

LAWS OF THE GAME

(Updated 07/30/11)

LAW 1: THE FIELDS OF PLAY

Dimensions:

- Field #1 - Length 168 feet, Width 80 feet
- Field #2 - Length 120 feet, Width 72 feet

LAW 2: THE BALL

- 2.1 Size 5 soccer balls will be used for all adult games, as well as U-13 through U-19 boys and girls.
- 2.2 Size 4 balls will be used for all youth games U-8 through U-12.
- 2.3 Teams must have a game ball in good playing condition present before the game begins. If your team does not have a game ball, your team may be subject to forfeit.

LAW 3: NUMBER OF PLAYERS

- 3.1 Every team shall have no more than 4 players from an upper division on their roster. More than 4 shall result in game forfeit.
- 3.2 Men's Division 6 shall not carry any Division 1 or Division 2 players.
- 3.3 Field #1 - Seven (7) players, one of whom shall be the goalkeeper. Minimum of five (5) players needed to start and continue a game.
- 3.4 Field #2 - Six (6) players, one of whom shall be the goalkeeper. Minimum of four (4) players needed to start and continue a game. For U-10 players or younger: Seven (7) players, one of whom shall be the goalkeeper. Minimum of five (5) players needed to start and continue a game.
- 3.5 Teams are required to have a team coach or captain who is stated on their team roster.
- 3.6 Unlimited substitutions are allowed.
- 3.7 Substitutions during play - player must be able to touch the wall at his team box door or be off the field before a substitute player can come on.
- 3.8 Substitutions when play has ceased - you may substitute: a) after a goal is scored, b) after a time penalty is awarded, c) on an injury time out, or d) when the ball leaves the field of play.
- 3.9 Any player may change places with the goalkeeper, provided that the referee is informed before the change is made, and provided also that the change is made during the stoppage of the game.
- 3.10 Substitute players are to remain in the player boxes. Only players and two coaches are permitted in the box. A team having an unauthorized person in the box will be awarded a two-minute penalty.
- 3.11 Any player, other than the two allowed coaches, who are not in uniform with the proper equipment to play, will not be allowed in the team's player box regardless of their status on the team roster. A time penalty may be awarded to the team bench if unauthorized individuals remain within the player box.
- 3.12 If a player is bleeding or has any blood on his/her body or uniform they are required to leave the field of play and are only allowed to re-enter upon permission of the scorekeeper and referee. If allowed by the Referee and permitted by administrative policy; a player whose uniform is stained with blood and untreated may wear alternative clothing.
- 3.13 Players must have played at least one regular league game during the session to be eligible for playoffs.

LAW 4: PLAYER EQUIPMENT

- 4.1 Players must dress in matching jerseys with permanent numbers for proper identification. All numbers must be different and must be a minimum of 1" wide by 6" high in size. Switching of uniforms during the game is not permitted.
- 4.2 Teams are required to register their team color and home teams will be responsible for bringing a separate jersey if a color conflict between teams should occur. Soccer Central will not provide alternate scrimmage vests; however, you may rent them for a fee.
- 4.3 Shin guards are mandatory and must be totally covered by stockings/socks. The Referee has the right to refuse any individual of the right to play if they are not equipped with shin guards that, in the opinion of the referee, provide "reasonable" protection. Shin guards must be professionally manufactured and not altered to decrease protection. Players must use sizes appropriate to their age and shin size.
- 4.4 Only flat-soled or turf shoes designed for indoor artificial surfaces must be used. (No studded/screw-in shoes)
- 4.5 Shorts must be above the knee, no pockets, no metal rivets, or exposed zippers. No sweatpants or pants. Leggings may be worn under the shorts to keep warm.
- 4.6 Headbands are permissible.

- 4.7 No hats, beanies, bandanas nor baseball caps of any color are allowed during play.
- 4.8 Players may wear simple cotton or wool gloves to keep their hands warm.
- 4.9 No jewelry or other accessories may be worn. If a player is unable to remove a necklace or ring, it should be taped to his/her chest or finger. Casts, splints, or body braces made of a hard substance must be padded to the satisfaction of the Referee. Failure to comply with this rule may result in a time penalty.
- 4.10 The Goalkeeper must wear a jersey color, which distinguishes him/herself from all other field players and Referees.

LAW 5: REFEREES

- 5.1 At least one field official will be present during play.
- 5.2 The decisions of the Referee regarding facts connected with play and interpretation of rules are final. The Referee may change any decision prior to a restart upon his/her own consideration.
- 5.3 When two field officials are present, they shall have equal authority and responsibility.
- 5.4 They shall keep a record of the game.
- 5.5 Reports on EJECTION must be filed before leaving the facility.
- 5.6 The second or third official shall be a time keeper/scoreboard operator.

LAW 6: DURATION OF THE GAME

- 6.1 A game shall be played in two equal halves of 24 minutes.
- 6.2 A half time interval shall be 1 1/2 minutes.
- 6.3 The clock shall only be stopped for serious injuries, or on referee's command. The scorekeeper may not stop the time unless instructed to do so by the referee.
- 6.4 There may be up to a 2-minute intermission before any overtime period (only applicable during playoffs).

LAW 7: START OF PLAY

- 7.1 A kickoff is an indirect free kick and the ball may go backwards or forwards on the first touch.
- 7.2 Kickoff will be given to the home team to start the game. Visitors will have kickoff at the start of the second half.
- 7.3 An indirect kickoff from the center mark starts play at the beginning of each half and after every goal. Once the Referee signals the kickoff, a player of the team having the kickoff has 5 seconds to play the ball.
- 7.4 Teams will change direction at half time.

LAW 8: PLAY OF BALL

- 8.1 The ball is out of play when it wholly crosses the perimeter wall, makes contact with safety netting or building superstructure/lighting. An indirect "kick-in" will be awarded to the opposing team and must be taken from **within** the perimeter touchline.
- 8.2 When the ball makes contact with the building superstructure or lighting, an indirect "kick-in" will be awarded to the opposing team from the touchline at a point closest to where the ball made contact.

LAW 9: METHOD OF SCORING

- 9.1 A goal is scored when the **whole ball** has passed over the goal line, between the goalposts and under the crossbar, provided it has not been thrown, carried, or intentionally propelled by hand or arm by a player of the attacking side, except in the case of a goalkeeper who is in his own penalty area.
- 9.2 The team scoring the greater number of goals during the game shall be the winner.

LAW 10: THREE-LINE VIOLATION

- 10.1 A three-line violation occurs when a player propels the ball across all three white lines in the air towards an opponent's goal, without touching the ground, perimeter wall, or another player.
- 10.2 Three-line rule will not be applied to small field during adult leagues. Note goalkeeper exception below.
- 10.3 Penalized by awarding an indirect free kick to the opponents at the center of the first white line.
- 10.4 Teams playing two players short will not be penalized.
- 10.5 A goalkeeper may never propel the ball over the three lines in the air.

LAW 11: PLAYER FOULS AND MISCONDUCT

SPORTING CONDUCT: Individuals are expected to play under control and within the rules of the game, and to the best of their ability will avoid causing injury to themselves and other persons using the facility.

11.1 Major Offenses: Direct Free Kick Awarded

- a. Kicking or attempting to kick an opponent
- b. Tripping or attempting to throw an opponent
- c. Jumping at an opponent

- d. Charging an opponent in a violent or dangerous manner
- e. Striking or attempting to strike or spitting at or on an opponent
- f. Holding an opponent
- g. Pushing an opponent
- h. Intentionally handling the ball (except goalkeeper within their own penalty box)
- i. Charging (Checking) an opponent into the perimeter wall

11.2 Minor Offenses: Indirect Free Kick Awarded

- a. Playing in a dangerous manner
- b. Fair charging an opponent when the ball is not in playing distance
- c. Obstructing an opponent
- d. Charging the goalkeeper except when he/she:
 - Is holding the ball
 - Is obstructing an opponent
 - Has passed outside his/her goal area
- e. Slide tackling (knee touching the turf) - Note exceptions for goalkeeper.
- f. Playing the ball from the ground
- g. Illegal substitution
- h. Delaying game; when playing as goalkeeper, indulging in tactics such as failing to play ball outside penalty box within five seconds, or refusal to take a free kick or kick-in within 5 seconds.

11.3 Time Penalties

- a. Any player receiving a time penalty of any kind has 5 seconds to leave the field of play and enter the scorekeeper box. If the player does not leave the field within 5 seconds, a second time penalty may be given, possibly leading to ejection of the game.
- b. For each time penalty being served by a player, his/her team shall play with one fewer field players, until the penalty time expiration; provided that a team may not have less than the minimum number players on the field (see Law 3: Number of Players). Should a player receive a time penalty while two or more teammates are already in the penalty area, his/her team continues to play with the minimum while he/she joins his teammates in the area. His/her time penalty will not start until the player with the least amount of time remaining on his penalty is released from the box. A bench player may stand in and play until the penalized player with the least amount of time is released from the penalty box, at which time, the stand in may return to the player box and the team continues to play with no less than the minimum number of players. If there are no available players on the bench, the game will end immediately and that team forfeits. The goals for both teams will count but the opponent will receive the 3-points for the win.
- c. A Time Penalty can be awarded for:
 - 1) Player re-entering game without making equipment adjustment
 - 2) Unsporting conduct
 - 3) Encroachment
 - 4) Delay of more than 5 seconds in taking a free kick
 - 5) Breach of any house rules (i.e. chewing gum on the field, chewing tobacco, etc.
 - 6) Leaving door(s) unlatched while not in use
 - 7) Intentionally striking a light fixture
 - 8) Spitting on the field or in player box
 - 9) Having an unauthorized person in the player box
- d. Players will be released from the penalty box at the expiration of their full time penalty. However, penalty time will carry over to the next time period of play (i.e. to the second half or over-time periods). Time periods expire at the end of the game.
- e. **Red Card Penalties:**
 - i. When a red card is given to one player, that player is ejected from the facility and the team must play down one person for a 5-minute time penalty period. A substitution for the ejected player is allowed at the expiration of the 5-minute time penalty.
 - ii. If a red card is given simultaneously to one player on each team, both players must leave the facility, but both teams are allowed to substitute for the ejected player without serving any time penalty.
- f. **Any player or coach, who receives a red card for any reason, will be subjected to a minimum of one game suspension in addition to the \$50.00 Red Card Fine.**

11.4 Misconduct: Cautioning

2-Minute Blue Card Penalties:

- a. Is guilty of any minor or major foul listed above that the referee determines to be constituted with a 2-minute time penalty
- b. Slide tackles anywhere within the field of play.
- c. Slide tackling the goalkeeper will be given a minimum of a blue card

2-Minute Yellow Card Penalties

- a. Persistently infringes the laws
- b. Shows by word or action dissent at any referee decision
- c. Is guilty of unsporting conduct
- d. Receives a second blue card for a major or minor offense

Red Card Ejection Penalties

- a. Is guilty of violent conduct or serious foul play (Ejection and 5-minute team penalty)
- b. Uses foul or abusive language persists in misconduct after being cautioned (Ejection and 5-minute team penalty)
- c. Receives a third blue card for a major or minor offense (Ejection and 2-minute team penalty)
- d. Receives a blue card after receiving a yellow card or visa-versa (Ejection and 2-minute team penalty)

11.5 Goalkeeper Restrictions

For the following violations by a Goalkeeper; the opposing team receives an Indirect Free Kick:

- 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 Throw-In without the ball having first touched another player;
- b. Pass Back: Handling the ball, having been passed deliberately and directly to him from a teammate; except that he may handle a ball which a teammate passes to him by the head, chest, or knee and without "trickery". At no time may a goalkeeper handle a ball that is intentionally played to him by the foot from a teammate
- c. 5-Second Limit: Controlling the ball with his/her hand inside of his/her Penalty Arch for over five (5) seconds.
- d. During penalty kicks the goalkeeper is required to have one foot on the goal line until the ball is kicked.
- e. Goalkeeper handling the ball outside of the penalty area will result in a 2-minute blue card penalty. A **direct** free kick will be awarded to the opposing team.
- f. A goalkeeper is not permitted to slide outside of the penalty area. This violation will result in a **direct** free kick for the opposing team.
- g. A time penalty assessed against a goalkeeper may be served by another member of his team that is already on the field (in the case of ejection - goalkeeper leaves the premises)

11.6 Delay of Game

- a. If a player intentionally delays the game, the referee may award a time penalty for delay of game
- b. If a player, in the opinion of the referee, feigns an injury, the referee may award a two-minute time penalty for delay of game.

11.7 Advantage Rule:

- a. 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. In instances where the Referee would issue a blue card or a yellow card, but for the Advantage Rule, he/she acknowledges the offense by holding the card above his/her head until the earlier to occur of the following:
 - 1) Opponent's Possession: The team of the offending player gains control of the ball;
 - 2) Stoppage: The Referee stops play for any reason.

LAW 12: TEAM MISCONDUCT

12.1 Unsporting conduct from a team box will result in a verbal warning against the team. Should the conduct persist, a bench penalty will be issued against the offending team. The team manager/coach must remove one of the field players to serve a time penalty.

12.2 Any person who steps on the field smelling of alcohol will be sent off the field immediately. Coaches should be responsible for the behavior of their players.

12.3 Bench or Team penalties may be issued for the following violations by a team or unidentified person:

- a. Leaving Team Bench: Players leave a team bench to join a fracas, melee, or confrontation with the opposition or game official.
- b. Bench Dissent: After an initial "Warning" issued to the team captain, one or more players from a team bench verbally abuse the referee

- c. Other: Unsporting behavior, which, in the referee's discretion, does not warrant another category of penalty.

LAW 13: RESTART OF PLAY

13.1 If a foreign ball enters the field of play, the play will continue until the referee blows his/her whistle to stop play

13.2 After a stoppage of play due to an injury, there will be a drop ball on the center mark of the field regardless of both whom has possession of the ball when the whistle is blown and where the injury occurred

13.3 The following apply to all restarts:

- a. Ball is in play when it travels half its circumference
- b. Player taking a free kick or kick-off may not play it again until someone else touches the ball
- c. All opposing players shall be at least 10 feet from the ball. If within 10 feet of the opponent's goal, then they shall remain along the goal line until after the restart
- d. If an opponent refuses to move back 10 feet on a referee's request, or encroaches the kicker before the kick, he/she may be given a time penalty for unsporting conduct.

13.4 Free Kicks

- a. 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.
- b. The kicker has five (5) seconds to release the ball after having been signaled to do so by the referee. A time penalty may be awarded to the kicker for unsporting conduct and delay of game if he/she takes longer than the allowed five seconds.

13.5 Penalty Kicks

- a. Time shall be extended at the end of each period to allow the taking of a penalty kick.
- b. Players from either team shall not be permitted to stand in front of the first white line and shall not interfere with the player taking a penalty kick.

13.6 Kick-Ins

- a. Kick-ins are **indirect**, taken when the ball goes out of bounds on the sides.
- b. Kick-ins must be taken within **TWO FEET** of the perimeter wall at a point nearest where the ball left the field of play. The ball is considered to be out of play when it wholly crosses the perimeter wall or makes contact with the protective netting.
- c. If contact is made with the building superstructure or lighting an indirect free kick will be awarded to the opponents at the center of the first white line.

13.7 Goalkeeper Throw-in

- a. Play restarts with a Goalkeeper Throw-In after an attacking player has last touched the ball before crossing an end perimeter wall between the corner flags. The restart is taken from any point within the penalty arch. The goalkeeper will have 5 seconds to release the ball once he/she has possession of it. Once the goalkeeper releases the ball from possession of his/her hands the ball is in play.

13.8 Corner Kicks

- a. When the whole of the ball passes over the end perimeter wall between the corner spot marks, having last been played by one of the defending team, a direct corner kick shall be awarded to the attacking team; the whole ball must be placed on the corner mark, at the nearest corner flag mark.
- b. Corner kicks are direct free kicks.

LAW 14: CO-ED SOCCER ADDENDUM RULES

- a. **INTIMIDATION RULE** - If the referee feels that a player attempts through action, to threaten or intimidate another player, the Intimidation Rule will be called and an indirect free kick will be awarded.
- b. **Number of Players-Field #1:**
Field #1 has seven (7) players, three (3) women and three (3) men plus a goalie of either gender. You must have five players to start and continue a game, two (2) women and two (2) men plus a goalie of either gender. You may not start or continue a game with less than two women on the field. In addition, a team may not start or continue a game with more than three (3) men on the field. However, a team may play with more than three (3) women. A team must have at least one (1) man playing at all times, either on the field or in the goal.
- c. **Number of Players-Field #2:**
Field #2 has six (6) players, two (2) women and three (3) men plus a goalie of either gender.

You must have four (4) players to start and continue a game, one (1) woman and two (2) men plus a goalie of either gender. You may not start or continue a game with less than one (1) woman on the field. In addition, a team may not start or continue a game with more than three (3) men on the field. However, a team may play with more than two (2) women. A team must have at least one (1) man playing at all times, either on the field or in the goal.

- d. During a Co-Ed game on Field #1 only, in the event that only two (2) women are playing on the field and one is serving a two-minute penalty, the team may play with only one woman during the penalty time. However, if the second woman also receives a two-minute penalty while the first woman is still out, then a man must serve the penalty for the second woman. If one of the women is issued a red card or injured, the game shall be terminated and subject to forfeit.
- e. During a Co-Ed game on Field #2 only, in the event that only one (1) woman is playing on the field and she is issued a two-minute penalty, a man must serve her penalty. If she is issued a red card or injured, the game shall be terminated and subject to forfeit.
- f. If the referee feels a shoulder charge is too rough, an indirect free kick will be awarded.
- g. Any charges around the boards will result in a direct free kick.

LAW 15: YOUTH LEAGUE-ADDITIONAL RULES

- a. Goals will not be recorded after a ten (10) goal lead.
- b. Teams discovered with players older than the age allowed in the registered bracket will forfeit all games in which the older player(s) participated.
- c. Birth certificates are to be presented every year for each player prior to league participation.
- d. Altered birth certificates are not tolerated and your team will be dropped from the league with out refund of fees, team or membership.
- e. Outdoor teams joining the indoor league as two teams may use up to two alternate players from either team each week, assuming the total number of players on either team does not exceed roster maximum of 16 during any single game. The scorekeeper must be notified of the roster addition **prior** to kickoff. Alternates may not join a game that is already in progress.