

# CENTER OF RECREATIONAL EXCELLENCE

## ADULT INDOOR SOCCER RULES

### Philosophy

The CORE Adult Soccer Program is intended to provide participants with an opportunity to play soccer in an organized and recreational environment.

One of the goals of the program is to promote the ideals of sportsmanship and physical fitness to all participants, regardless of sex, race, creed or color. More important than any game are the participants and their needs. The Adult Soccer Program strives to bring area residents closer together through common interests in sportsmanship, cooperation and appreciation of the game.

### Sportsmanship

A good portion of this manual is devoted to this topic, primarily out of necessity. The desire to win often produces a style of play contrary to the principles of sportsmanship and fair play. The CORE cannot and will not tolerate such a style that ignores good sportsmanship and clean play. Excessive complaining and verbal abuse towards a referee will result in a yellow card or ejection from the game. The referee or the site supervisor can eject a player if they are abusive towards the site supervisor, officials, other players or spectators. If a player is ejected, then he/she will not be allowed to play in the next scheduled game.

Remember - It's only a game.

### Number of Players

Men's, Women's, and Coed leagues are 5 on 5. Coed must have a minimum of 1 women on the field at all times. The goalkeeper may be either male or female. A minimum of 4 players must be present to play or the game will be declared a forfeit. The game will also be declared a forfeit if any team falls below the minimum players allowed after the game has started (i.e. red cards, injuries).

### Player Eligibility

- All players in the adult programs must be at least 16 years old to participate. Young men and women under 18 will be required to have their parents or legal guardian complete and sign a Minor Consent Form, available from the site supervisor.
- Valid photo ID must be shown to the site supervisor in order to add a name to the roster.
- It is the player's responsibility to produce photo ID to the site supervisor, if requested, on the day of the game or the player will not be eligible to play. If a team thinks an ineligible player is playing, then ask for a roster check from the site supervisor. Roster checks must be made during the game in question. Ineligible player will result in a forfeit. Both teams will be checked. A player may not play for, or be on the roster of, more than one team within a division.

### Equipment & Uniform

A molded cleat or athletic shoe must be worn to play. Shin guards are recommended, but not required. All players must wear their team color. Goalkeepers must wear a different color. It is strongly recommended that all players bring water. The ball size is 5.

### Game Time

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

- Overtime Period and Tiebreaker: If, in a tournament or playoff, the game is tied at the end of regulation, a 5-minute "sudden-victory" Overtime Period follows. If still tied, a Tiebreaker takes place, as described in Rule 12.
- Running Clock: Except in the case of an unusual delay, determined by the Referee, the Game Clock counts down continuously through each Half or Overtime Period.

### Rosters

- All rosters must be completed and signed by the team manager and turned into the site supervisor prior to the start of the first game. No players can be added to the roster after the 4th week of play.
- Because of legal requirements, everyone must sign the roster before playing in any game.
- A un-rostered player may not play under the name of a rostered player.
- Before a new player is eligible to play, his/her name must be added to the roster before the start of that game. ID is required to add a name to the roster.
- It is the responsibility of the team manager to keep his/her roster current.
- Teams may carry a maximum of 15 players on their rosters. If a team wants to add an additional player, another player must be dropped to keep the maximum number of 15.

### Substitutions

Unlimited substitutions are allowed. **No substitutions are permitted while the game is in progress.** Substitutions may occur during **any team's** dead ball or after a scored goal without notification of the referee. Any other time will be

allowed at the referee's discretion. Substituting the goalkeeper is only allowed after a scored goal or on **your team's** goal kick, and players must inform the referee.

### **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 Home Team takes the Kickoff for the First Half Kickoff and any Overtime Period, and the Visiting 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 Distribution, 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 Distribution is required. Before the team takes the Free Kick, the ball must be stationary. All opposing players are at least 15 feet (5 yards) 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:
  - Within Own Penalty Arch: from any spot therein.
  - Within Opponent's Penalty Arch: at the Free Kick Mark ("Top of the Arch").
  - 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.)
  - Kick-In: from the point on the Touch Line nearest where the ball crossed over the Perimeter Wall.
  - Three-Line Violation: from the offending team's Restart Mark.
  - Superstructure Violation: from the Restart Mark nearer to where the ball was last played.
- If neither team has clear possession of the ball at a stoppage, the Referee restarts play with a Dropped Ball. A Dropped Ball caused while the ball is inside a Penalty Arch takes place at the Free Kick Mark.
- Play restarts with a Goalkeeper distribution anywhere within the Penalty Arch after an attacking player has last touched the ball before crossing an end perimeter wall.

### **The Ball In And Out Of Play**

- A Three-Line Violation occurs when a player 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.
- A Superstructure Violation occurs when the ball contacts any part of the building above the field of play.

### **Offside**

- It is not a foul in and of itself to be in an offside position. The foul is called if the player is in an offside position at the moment the ball is kicked by his or her teammate and is involved in active play by either:
  - Making a play on the ball.
  - Interfering with play or an opponent.
  - Gaining advantage by being in that position.
- A player is considered to be in the offside position if all of the following are true:
  - The player is on the opponent's' end of the field.
  - The player is closer to the opponent's' end line than the ball (the player is in front of the ball).
  - There are not 2 defending players (the goalkeeper counts as one of them) closer to the opponent's' end line than the offending player.
- When a player is called for an offside offense, an indirect free kick will be awarded to the opposing team at the spot of the foul. Offside will not be called on a throw-in, but will be called on any other play including goal kicks and free kicks.

### **Overtime**

- Only in a tournament playoff game.
- Overtime will consist of 5 penalty kicks. Any 5 players on the team can participate in the penalty kicks. The team that wins the shootout will win the game.

### **Co-Ed Penalty Kicks**

Coin toss between Captains. Winning team will decide what gender will start the penalty kicks.

### **Fouls & Misconduct**

- A Foul occurs when a player commits the following in a manner that the Referee considers careless, serious, reckless, or involving excessive force:
  - Kicks or attempts to kick an opponent
  - Trips or attempts to trip an opponent
  - Jumps at an opponent
  - Charges or obstructs an opponent
  - Strikes, elbows or attempts to strike or elbow an opponent
  - Pushes an opponent
  - Plays in a dangerous manner (e.g., boarding, slide-tackling)

- Holds an opponent
- Handles the ball (except by the Goalkeeper within his Penalty Arch)
- Unsporting Behavior: A Free Kick results for the following offenses:
  - Leverage: Using the body of a teammate, wall or goal to gain an advantage
  - Encroachment: Entering the protected area of an opposing player taking a Free Kick (after initial Warning)
  - Dissent: (i) Referee Abuse; (ii) Breach of Penalty Area Decorum; (iii) Entering the Referee Crease without permission
  - Other: Behavior which, in the Referee's discretion, does not warrant another category of penalty (e.g., delay of game, taunting, foul language.)
- Goalkeeper Violations: The opposing team receives a Free Kick for the following violations by a Goalkeeper:
  - 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)
  - 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)
  - 5-Seconds: Controlling the ball with either his hand or foot inside of his Penalty Arch for over five (5) seconds.
- Team Violations: The Referee issues a Team Penalty for the following violations by a team or unidentified person:
  - Leaving Team Bench: Players leave a Team Bench to join a fracas or confrontation with the opposition or a Game Official
  - Bench Dissent: After an initial "Warning," one or more unidentifiable players verbally abuse the Referee.
  - Other: Unsporting Behavior, which, in the Referee's discretion, does not warrant another category of penalty (e.g., too many players on the field.)
- 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 Shootout is awarded for the following Fouls committed by a defender in his or her defensive half of the field:
  - A Foul within the Penalty Arch or Goal for which he receives a Time Penalty
  - A Foul from behind against an attacking player, having control of the ball and one or no defensive players between himself and the Goal
  - 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: Unless otherwise provided below, the Referee issues a Blue Card for serious Fouls and Unsporting Behavior (by a player) and for:
  - Deliberate Handball or Handball by a Goalkeeper
  - Goalkeeper Endangerment
  - Boarding
  - Any Foul by the Goalkeeper during a Shootout.
- Yellow Card: The Referee issues a Yellow Card for:
  - Second Blue Card
  - Unsporting Behavior by any non-player personnel.
- Red Card: A person receives a Red Card for Fouls, which the Referee considers violent or committed with excessive force, and for:
  - Third-Time Penalty
  - Elbowing: Intentionally elbowing an opponent above the shoulder
  - Vicious Slide-Tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him
  - Fighting
  - Leaving Team Bench or Penalty Area to confront the opposition or a Game Official
  - Extreme Unsporting Behavior: Committing particularly despicable behavior, including: (i) Spitting at an opponent or any other person; (ii) Extremely abusive language or behavior toward a Game Official; (iii) Bodily contact with a Game Official in dissent.

### **Time Penalties**

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

- Blue Card: 2-minute Time Penalty in the Penalty Area
- Yellow Card (for a player's second Blue Card): Warning of the subsequent possibility of an ejection (2-minute Time Penalty for the Blue Card)
- "Administrative" Red Card (for a player's third Blue Card): 2-minute Time Penalty and ejection.
- "Straight" Red Card (for a player's third Blue Card): 5-minute Time Penalty and 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.

### Short-Handed Play

For each Time Penalty being served by a player, his or her 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 or her team continues to play with the minimum while he or she 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:

- 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.
- 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 or her Time Penalty is next to begin.
- Simultaneous Ejections: When two simultaneous Red Cards carrying the same Time Penalties are assessed to opposing players, their Time Penalties are not served.
- 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.
- 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, but for the Advantage Rule, the referee acknowledges the offense by holding the Card above his head until the earlier to occur of the following:
  - Opponent's Possession: The team of the offending player gains control of the ball
  - Stoppage: The Referee stops play for any reason.
- Once play is stopped, the offense is recorded and assessed, as customary. In the event of a powerplay goal, the Time Penalty is not served and the provisions above regarding early release from the Penalty Area remain applicable.

### Shootouts and Penalty Kicks

- Shootout: For a Shootout:
  - Any player may take the Shootout
  - All players serving Time Penalties are seated in their appropriate Penalty Area. All players of the attacking team stand on or behind the Halfway Line and outside of the Center Circle. Players of the defending team stand behind the Halfway Line and inside of the Center Circle
  - The ball is placed at the Restart Mark nearer the attacking Goal
  - The Goalkeeper has at least one foot on his Goal Line and may not move off of it until after the Referee whistles the Shootout to begin
  - Once the Referee whistles the Shootout to begin, the ball is "in play" and the player taking the Shootout plays the ball.
- Tiebreaker: A Tiebreaker proceeds by Shootouts, except that:
  - The Referee designates the Goal at which both teams shoot and the team which shoots first (according to administrative policy)
  - All players, other than the player taking the shot and the defending Goalkeeper, remain within their Team Bench areas
  - Both teams have up to 3 shots, with players from each team kicking alternately
  - If, at any time, a team obtains a 2-goal advantage, the Tiebreaker ceases and the winner is declared
  - If, after both teams have taken 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
  - The player has 5 seconds to score after the Referee's whistle.
  - A foul by either player results in the lost of that Shootout.
- Penalty Kick: No penalty kicks.

### Forfeit Games

- If a team has less than the required amount of players **10 minutes** after game time, then the game is a forfeit and will not be played.
- Any team forfeiting more than three times in a season may be dropped from the league without refund.
- Out of common courtesy, a team who knows they are going to forfeit is urged to contact the Sports Office, so that their opponent can be notified.

### Blood Rule

A player who is bleeding or has an open wound must leave the game until the bleeding is stopped, the wound is completely covered and if necessary, the bloody clothing has been replaced. No penalty will be assessed if a replacement jersey does not exactly match the team color, as long as it is similar.

### Unsportsmanlike Conduct

The CORE or the referee has the authority to disqualify, suspend or remove any manager, coach, player, spectator or team that behaves in an unsportsmanlike manner before, during or after a game. The following are included (but not limited) in defining unsportsmanlike conduct:

- **Verbal Abuse:** No player, manager, team or spectator shall verbally abuse, taunt, provoke or disrespectfully address an official, site supervisor, other player or spectator before, during or after a game.
  - Minimum Penalty: Unsportsmanlike yellow card on the player or manager. Referee will decide how the ball will be put back into play.
  - Maximum Penalty: Unsportsmanlike red card on the player or manager. Referee will decide how the ball will be put back into play.
- **“F-Word Rule”:** Any player or coach that says the four letter “F-word” loud enough for the referee(s) and/or game personnel to hear will be shown a red card and be ejected from the current game and the next game. Use of obscene or vulgar gestures, including spitting will carry the same penalty as the “F-word.”
- **“Racial Slurs” or “Sexual Harassment”:** From any player WILL NOT be tolerated.
  - Minimum Penalty: Ejected from the current game and the next TWO scheduled games.
  - Maximum Penalty: Suspension from all CORE adult sports programs for one year or a lifetime ban could be imposed depending on seriousness of offense.
- **“Taunting & Trash Talking”:** Have no place whatsoever in a soccer game. Any player taunting or trash talking shall be ejected from the current game and the next TWO scheduled games. The referee(s) or site supervisor hearing or seeing this will enforce the above penalty.
- **No Fighting Policy:** The CORE strictly prohibits fighting before, during or after a game. The definition of a fight includes, but is not limited to, punching, slapping or swinging a fist or open palmed hand at another person. A punch does not have to land to be considered a fight. The definition may, at the program administration’s discretion, also include, kicking, shoving, and throwing objects at another person or any other violent act. Any fight that occurs outside of the field (parking lot or street) and is witnessed by a CORE employee or representative shall carry the same consequences as if it occurred on the field.
  - Minimum Penalty: Suspension from ALL CORE Adult Sports programs for one year from the date of the offense.
  - Maximum Penalty: Lifetime suspension from ALL CORE Adult Sports programs.
- **Threatening:** No player, manager or team shall threaten any player, referee, site supervisor or spectator before, during or after a game.
  - Minimum Penalty: Suspension from ALL CORE Adult Sports programs for a year.
  - Maximum Penalty: Lifetime suspension from ALL CORE Adult Sports programs.

### Alcohol/Smoking

No player shall consume alcohol in the facility or on grounds. A player, who, in the opinion of the referee(s) or CORE Staff, appears to be intoxicated and displays behavior of someone under the influence of alcohol, will be ejected from the game.

### Referee

Two referees shall be appointed to officiate each game. His/her authority begins as soon as she/he arrives at the facility. For any rules not specifically addressed for this league, FIFA’s Laws of the game will be used. **Rule interpretation will be determined by the referee and is final.**

### Protests

- A team has the right to protest a game on the following grounds:
  - Player eligibility status
  - Illegal player issues
  - Interpretation of rules and regulations listed in this manual
- A team does NOT have the right to protest a game on the following grounds:
  - Official’s judgment calls
  - Only one official present at game
  - Scorekeeper decisions
- Any suspended player has the right to protest suspension, but ignorance of rules is *not* a legitimate defense to overturn a suspension or ban.
- Protest Procedure
  - A team wishing to protest a game must notify the scorekeeper of their intent to do so before the end of the game. *No protests will be accepted* if the scorekeeper is not notified before the end of the game.
  - A player wishing to protest a suspension or ban must do so within 30 days of the date of the suspension notice.
  - A protesting team or player must file a protest form with the CORE Sports Coordinator in person. A \$20 Protest Fee must be submitted before the protest will be considered. A hearing will be scheduled with a panel of three to five persons, and the Board will decide the case within 24 hours

after the hearing. The \$20 Protest Fee will only be refunded If the protest is upheld; otherwise, it will be retained by the CORE.

**Awards**

1st & 2nd Place teams will receive individual awards at the last scheduled game.

**Staff Privilege**

The staff reserves the right to refuse a player, coach or spectator from continuing in the league. This league is designed for recreational play and to have FUN!