6 field players and a goalkeeper (7v7).
- All free kicks are indirect except corner kicks.
- All goal kicks, keeper punts and throws are indirect. They may travel the entire length of the field but must be touched by another player before a goal is counted.
- Fouls in the goal box will be indirect from 8 yards.
- Only adult leagues are allowed to substitute on the fly. Youth leagues are **NOT** allowed to substitute on the fly. Players must wait for the referee's direction to enter the field.
- Slide tackling is not allowed and will result in a direct kick or a penalty kick.
- There is **no offside offense**, however players are encouraged to play in the spirit of the game.

#### Referee's Discretion:

- All free kicks awarded by the referees are **indisputable**.
- Yellow cards are a two-minute penalty, and will be **served immediately** on the team bench. A player receiving two yellow cards in one game will result in a red card.
- Red cards require the penalized player or coach to sit out for the rest of that game, and the team will play short a player for the remainder of the game. **Red-carded players are not able to participate in the team's next game. The ejected player/coach must also leave the field house.**
- **There will be no refunds given to any player or coach due to suspension.**
- **A player given a red card due to a physical altercation will be immediately removed from the league and suspended for a minimum of one session up to a permanent expulsion from all GSC Leagues.**
- **ZERO TOLERANCE** policy against players, coaches or fans arguing with the officials. Not following this policy can result in dismissal from the facility and/or league without refund.
- Continuing offenses during the season can result removal/suspension from the league up to a one-year (solely at the discretion of the facility manager and attending referee).
- All calls otherwise not specified here are at total discretion of the referee.