



***PenMet Indoor Soccer Center  
Rules of Play  
2014 - 2015***

***1. Ball Size***

- 1.1 Size #5: U-13 through adult**
- 1.2 Size #4: U-9 to U12**
- 1.3 Size #3: U-7 to U8 and under**
- 1.4 Home team provides the ball**

***2. Number of Players***

**Teams ages U7 TO U12 shall have no fewer than 4 players and no more than 7 players on the field at the same time.**

**2.1 Minimum Number of Players: The minimum number of players for the start of the game is 4 players, one of which is a goalkeeper.**

**2.2 Coed Leagues, Minimum Number of Women: In Coed Leagues, there must be at least 3 women on the field at a time.**

**2.3 Play on Only One Team Per Division: Players can only play on 1 team per division. Violations will result in a loss for the teams that the player plays for. Divisions are separated by levels of play and weekday.**

**2.4 PenMet Indoor Soccer Center Players Card: All players must have a current PenMet Indoor Soccer Center Players Card and be on their team's roster before the start of each game.**

**2.5 Adult Age Specific Leagues: Adults must be the age of their league during the session (i.e. over 30 etc.)**

**2.6 Liability Waivers: All players must have a signed waiver on file at the PenMet Indoor Soccer facility. Youth players must have a parent or legal guardian sign on their behalf.**

**2.7 Youth Age Deadlines: The age group that a player is assigned depends upon the player's age on August 1<sup>st</sup> of the seasonal year (i.e., a U15 player has not reached their 15<sup>th</sup> birthday before August 1<sup>st</sup>).**

**2.8 Ability Level Restrictions: “A” level players cannot play at the “D” and can only play at the “C” level with permission from PenMet Indoor Soccer Center Management. “A” level players are defined as players that have professional, college, premier, or who participate in “A” level leagues.**

**2.9 Coed Substitution Restrictions: Male players may not substitute for female players; however females may play in place of males.**

**2.10 Special Rules Affecting Number of Players:**

**2.10.1 5 Goal Differential: If any team is down by 5 or more goals then they may add an additional player.**

**2.10.2 Mixed Age Leagues: Recreational youth teams playing up a year at PenMet Indoor Soccer Center may request to add an additional player.**

### **3. *Players Equipment***

**3.1 Flat-Soled or turf studded shoes designed for artificial surfaces must be used. Molded shoes must have more than 4 rear cleats to be allowed. No outdoor cleats will be allowed.**

**3.2 The goalkeeper must wear colors that distinguish them from all players.**

**3.3 All team members must wear the same color jerseys to distinguish them from the other opposing team and the referee. Players are asked to bring an alternate shirt (dark or light). In the event both teams are the same color, the home team must change.**

**3.4 Shin Guards are REQUIRED for all players. Socks must be worn over shin guards and be pulled up to completely cover the shin guards. Goalkeepers or any other wearing any kind of protective gear (i.e.; knee pads) must wear the soft cushioned type.**

**3.5 All players with a cast must have it wrapped in a manner acceptable to referee. All other equipment the referee deems dangerous to players or opponents will not be allowed. By allowing them to play, PenMet Indoor Soccer Center in no way accepts responsibility for any aggravation of the injury that may occur while playing.**

**3.6 A player may not wear jewelry (watches, bracelets, etc.) which is dangerous to themselves or other players.**

#### **4. *The Referee***

**4.1 Enforces PenMet Indoor Soccer Center Rules;**

**4.2 Controls the match;**

**4.3 Ensures that the players' equipment meets the requirements of PenMet Indoor Soccer Center;**

**4.4 Acts as timekeeper and keeps a record of the match;**

**4.5 Stops, suspends or terminates the match, at his discretion, for any infringements of the Laws;**

**4.6 Stops, suspends or terminates the match because of outside interference of any kind;**

**4.7 Stops match if, in his opinion, a player is seriously injured and ensures that he is removed from the field of play. An injured player may only return to the field of play after the match has restarted;**

**4.8 Allows play to continue until the ball is out of play if a player is, in his opinion, only slightly injured;**

#### **5. *Duration of Match***

**5.1 Length of Halves: All games consist of two 24 minute halves.**

**5.2 Half-Time Interval: The half-time interval will be 30 seconds. In the interest of time constraints the half-time may be shortened to catch up on lost time due to injuries or other stoppages in play.**

**5.3 Time Between Games: Time between games shall be 1 ½ minutes and team are required to be ready to play. Time constraints may also require this interval to be shortened.**

**5.4 Time Stoppage for Serious Injury: The clock may be stopped for serious injuries or if the ball leaves the perimeter wall, at referees discretion.**

**5.5 Substitution Required: When time is stopped for an injury, the injured player must leave the game for a substitute. Any player who suffers a head injury will not be allowed to re-enter the game.**

**5.6 Goal Keeper Exception:** If it is the goal keeper whose injuries require the clock to be stopped and the keeper is able to continue to play they may forgo substitution and continue to play.

**5.7 Restart of the Clock:** After the time between games or after the half-time has expired, the game clock will be started regardless if the teams are on the field.

**5.8 Goal Scored While Opponent Short-Handed:** If the team with the kickoff scores while the opposing team is shorthanded, the goal will count.

## ***6. Start and Stop of Play***

**6.1 Forfeit Declared:** A forfeit is declared when a team is unable to put the minimum number of players on the field within 5 minutes after the game start time. The game clock will continue to run while the team is attempting to field their players and the time elapsed will not be reinstated.

**6.2 Forfeits Not Rescheduled:** Forfeits are rescheduled only if it was an administrative error. Weather conditions may cause PenMet Indoor Soccer Center to close. If we are open, please make your scheduled game if possible.

**6.3 Any Forfeited game will be recorded as a 3-0 loss against the forfeiting team in the overall league standings.**

**6.4 Whistle Signals Start:** A whistle by the referee is necessary for taking kickoffs.

**6.5 Visiting Team Kicks Off:** The Visiting team shall kick off to start the game.

**6.6 Half Time Switch:** At each half, teams will switch sides and the Home team kicks off to start the second half.

**6.7 Kickoffs Are Indirect:** A goal cannot be scored directly from a kickoff.

**6.8 5 Seconds to Play Ball:** The ball must be played within 5 seconds after the referee has signaled for play to begin or the opposing team is awarded the ball.

**6.9 Kick-Off Direction:** On a kickoff the ball may be kicked in any direction.

**6.10 Players Must Be On Own Side:** All players must be on their own side of the field at the start of each kickoff.

## **7. *Ball In/Out of Play***

**7.1 Out of Bounds:** The ball is out of play when it touches the netting above the perimeter wall or goes completely over the wall.

**7.2 Kick In:** When the ball passes over the perimeter wall or netting, it shall be kicked in from the point where it passed over the wall or hit the netting and within 3 feet of the wall. The ball may be played in any direction by a player of the team opposite to that of the player who last touched it before it left the field. The ball shall be in play immediately after it has traveled half of its circumference.

**7.3 Throw In:** When the ball hits the netting over the end perimeter wall between the corner marks (excluding when a goal is scored) having last been played by one of the attacking team, play shall be restarted with goalkeeper throw in, from any point within the penalty arc. The ball must be distributed to another player outside the penalty box within 5 seconds.

**7.4 Injury Stoppage:** Play will restart with the team in possession the moment the injury occurs. If neither team had clear possession, the game will be restarted with a drop ball.

**7.5 Corner Kick:** When the ball hits the netting over the end perimeter wall between the corner marks (excluding when a goal is scored) having last been played by a player on the defending team, play shall be restarted with a corner kick. The ball will be placed on the corner spot nearest the point where the ball made contact with the netting. A goal may be scored directly from such a kick.

**7.6 Ceiling Out of Bounds:** The ball is out of play when it makes contact with the ceiling. It is then placed on the nearest yellow or center line to where the ball was last kicked and a free kick is awarded to the opposing team.

## **8. *Three Line Violation***

**8.1 Defined:** A three-line violation is defined as the ball having crossed, in air, over both yellow lines without touching a wall, the ground or a player

between the two red lines. Passing the ball three lines toward your goal is allowed. There is no violation for kicks taken from the yellow line.

**8.2 Penalty:** Violations will result in Direct Free Kick by the opposing team from the first line the ball crossed.

**8.3 Exception:** Any team playing with two players less than the opposing team will not be penalized for a three line violation.

## **9. Restarts**

**9.1 Indirect Free Kicks:** Kickoffs at the start of a half or after a goal and restarts after an injury time out are Indirect Free Kicks. All other restarts are Direct Free Kicks.

**9.2 Free Kicks:** The following apply to all re-starts;

**9.2.1 No Second Touch:** The player taking the kick cannot play the ball until someone else touches the ball.

**9.2.2 5 Second Rule:** If a player taking a kick delays longer than 5 seconds after having placed the ball for restart, the ball will be turned over to the opposing team to take the re-start.

**9.3 Penalty Kicks:**

**9.3.1 PK Awarded:** Penalty kicks are awarded when a defensive Physical Foul takes place in the goal box or is an attempt to deny an obvious scoring opportunity. This will result in an automatic blue card or higher.

**9.3.2 Top Arc:** Penalty kicks shall be taken from the top of the arc.

**9.3.3 Clock not a Factor:** If the clock stops for half-time or the end of the game, prior to the penalty kick, then the kick will be immediately taken by one of the players on the field at that time (Rebounds will not be payable.)

**9.3.4 Players behind Yellow Line:** All players, other than the goalkeeper and the kicker, must be behind the Yellow line until the ball has been played.

**9.3.5 Referee's Whistle Signals Starts:** Once the ball has been spotted and the goalkeeper has stated that they are ready the referee will not blow their whistle to signal the restart. The kicking player has five seconds to play the ball. Failure to play the ball within five seconds will result in a goalkeepers throw in.

**9.3.6 GK Stays on the Goal Line:** The goalkeeper cannot leave the goal line prior to the ball being struck, but may move side to side as long as they stay on the goal line.

**9.3.7 Penalty if GK LEAVES Goal Line Early:** If the goal keeper leaves the goal line early and a goal is scored the goal will count. If the shot is missed or blocked the shot is retaken.

**9.4 Penalty Arc Restarts:** The following goalkeeper violations shall cause the referee to stop play and award a direct free kick to the opponents at the top of the arc.

**9.4.1 Pass Back to Hands:** The goalkeeper may not use their hands when the ball is passed or intentionally deflected, with the foot, to them from a teammate unless the other team has touched within the yellow line area.

**9.4.2 5 Second Violation:** The goalkeeper with the ball in their hands has five seconds to distribute the ball outside the box.

**9.4.3 Play the Ball into Box:** The goalkeeper may not outside the box, play the ball into the box and then play it with their hands.

**9.4.4 Non-Physical Defensive Fouls:** Any foul committed by a defensive player in his/her goal box which does not result in a card being issued.

**9.5 Defensive players must be at least 9 feet from the ball for all opposing teams free kicks.**

## ***10.Substitutions***

***Substitutions are made during the play of the game. The referee will not stop either the game or time for a substitution.***

**10.1 Within 10 Feet of Players' Box:** Substitutions must be made within 10 feet of your won player box area except in the case of injury.

- 10.2 Player Entering Must Wait:** The player coming off the field must be within 10 feet of your box before the player replacing him/her may enter the field of play.
- 10.3 Possible Penalty:** If players continue to enter the field of play before the exiting player is within 10 feet it may result in a blue card.
- 10.4 Possible Penalty:** If the player entering the field gets involved in playing the ball before the players exiting is off the field this will result in a blue card.
- 10.5 One Substitution At A Time:** Only one substitution is allowed at one time except at a kickoff or approved stoppage of play.
- 10.6 Goalkeeper substitutions:** A Team can change its GK either during the play of the game as stated above or teams may request the referee for a goalkeeper change at the next dead ball. If this occurs the referee will hold play (when doing so will not take away an advantage for the opposing team) while the goalkeeper change is made within a reasonable time frame (10 -15 seconds).

### *11. Fouls & Misconduct*

A player who commits any of the following offenses shall be penalized by the referee awarding a direct free kick to be taken by the opposing team from the point of infraction, at the referee's discretion. There will be no whistle to restart.

- 11.1 Kicking:** Inadvertently kicks an opponent while attempting to strike the ball.
- 11.2 Tripping:** Inadvertently trips an opponent while attempting to play the ball.
- 11.3 Charging:** Inadvertently charges into an opponent while attempting to play the ball.
- 11.4 Obstructing:** When not playing the ball, intentionally obstructs an opponent by standing between the opponent and the ball so as to form an obstacle. Obstruction is not called when a player has a ball and is shielding so as to prevent an opposing player from stealing the ball or if the ball is

kicked down the field and a player attempts to run through an opponent whose has established position.

**11.5 Pushing:** Pushes a player in an attempt to prevent them from getting to the ball.

**11.6 Dangerous Play:** Playing in such a manner as to be out of control.

**11.7 Charging the Goalkeeper:** Charging into the goalkeeper.

**11.8 Playing the Ball While on the Ground:** Except for the goalkeeper in his own goal box, playing the ball, offensively or defensively, while on the ground or while having a part of your body, other than your feet (3-point rule) on the ground.

**11.9 Hand Ball:** Intentionally plays the ball with the hand and gains control or an advantage from the handball.

**11.10 Holding:** Holds an opponent to prevent them from playing the ball or defending.

**11.11 Jumping:** Jumps and opponent

**11.12 Striking:** Unintentionally strikes an opponent.

**11.13 Advantage:** Advantage is to be used at the referee's discretion and in the offensive end.

**11.14 GK Handball:** The goalkeeper may not reach outside the goal box and their hands, even if they are standing inside the goal box.

**11.15 GK Slide:** If the goalkeeper begins a slide inside the box (allowed) and as a result of their slide goes outside the box they will be called for a foul.

## *12. Time Penalties*

Penalties assessed to players during the game shall be divided into the following categories:

	<b>Blue</b>	<b>Yellow</b>	<b>Red</b>
<b>Duration</b>	<b>2 Minutes</b>	<b>4 Minutes</b>	<b>5 Minutes</b>
<b>If Opponent Scores</b>	<b>Team returns to</b>	<b>Team returns to</b>	<b>Team remains</b>

	<b>full strength</b>	<b>full strength</b>	<b>short-handed for entire duration</b>
<b>Individual Foul</b>	<b>Servers duration off field</b>	<b>Serves duration off field</b>	<b>Ejected. Must exit building promptly</b>
<b>Team Foul</b>	<b>Player serving penalty may return</b>	<b>Player serving penalty may return</b>	<b>N/A</b>

**Time penalties may be assessed against players regardless of whether or not play is in progress. Time penalties that do not expire by the end of the first half are continued in the second half.**

**12.1 Blue Card Penalties: A player who commits any of the following offenses shall be penalized by the referee issuing a blue card that will result in the player serving a two minute penalty. Once the blue card has been issued the penalty time will not begin until the player has left the field. Calls are at referee's discretion.**

**12.1.1 Intent: Any foul defined in section 12, which in the referee's judgment was intentional may result in a Blue Card or more severe penalty.**

**12.1.2 Boarding: Propels an opponent into the boards in a violent manner. A trip that inadvertently causes a player to make contact with the boards may not result in a blue card.**

**12.1.3 Sliding: Any slide, whether offensive or defensive, where a player slides toward the ball or another player in an attempt to gain possession or kick the ball is not allowed. This also applies to a goalkeeper who begins their slide outside the box. A reach for the ball by going to one knee could be considered a slide.**

**12.1.4 Unsportsmanlike conduct: Unsportsmanlike conduct includes, but is not limited to the following:**

**12.1.4.1 Persistent Disregard: Persistent disregard for the rules.**

**12.1.4.2 Dissent: Any dissent by word or action regarding a referee's decision.**

**12.1.4.3 Taunting:** Taunting another team/player in a manner so as to cause a confrontation.

**12.1.4.4 Encouraging Harm:** Encouraging players by word or action to foul, harm, or retaliate against an opponent.

**12.1.5 GK Obstruction:** Obstructing the goal keeper in any manner, as they attempt to distribute the ball.

**12.1.6 Intentionally Distracting:** Making a loud noise or action intended to distract an opponent.

**12.1.7 Illegal Substitution:** Making an illegal substitution (as defined above).

**12.1.8 6<sup>th</sup> Foul in a Half:** A team will be issued a 2 minute bench penalty for every sixth foul committed in a half.

**12.1.9 GK Protection:** Kicking or striking the goalkeeper while the keeper has possession of the ball.

**12.1.10 Failure to Yield:** Fails to retreat 10 feet from the ball by the time it is put into play. If after giving 10 feet, the player moves towards the ball and is struck by the ball, they will serve a penalty.

**12.1.11 Failure to leave Field:** If a player does not immediately leave the field after receiving a blue card, they will receive a second blue card, which will be accompanied by a yellow card. If the player continues to refuse to leave the field or delays the game further they will be issued a third blue card accompanied by a red card and ejected from the game.

**12.1.12. Foul in Goal Box:** A player will receive an automatic blue card if they are whistled for a foul in the goal box.

**12.2. Yellow Card Penalties:** A player who commits any of the following shall be penalized by the referee issuing a yellow card which will result in the player serving a 4 minute penalty. A player receiving a second blue card will be shown a yellow card and must serve 4 minutes instead of 2 minutes. Any player receiving any other time penalties after a yellow card will be issued a red card and ejected from the game.

**12.2.1. Persistently Infringes:** A player persistently infringes on the rules.

**12.2.2. Persistent Dissents:** A player persistently dissents by word or action any of the referee's decisions.

**12.2.3. Persistent Unsportsmanlike Conduct:** A player is guilty of persistent unsportsmanlike conduct.

**12.2.4. 12<sup>th</sup> Foul in a Half:** A team will be issued a 4 minute bench time penalty for every 12<sup>th</sup> foul committed in a half.

**12.2.5. Aggravated Manner:** Commits any act defined in section 13.1 intentionally and in an aggravated manner that is more likely to cause harm to an opposing player.

**12.3 Red Card Penalties:** Red cards are issued for the following infractions followed by ejection from the game. A player issued a red card will be required to leave the premises. Any player refusing to leave after being asked by the person in charge, whether it is a referee or office personnel, may result in the police being called and a complaint filed.

**12.3.1. Violently Kicks:** Kicks or attempts to kick an opponent in a violent manner, when not attempting to play the ball, or in retaliation for a perceived foul.

**12.3.2. Spits:** Spits at an opponent or on the field or intentionally expels other bodily fluids on the field.

**12.3.3. Strikes:** Strikes or attempts to strike an opponent whether as the aggressor or in retaliation for a perceived foul.

**12.3.4. Violent Conduct:** Is guilty of a violent conduct or serious foul play.

**12.3.5. Foul or Abusive Language:** Uses foul or abusive language in a confrontational manner.

**12.3.6. Fighting:** Fighting, regardless of the reason.

**12.3.7. Leaves Bench:** Any player who leaves the bench to become involved in a fight, even if their intent is to break up the fight.

**12.3.8. Bench Clears:** If more than one player from a team leaves the bench, the players who left the bench will be issued red cards. The game will be stopped and the team who's players left the bench will be assessed a forfeit for the game.

**12.3.9. Dual Abandonment:** In the event that players from both teams leave the bench, the players that left the bench will be issued red cards and the game will be stopped and both teams issued forfeits for the game.

**12.3.10. Referee Abuse:** Any abuse of the referee whether verbal or physical. Verbal abuse may be defined, but is not limited to, swearing at or threatening a referee, or disputing a call in an overly aggressive manner, in an attempt to intimidate the referee.

**12.3.11. 18<sup>th</sup> foul in a Half:** A team will be issued a red card for the 18<sup>th</sup> foul committed in one half. They will then play down a player for 5 minutes regardless, even if a goal is scored.

### **13. Serving Penalties**

**13.1 Serve your own:** All players, including the goalkeeper, must serve their own penalties.

**13.2 After Opponent Scores:** If a goal is scored against a team that is playing shorthanded, except when a red card was issued, then that team may return one player to the field, but the player who was penalized (including the goalkeeper) must continue to serve their penalty.

**13.3 Team Penalty:** A team that has committed 6/12/18 fouls in a half and has received a blue/yellow/red card as a result may pick the player who will serve the penalty; it does not have to be the player who committed the last foul. The person serving the penalty may return to the field if the other team scores a goal.

**13.4 Playing Short by 2:** When a team has two players who have received cards and the opposing team scores a goal, only the first player penalized can be replaced. If another goal is scored then the second player may also be replaced even though both players must serve out their penalties.

**13.5 Both Teams Serving Penalties:** If one player from each team is serving a penalty or an equal number of time penalties are being elapsed when a

**goal is scored, teams continue to play shorthanded until the penalties are served.**

**13.6 Maximum of 2 Simultaneous Penalties:** A maximum of two penalties against one team shall be served simultaneously. If a player is penalized while two players on the same team are serving penalties then the penalty time of the third, fourth, etc player shall not commence until the first penalty time of the two players expires. However, the player assessed the third, fourth, etc penalty must leave the field and be replaced by a teammate until their time begins.

**13.7 Play Shorthanded:** In all cases where a 2 minute penalty is issued the team will play shorthanded.

## **14. Tie Games**

**14.1. No Tie Breakers During Regular Season:** Games resulting in a tie during regular season play end in a tie.

**14.2. No Tie Breakers During Playoffs except Championship Game:** Playoff games resulting in a tie other than the Championship game will end in a tie. The higher seeded team will advance to the championship as a result of a tie.

**14.3. Shots for the Mark Rules:** If a championship game ends in a tie, shots from the top of the arc are used to break the tie. Penalty kick rules apply except as follows:

**14.4. 3 Shooters:** Each team must declare 3 shooters in order.

**14.5. Coin Flip Determines Order:** A coin flip is used to determine which team shoots first.

**14.6. Alternate Shooters:** Teams alternate shooters.

**14.7. Conclusion:** The game is over when one team cannot catch up with the remaining shots left.

**14.8. Extension of Shoot-out:** If the game is still tied the remaining players including the goalkeeper alternate shots in a defined order until one team makes one more shot than the other after an equal number of shots.

**14.9. Equal Number of Players:** Both teams must have an equal number of players participating in the shootout. If one team has more players than the other, the team with more players must exclude the number of players necessary to equate to the second team's head count.

**14.10. Tournament Rules:** Tournaments may declare special tie breaking rules that supersede these tie breaking rules.

## **15. Special Rules**

**15.1. Youth Mercy Rule:** If a team is up by 5 goals or more, any shot taken and scored from inside the goal box by the team ahead in the score will not be allowed. The team that is ahead must take their shots from outside the goal box in order for the shot to be counted.

**16.1.1 Restart:** The restart on a disallowed goal is a throw in by the goalkeeper.

**15.2. Coed Macho Rule:** The intent of this rule is to protect female players from uncontrolled and unreasonably aggressive play by male players. If the referee feels that a male player, in the reasonable believe of a female player, intimidates or threatens a female player, on his team or the opposing team, through aggressive or forceful play, a foul may be called and a direct free kick awarded. This includes:

**16.2.1 High/Hard Kicks:** Any kick (or goalkeeper throw) taken with excessive force in the direction of a female player, and within an arc described by her arm span, and which rises above waist level in relation to that player. The ball need not make contact with the player in question for a foul to be called.

**16.2.2. Physical or Verbal Intimidation:** Any attempt to take advantage of gender differences through physical or verbal intimidation.

**16.2.3. Restarts:** When a female in in goal in Coed B or Coed D leagues, all restarts taken from the red line and forward must be taken by a female player.

**16.2.4. Combination Leagues:** If a league is a combination of two ability level leagues, the macho rule of the lower league will apply.

### **Application of Macho Rule**

	Coed A	Coed B	Coed C	Coed D	Beginner
<b>Field Player</b>	No	Yes	Yes	Yes	Yes
<b>Goalkeeper</b>	No	No	Yes	Yes	Yes

## 16. Other Rules

- 16.1. Players' Box:** No one except coaches and players currently playing are allowed in the team boxes (maximum of 2 coaches). No children other than those playing the present game are allowed in the boxes.
- 16.2. Photography:** No videotaping or photography is allowed from inside the player's boxes.
- 16.3. Glass Containers Prohibited:** No glass containers in the boxes.
- 16.4. Leave the Bench Neat for Next Team:** Exit the field after your game and PLEASE pick up belongings and garbage to leave the box clean for the next game.
- 16.5. No Alcohol or Prohibited Food Products:** No smoking is allowed and no chewing tobacco, gum or alcohol may be brought into the premises.
- 16.6. No consumption of alcohol before playing or coaching.**