

City of Folsom Parks & Recreation Department
Creating Community through People, Parks and Programs
Folsom Sports Complex Indoor Soccer Arena

The Rules of the Game

Revised 1-8-16

Supersedes all other editions

Introduction

The following are Rules of the Game for the Folsom Sports Complex indoor soccer arena. These “House Rules” are written to conform to the Official Rules of Indoor Soccer (Youth and Amateur Edition) 2016 Edition, certified by the United States Indoor Soccer Association. Due to the many adaptations of the game and because of the varieties of playing facilities and playing surfaces, the Folsom Sports Complex objective in drafting these rules is to promote the sport of indoor soccer in an environment that is safe, friendly and challenging while conforming with the development of the game of indoor soccer. The Folsom Sports Complex reserves the right to change these house rules at any time.

Rule 1: The Field of Play

- 1.1 The field of play shall be adapted for the size of the facility, with dimensions of 187 feet in length and 85 feet in width.
- 1.2 No team shall practice or warm up or play soccer outside the perimeter of the soccer field.
- 1.3 Teams playing in the first game of the day are only allowed on to the soccer field for warm-ups 15 minutes before game time and only if the soccer field is not being used for another facility event.
- 1.4 YOUTH teams shall enter the playing field area by walking around the goal ends to enter the players’ bench area.
- 1.5 YOUTH teams will exit the playing field by using the gate closest to the lobby.

Rule 2: The Ball

- 2.1 The dimensions, weight and air pressure of the ball shall be that of a standard Size 5 soccer ball for U14 – U19 games and all Adult games. Size 4 soccer balls shall be used for all youth games U10 - U12, and size 3 for U8.
- 2.2 The Folsom Sports Complex shall provide all game balls.
- 2.3 No team or player will be allowed to bring their own soccer balls into the facility for the purpose of practices or warm-ups prior to the start of a scheduled game.

Rule 3: Players and Substitutions

- 3.1 All teams participating in our indoor soccer leagues shall have a maximum of 15(18 for adult) eligible players at any given time on their team roster. Players must be eligible to play in the indoor leagues as defined in this section. If a team plays ineligible players, the Folsom Sports Complex management has the right to remove the player from the team, take away any points earned by the team in league play and/or disqualify the team from further participation in our leagues.

3.2 Eligible players are defined as players who are listed on the team roster at the start of each league session and as having signed a release of liability. Players can only be listed on one team roster per division. Team rosters are subject to approval by the Folsom Sports Complex. Teams and players are not considered eligible if the team has not completely filled out a team application and provided a complete team roster prior to their first game, paid the session fee in full or otherwise complied with the requirements of the Folsom Sports Complex to play. Teams shall not be allowed to participate in games without official approval from the Folsom Sports Complex. All Players participating in adult games must be 18 or older.

3.3 Players cannot play on more than 1 team in the same division.

3.4 For U14 to adult games, there shall be only six players on the field at any time during a game - five field players and one goalkeeper. The minimum number of players allowed for the start of a scheduled game shall be four. Teams with fewer than four players at the start of the scheduled game shall forfeit the game.

3.5 For U8 - U12, there shall be only seven players on the field at any time during a game – six field players and one goalkeeper. The minimum number of players allowed for the start of a scheduled game shall be five. Teams with fewer than five players at the start of the scheduled game shall forfeit the game.

3.6 For age groups younger than U8, the number of players shall be determined by the Director of Soccer, prior to the start of play. (The Sports Complex does not offer league play for U6 and below) This will depend on whether the games are being played on the indoor facility or the outdoor arena adjacent to the Folsom Sports Complex.

3.7 Unlimited substitutions are allowed. Players, including goalkeepers, being substituted must leave the field of play completely before the player coming into the game may enter onto the field of play. The substitution of players must be a smooth transition. The player being substituted and the player entering the game cannot interfere with play or play the ball during the act of substitution. Jumping into the other team's box or the penalty box or leaving the field of play except by going into the designated "Home" or "Guests" bench area is strictly prohibited. Goalkeepers are required to wear colors that distinguish them from all other players including the referee.

3.8 There shall be a two-minute penalty for any team having too many players on the field during a game.

3.9 During any game, except for, Co-Ed Divisions where teams play 7v7, if a team is losing by four goals or more, the losing team has the option to add one player to the field of play as an equalizer. The equalizing player must be removed from the field of play once the score differential reaches two goals.

Rule 4: The Players Equipment

4.1 All teams must wear matching uniforms with numbers. No two players are allowed to have the same number on their jerseys. Players, other than goalkeepers must wear team uniforms consisting of the same color and style jersey. Shin guards and proper indoor soccer shoes must be worn at all times. Jerseys must display appropriate and clear numbers on the back. Teams or players not wearing appropriate uniforms will not be allowed to participate further in the game.

4.2 All indoor soccer shoes must be clean and free of debris.

4.3 When two teams have jerseys of same or similar color, the home team is required to change colors or wear the pennies. If the home refuses to wear the pennies or change colors they forfeit the game. Goalkeepers must wear colors and clothing that distinguishes them from all other players and the referees.

4.4 Shin guards must be covered by the socks.

4.5 No jewelry or other accessory including body piercing of any kind except for medical bracelets or religious artifacts may be worn by players. No casts or splints are allowed. Players who are otherwise able and fit to play but must wear a padded neoprene type braces may be allowed to play if they conform to the following:

- a. They have received approval from the Folsom Sports Complex to play
- b. Braces must be covered with protective sleeve
- c. The Referee has inspected the neoprene brace and in the opinion of the referee, the brace does not constitute a danger to the player, the player's teammates, opponents and officials and allows them to play

It is the responsibility of the team manager, coach or captain to make sure that the players comply with these requirements in regards to the wearing of braces and seek the approval of the Folsom Sports Complex. Failure to do so may result in ejection of the player and sanctions for the team.

4.6 No player will be allowed to play or continue to play if they have sustained an open cut or wound. Players with cuts and wounds must leave the field immediately and seek medical attention. All such cuts or wounds must be bandaged and completely covered before the player will be allowed to re-enter the field of play and only with the approval of the referee. All bloodstains must be completely removed from the player's skin or clothing before the player may be allowed to further participate in the game.

Rule 5: The Referees

5.1 Depending on the age group, one or two referees will be on the field of play at all times. Depending on the level of play, adult games may be officiated by at two referees.

5.2 Referees are the sole decision-makers of games and they shall enforce the Rules of Play. The decision of the Referees regarding facts connected with play and interpretation of the rules of play are final.

5.3. The Referee may reverse their decision provided play has not been restarted.

5.4 The Referee has the sole discretion to assess penalties, assure fair play, and maintain control of the game during stoppages and as players and team personnel enter and exit the field of play. This includes the power to:

- a. Award or disallow a goal
- b. Suspend or terminate a game
- c. Start, stop and re-start the game clock
- d. Prohibit field entry
- e. Summon security should problems arise

5.5 The Referee will be required to file a game report which would provide the Folsom Sports Complex with information in regards to any disciplinary action, incident, injury, violent conduct or persistently unseemly behavior or any other circumstances occurring before, during or after a game.

5.6 In all other instances, the Referees are subject to the rules and policies of the Folsom Sports Complex

Rule 6: The Duration of the Game

6.1 All youth league games shall consist of two periods of twenty minutes each. All U17 and Adult league games shall consist of two periods of twenty-two minutes each. In tournament play, the duration of the game will be determined by the Director of Soccer in accordance with specific tournament rules and guidelines.

6.2 Half time shall be approximately two minutes in length. Referees are required to ensure that games start and end on time. In the case of overtime play, teams shall change ends of the field at the end of the first overtime period. Play is to continue without any stoppage time for teams to exchange end of the field.

6.3 The clock shall only be stopped in cases of serious injury. Only the referee has the authority to stop the game clock. In all other instances, the game clock shall run continuously and count down through each half and overtime period. Play time may not be extended for shoot-out or penalty kicks.

6.4 If the game clock should malfunction, the referee shall be the sole timekeeper.

6.5 The game clock shall count down approximately three minutes to facilitate teams leaving the field after a game has ended and to allow the teams playing in the next scheduled game to enter the field and get ready to start a game.

Rule 7: The Start and Restart of Play

7.1 The ball shall be deemed in play when it has any movement in any direction. The Home team shall kick off the first half of play. The Visiting team shall kickoff the second half of play.

7.2 The ball is out of play when the whole of the ball clears the perimeter wall. This includes striking any part of the protective netting that surrounds the field or strikes any part of the building structure including but not limited to the ceiling. The restart for this violation shall be a direct free kick. The ball shall be placed within three feet from the spot of the ball closest to the where the violation resulting in the stoppage of play occurred. Opponents must stay **15** feet clear from the spot of the kick.

7.3 In the case of the ball striking the ceiling or other building structure, the direct free kick shall be taken by the non-offending team at the middle of the white line closest to where the ball was played. In addition, in the case of the ball striking the ceiling or other part of the building structure, a two minute administrative penalty shall be given to the offending team, but only if in the opinion of the referee, the player played the ball with intent to strike the ceiling. The two-minute administrative penalty rule shall apply only to contact made by a player with the ball using the legs and feet but not with the head.

7.4 In all restarts, a player shall have only five seconds to put the ball legally into play after the referee has indicated that play may resume. Failure to do so will result in a turn over to the opposing team who will be awarded a direct free kick. All free kicks are direct free kicks.

7.5 Except at the end of a half, play restarts after each goal with a kickoff by the team that was just scored on.

7.6 If in the opinion of the referee, it is unclear as to who committed a violation of the rules during a game; the referee may re-start the game with a drop ball. The drop ball shall be administered as close to the spot of the violation as possible. The ball shall not be deemed legally in play until it has touched the ground.

7.7 In all instances where play is to re-start by a free kick, all opposing players must stay at a distance of at least **15** feet from the spot of the kick. If an opponent refuses to give the required **15** feet distance from the ball, the referee shall issue a two-minute penalty for unsportsmanlike behavior.

7.8 The goalkeeper may start play by any legal means such as dribbling and passing with the feet when the ball is received by the goalkeeper during live play. In the instance where an attacking player has caused the ball to cross over an end perimeter wall between the corner flags or markers, the goalkeeper shall re-start play by releasing the ball by hand.

7.9 When the ball is played across three white lines in the air and towards the opponent's goal without being touched by another player or without touching the perimeter wall, floor or referee, a direct free kick shall be awarded to the opposing team at the first white line. There will be no three-line violation if a team has two players in the penalty box.

7.10 In the case of a free kick, the player taking the free kick cannot play the ball again until another player has touched it. This includes playing the ball off a wall or the referee.

7.11 If an offense is committed in the penalty area and in the opinion of the referee is not severe in nature, a direct free kick will be awarded at the top of the penalty area. In this instance the referee may not issue a two-minute penalty.

7.12 When the whole of the ball passes over the end perimeter wall between the flags or marks after last being touched by a player of the defending team, a corner kick shall be awarded to the attacking team. The corner kick shall be taken from the corner spot nearest to where the ball went out of play. A goal can be scored from a corner kick.

Rule 8: The Ball In and Out of Play

8.1 The ball is "in play" after every legal kick-off or re-start. The ball remains in play after any movement in any direction and until a stoppage is recognized by the Referee.

8.2 For restarts within the penalty arc, the ball is not considered "in play" until the ball is put into play by the team who was awarded the restart and the ball has cleared the penalty arc.

8.3 The ball is considered "out of play" once any stoppage occurs and is acknowledged by the referee. This includes all goals, fouls, misconduct, time penalties, injuries, out-of-bounds, three-line violations and structure violations.

Rule 9: The Method of Scoring

9.1 A goal is scored when the whole of the ball crosses over the goal line between the goal posts and under the cross bar. A goal may be scored directly from a goal kick, free kick, kick-offs, corner kicks and keeper throws provided the three-line violation has not occurred

9.2 The team scoring the greater number of goals during a game is declared the winner.

9.3 No goal shall be allowed if an outside agent alters the path of the ball while it is on its way over the goal line. The proper re-start in this instance shall be a drop ball except for a penalty kick, in which case the kick shall be re-taken. The referee shall have the sole discretion to penalize the team responsible for the interference in play by the outside agent. The penalty shall be a two minutes penalty to be served by a member of the offending team.

9.4 In the event of a tie during a championship game, one five-minute overtime period shall be played. If after the five-minute period the game is still tied three players from each team shall shoot alternately on goal from the white line closest to one of the goals designated by the referee. The team that scores the greater number of goals during the three shot shootout shall be declared the winner. In the event that the teams are still tied after five shots, the teams shall immediately proceed to a sudden death shootout. The team that scores first without an equalizing goal from the opposing team shall be declared the winner.

Rule 10: Fouls and other Violations

10.1 Referees shall use the 3-card system to control play as follows:

- a. A Blue Card signifies a serious violation of the rules has occurred and brings a two-minute penalty on the offending player.
- b. A Red Card signifies a flagrant and violent violation of the rules has occurred or there has been an excessive use of force. This brings a five-minute penalty. The Referee shall also eject the offending player from the game. The ejected player shall not be allowed to continue or return to the field of play. The ejected player must leave the Folsom Sports Complex grounds. Play will not resume until the ejected player has left the facility.

10.2 A Referee may issue a Blue Card for serious violations of Rule 10.3, 10.4 and 10.5 below. A Referee may issue a Red Card for flagrant and violent violations of Rule 10.4 and 10.5 below

10.3 Major fouls resulting in the award of a direct free kick are:

- a. Kicking or attempting to kick another player
- b. Tripping or attempting to trip another player
- c. Jumping at or attempting to jump at another player
- d. Charging at another player in a violent or dangerous manner
- e. Charging another player from behind
- f. Striking or attempting to strike another player, official or spectator
- g. Holding an opponent
- h. Pushing an opponent
- i. Obstructing an opponent
- j. Charging an opponent into a perimeter wall otherwise known as “boarding” an opponent
- k. Charging at an opponent when the ball is not in playing distance
- l. Slide tackling shall be strictly prohibited
- m. Playing the ball while on the ground, sitting or laying shall be prohibited
- n. Intentional handling of the ball, other than by the goal keeper, to deny an obvious goal scoring opportunity shall result in a penalty kick and ejection of the player committing the offense
- o. Verbal abuse or taunting another player
- p. Charging the goalkeeper
- q. Spitting at another player, official or spectator shall be strictly prohibited and shall result in ejection from the game and from the facility

10.4 A player shall be cautioned for misconduct for violations of the following:

- a. Persistent infringement of the rules of play

- b. Dissent by words or actions to the decision of the referee
- c. Unsportsmanlike conduct
- d. A player receives a second two-minute time penalty
- e. A player is guilty of a breakaway foul
- f. There is intentional shooting on the goalkeeper after the whistle has sounded
- g. The offending player refuses to go to the penalty box
- h. There is an intentional foul to deny an obvious goal scoring opportunity
- i. Boarding an opponent

10.5 An ejected player shall not be allowed to further participate in the game and shall immediately leave the Folsom Sports Complex facility. An ejected player shall serve an automatic minimum one game suspension. The referee shall file a 24-hr Send-Off Report immediately following the game where the ejection occurred and no later than 24 hours after the game has concluded. The ejected player may be subject to additional sanctions after the ejection report has been reviewed by the Folsom Sports Complex. A player may be ejected for the following misconduct:

- a. Violent conduct and serious foul play
- b. Foul or abusive language and/or gestures
- c. Persistent misconduct or serious foul play
- d. Receipt of a third two-minute penalty
- e. Leaving the bench area to participate and engage in misconduct during and after a game
- f. Persistently violating the rules of the Folsom Sports Complex

10.6 The Referee may caution or eject a player, coach or spectator for any actions listed above in 10.3, 10.4 and 10.5.

10.7 Special Rules for Goalkeepers:

- a. If a foul is, in the opinion of the Referee, inadvertently committed against a goalkeeper, the Referee shall award a direct free kick against the offending team
- b. A goalkeeper is considered in control of the ball anytime the goalkeeper is holding the ball or is in contact with the ball within the penalty arc. A goalkeeper cannot be charged nor the ball played at this time.
- c. Opposing players may not hinder or obstruct the goalkeeper when they are releasing or attempting to release the ball.
- d. Goalkeepers who have gained possession of the ball with hands or feet will have five seconds to release the ball into play. The ball must be released to outside the arc.
- e. Goalkeepers cannot at any time handle the ball a second time after the ball has been released into play unless the ball has been touched by another player or there has been a stoppage in play by the Referee.
- f. Goalkeepers cannot handle the ball that has been passed back to the goalkeeper by a teammate, if the pass was by use of the feet. A goalkeeper may handle the ball if the pass back was by any other part of the body including the head, chest and thigh.
- g. A goalkeeper who deliberately handles the ball outside the penalty arc shall be judged with committed a serious violation. The Referee shall award a direct free kick and a two-minute penalty shall be awarded against the

goalkeeper. In the situation where the goalkeeper makes a save within the penalty arc but the momentum carries him outside the penalty arc and he uses his hands to handle the ball outside the penalty arc, the Referee may consider that the violation is not severe in nature and the Referee need not award the two minute time penalty.

Rule 11: Time Penalties

11.1 Time penalties are as follows:

- a. Five minutes plus ejection of the offending player – Red Card
- b. Yellow Card
- c. Two minutes – Blue Card

11.2 In the case of a five-minute red card penalty, the ejected player shall not return to the game and is required to leave the Folsom Sports Complex facility. The five minute time penalty shall be imposed on the offending team who will play short handed for the entire length of the 5 minute penalty. The offending team will not be allowed to return to full strength until the entire five minute penalty has been served or unless a power play goal is scored by their opponent at which point the original offending team can return to full squad.

11.3 If a coach is ejected, the coach must leave the Folsom Sports Complex facility immediately. The ejected coach will not be allowed to further communicate with his players in any way while leaving the bench area. Any further abusive or unseemly behavior may bring additional sanctions and suspension from the Folsom Sports Complex facility. In the case of coach ejection, the team manager, assistant coach or other parent affiliated with the team may step forward and identify themselves to the referee and take charge of the team for the remainder of play. The referee shall note the person's name and affiliation with the team.

11.4 The referee shall file an ejection report immediately following the game where the ejection occurred and no later than 24 hours after the game has concluded. The ejected player or coach may be subject to additional sanctions after the ejection report has been reviewed by the Folsom Sports Complex.

11.5 Two minute time penalties can be assessed at the discretion of the referee any of the following in fractions:

- a. Illegal substitutions
- b. Illegal equipment
- c. Any offenses under 10.3, 10.4, 10.5 and 10.7
- d. Whenever a penalty kick is awarded
- e. Whenever a player is cautioned
- f. Delay of the game by any player
- g. Unsportsmanlike behavior
- h. Encroachment on free-kicks
- i. Referee crease violation
- j. Bench misconduct
- k. Spitting on the turf (Results in ejection from arena)

11.6

Shootout

Defender in defensive half of field and commits any of the following:

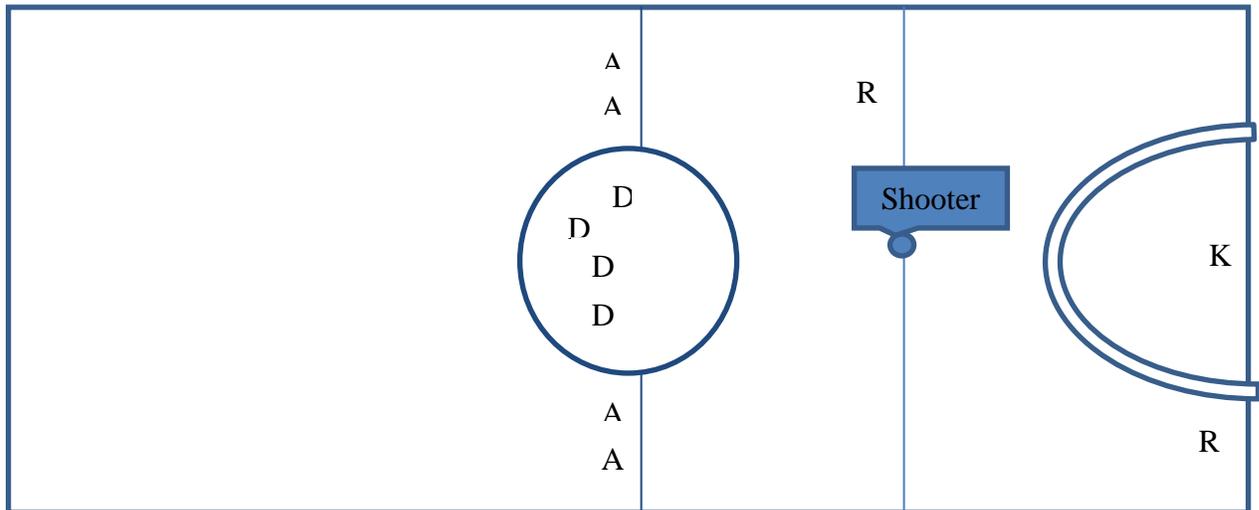
1. Foul in the penalty area for which he receives a time penalty;
2. Foul from behind* against attacking player, having control** of the ball and one or no defensive players between himself and the goal;
3. Any foul where he is the last player on his team between the attacking players with the ball and the goal.

*- Behind- defined as outside peripheral vision

**- Having control- defined as the ability to play the ball with in 1 to 2 strides at the pace he traveled when he last touched the ball

Positions for shootout

1. Keeper one foot on goal line
2. Shooter at red line
3. Defenders inside circle behind halfway line
4. Attackers outside half circle behind halfway line
5. At whistle play is live-no 5 second rule
6. Foul by keeper against shooter anywhere-penalty kick



11.7 Except in the case of Red Card penalty, players under time penalties must serve the penalty in the penalty box and will be released from the penalty box under the following conditions:

- a. At the expiration of the full penalty time.
- b. After a goal is scored against their team. The exception to this is when an equal number of players from both teams are serving penalties, in which case, neither player may be released from the penalty box.
- c. If more than one player from the same team is serving penalties at the same time, only one player may be released after a goal is scored against their team.
- d. When three or more players are sent to the penalty box, the referee must make sure that there continues to be four players left on the field. The time penalty for the third player does not start until the time penalty for the first player expires.
- e. The Referee has the discretion to not issue a time penalty when equal numbers of players from each team are ejected in a single incident.

11.8 It is in the sole discretion of the Referee to play the advantage rule and not stop play for an infraction even if that infraction was severe enough to draw a two-minute penalty. This “delayed time” penalty will be signaled by the Referee by the raising of the Blue Card above his head, thereby acknowledging that the foul has been committed while at the same time communicating to the players to continue with play. No whistle shall be blown by the Referee during this action. The Referee may issue the two-minute penalty once the offending team has touched the ball, any other stoppage has occurred or a goal is scored during the blue card advantage. If a goal is scored as a result of the advantage call, no time penalty shall be issued to the offending player.

11.9 A game cannot end on a penalty.

Rule 12: Special Rules for Co-Ed Play

12.1 Leagues at the Folsom Sports Complex are meant for recreational play. Referees shall enforce the following special rules in games involving teams of mixed gender:

- a. The number of players on the field for co-ed adult play shall be 6 players plus a goalkeeper for a total of 7 field players. There shall be even numbers of men and women on each team (3 men and 3 women). The goalkeeper may be of either gender.
- b. There must be three women on the field at all times, excluding the goalkeeper. The exception to this rule is if a woman is serving a time penalty or if a team is playing down a player with only two women players. In this instance, the number of field players, excluding the goalkeeper may consist of 3 men and 2 women.
- c. On a penalty kick, shootout, kick in or free kick against a women goalkeeper, a woman must take the kick.
- d. If, in the opinion of the Referee, a shoulder charge by a man on a woman is too rough, a free kick shall be awarded.
- e. No male player, through their actions, shall attempt to threaten a female player in any way. This includes forcefully striking the ball towards a female

- player. This includes the situation where there is a female goalkeeper. It will be completely up to the Referee to decide if there is a violation of this rule.
- f. The minimum number of players to start a game is four. The minimum number of female players to start a match is two.
 - g. No more than four men may be on the field at any given time including the goalkeeper. There can be any number of women on the field at any given time.
 - h. Goals scored by female players shall be given the same value as a goal scored by a male player
 - i. Goals may be scored by female players from anywhere on the field subject to the 3-line rule. Male players may only score goals in the offensive half of the field and only after a female player on the same team has touched the ball while in the offensive half of the field. Therefore, if a male player carries the ball into the offensive half of the field, a female player on the same team is required to touch the ball before the male player can score. If a female player carries the ball into the offensive half, any player may subsequently score.
 - j. Rule 3.8 will be observed during all Co-ed play.