

# **INDOOR SOCCER SPOT**

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## INDOOR SOCCER SPOT RULEBOOK

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## INTRODUCTION AND DEFINITIONS

Welcome to your Indoor Soccer Spot indoor soccer facility. We have written this rulebook to provide a basis for good competition and safe, enjoyable experience for all players. We appreciate your input; if you have comments, additions or corrections, please tell or email management at [info@indoorsoccerspot.com](mailto:info@indoorsoccerspot.com). Please feel free to look us up on the world-wide-web at [www.IndoorSoccerSpot.com](http://www.IndoorSoccerSpot.com) for more information. The following explanations of some common terms are general, not technical; they are intended to be helpful to players and coaches. After you finish reading, have a great game/season!

A **Bench Penalty** is a time penalty given to a team where no specific player is recorded as serving the penalty. A team member, coach, or spectator may cause a bench penalty and the team must play short.

**Boarding** is pushing, charging, or crowding an opponent into the perimeter wall. What might be a legal play in the middle of the field may be boarding if it runs an opponent into the wall.

**Careless** means that the player has shown a lack of attention or consideration when making a challenge or that he/she acted without precaution.

**Charging** is a challenger for space using physical contact within playing distance of the ball without using arms or elbows. It is an offense to charge an opponent in a careless or reckless manner or using excessive force.

**Dangerous Play** is any action that, while trying to play the ball, threatens injury to someone (including the player himself/herself).

**Delay of Game** is called when **any** player or team is deliberately trying to slow down the progress of the game.

Delay of game shall include but is not limited to the following:

- 1) A player or coach holding onto the ball, or keeping the ball away from the opposing team or referee, so as to delay the restart.
- 2) A player or coach causing the ball to be moved farther from the place of the restart after the whistle has blown for said restart.
- 3) A player or coach distracting the referee and/or scorekeeper verbally or non-verbally from restarting the game.
- 4) Any player not giving the required distance as signaled by the referee.
- 5) Any player or coach that does not leave the field of play in a timely fashion may be subject to an additional time penalty.
- 6) If a player deliberately takes his/her time to get back on their side of mid-field after a goal is scored. Play can begin as long as the slow player doesn't interfere with the restart.

**Double Touch** is the violation that occurs when a player taking a kickoff or restart plays the ball a second time before it is touched by another player, (teammate or opponent). You cannot double touch the ball on a kickoff or restart (including goalkeeper throw in) even if it hits the wall or referee before it comes back to you.

**Excessive Force** means that the player has far exceeded the necessary use of force and is in danger of injuring his opponent.

**Goalkeeper on the Ground:** the goalkeeper is the only player allowed to play the ball while on the ground as long as, in doing so, he is not creating a dangerous play and remains within the arc.

**Handling** the ball involves a deliberate act of a player making contact with the ball with his/her hand or arm (except for the goalkeeper within his/her own arc). The referee must take the following into consideration:

- 1) The movement of the hand towards the ball (not the ball towards the hand)(hands or arms in natural playing position).
- 2) The distance between the opponent and the ball (unexpected ball).
- 3) The position of the hand does not necessarily mean that there is an infringement.

- 4) Touching the ball with an object held in the hand (clothing, shin guard, etc) counts as an infringement.

**Holding** an opponent includes the act of preventing him/her from moving past or around using the hand, the arms or the body.

**Impeding the Progress** of an opponent, commonly called **Obstruction**, means moving into the path of the opponent to obstruct, block, slow down or force a change of direction by an opponent when the ball is not within playing distance of either player. All players have the right to their position on the field of play, being in the way of an opponent is not the same as moving into the way of an opponent. Shielding the ball is permitted. A player who places himself between an opponent and the ball for tactical reasons has not committed an offense as long as the ball is kept within playing distance and the player does not hold off the opponent with his arms or body. If the ball is within playing distance, the player may be fairly charged by an opponent.

**Off sides** is crossing the mid line early after whistle is blown and before ball is played on a kickoff or shootout. Players may not cross the line on a kickoff until the ball has been played, or on a shootout, until the referee's whistle.

**Reckless** means that the player has acted with complete disregard to the danger to, or the consequences for, his opponent.

A **Slide** is any deliberate movement of leaving one or both feet while going down to the carpet in an attempt to play the football.

**Two Leagues Exception:** A player who receives a minimum red card suspension (remainder of game when card is given and next game) is only suspended from playing for that team. If the player is also on a team in another league, and that team plays on the same day he receives the red card, he may stay in the building and play for the other team.

**Unsporting Behavior** – There are different circumstances when a player must receive at least a blue card for unsporting behavior, these include but are not limited to, e.g. if player:

- 1) Commits a foul in a “careless” manner;
- 2) Commits a foul for the tactical purpose of interfering with or breaking up a promising attack;
- 3) Holds an opponent for the tactical purpose of pulling the opponent away from the ball or preventing the opponent from getting the ball;
- 4) Handles the ball to prevent an opponent gaining possession or developing an attack (other than the goalkeeper within his own arc);
- 5) Handles the ball in an attempt to score a goal (irrespective of whether or not the attempt is successful);
- 6) Attempts to deceive the referee by feigning injury or pretending to have been fouled (simulation);
- 7) Fails to respect the encroachment rule;
- 8) Acts in a manner which shows a lack of respect for the game;
- 9) Verbally distracts an opponent during play or at a restart;
- 10) Uses a deliberate trick while the ball is in play to pass the ball to his own goalkeeper with his head, chest, knee, etc in order to circumvent the Law, irrespective of whether the goalkeeper touches the ball with his hands or not;
- 11) Uses a deliberate trick to pass the ball to his own goalkeeper to circumvent the Law while he is taking a free kick;
- 12) Illegal entry or re-entry of a player onto the field;
- 13) Audible obscene language;
- 14) On restart, deliberately kicking the ball into a defender to draw an encroachment penalty on the defender;
- 15) Inappropriate celebration after a goal is scored;

**Violent Conduct** is physical force that injures, attempts to injure, or abuses any individual or arena property. Violent conduct is also any verbally or physically threatening demeanor towards any individual.



## **PART A ADMINISTRATIVE POLICIES AND PROCEDURES**

### **A1. PLAYER REGISTRATION**

#### **A1-1 Waivers and ID Cards**

All participants must sign a waiver of liability form. If a participant is under the age of eighteen, a parent or legal guardian must sign the waiver. Anyone entering the player bench or the field must present an Indoor Soccer Spot card. NO WAIVER = NO CARD, NO EXCEPTIONS. Players, coaches, assistants, and all others must personally pick up and present their Indoor Soccer Spot ID card to the Referee before game begins.

A team using a player who did not complete a waiver prior to playing will forfeit that game. If a player puts inaccurate information on his waiver or uses another players card to play, his team will forfeit that game, and the player will be suspended for one year. All fees paid by a suspended player are non-refundable.

#### **A1-2 Identification**

Acceptable documents for verification of age or identification are one or more of the following: driver's license, State issued ID, passport, an original birth certificate with a raised seal, green card, high school ID with birth date or any government issued ID with his/her birth date listed thereon.

If a formal protest is made, it is the team's responsibility to re-verify the age and/or identity of the player. Also, management may request identification from a player at any time to verify age and/or identity. The only forms of identification acceptable in these cases will be one of the items listed above.

If the player can no longer provide proof, or if the player lied about his/her age, his/her team may forfeit every game in which the offending player participated.

Any participant who is discovered to have lied about his/her age or identity to play in any league will be suspended for a minimum of one year. All fees paid by a suspended player are non-refundable.

### **A1-3 Player Eligibility**

- a) A player must be at least eighteen 18 years old to play or enter the bench area in any adult league.
- b) A youth player may play in a youth age group older than he is eligible for, but never in a younger age group.
- c) If a player has been or does play professional (indoor or outdoor) soccer within the last six months, or is currently playing professionally, he/she is only eligible to play at the highest level in each league available.
- d) Advanced players may not play in any league more than two levels down.
- e) Persons with physical or mental impairments of a serious nature that may put them or others at risk will be restricted from play and bench area. Pregnancy and heart problems are conditions that put persons at risk.

## **A2. TEAM REGISTRATION**

### **A2-1 Roster Restrictions**

The maximum number of players per roster in a 4v4 season is 8. The maximum number of players in a 5v5 season is 10. The maximum number of players per roster in a 6v6 season is 12. Final roster must be turned in no later than Game 3. No additions are allowed after Game 3.

Players may, at the sole discretion of Facility Management play on two teams in the same Division as long as the player determines a team in which he/she deems as his/her primary team. The player must play on his/her primary team if there are any instances in which the two teams play against each other. Player will only receive one award/trophy. Then, and in such an event, a player may play on two teams with authorization of management for that one season. No one may switch teams after having played for one team in the same season except where management, in their sole and complete discretion, determines that said switch is in the best interest of the player, the teams and the game.

## **A2-2 Next Season Registration**

Teams currently playing in any league will have the first priority to re-register by placing a deposit before a deadline set by ISS. (Usually after the third week of the current season). The deposit is non-refundable.

## **A3. PAYMENT**

### **A3-1 Team Deposits/Payment Schedule**

Every team must pay a non-refundable deposit before the deadline established by ISS in order to be registered and put on the game schedule. If a team's registration fees are not paid before the second game of the season the team may be prohibited from playing or dropped from the league, without a refund. A team may pay registration fees, in whole, or in part by various players, at the sole discretion of the contact person and players whose fees are not paid according to said contact person may be prohibited from playing. If entire team fees are not collected by the second game, the team may be required to forfeit any games until the fees are paid in full.

### **A3-2 Officials Fees**

Officials fees are payable in cash before the start of the game and must be paid by the team directly to said official. If a team's officials fees are not paid before the start of the game, the team will be prohibited from playing. When there is a forfeit by one or both teams, they are still required to pay the fees for that game before the commencement of the next scheduled game.

### **A3-3 Refunds**

No refunds are given to suspended players. If a player who joined a team which registered as a "regular team" wants a refund, he must arrange to get the payment from the team's authorized contact person. If a team deliberately forfeits two games in a season or decides to drop out of a league, they may be replaced and no refund given. In addition, they may not be allowed to register a team again.

### **A3-4 Returned Checks**

If any player's or team's check is returned, that player or team will be suspended from playing until payment is made. A \$25 returned check charge is assessed in addition to the amount of the original check.

## **A4. LEAGUES**

### **A4-1 Schedules and League Formats**

Seasons run 8 or 10 game seasons. If there are enough teams, a league may be broken into two or more divisions. Formats for a league may change from season to season, depending on the number of teams in a league. The home team is the first team listed on the league schedule or is designated H on the team schedule. Semi Finals and Finals will be played at the end of each season.

### **A4-2 Standings and Tiebreakers**

Usually, leagues are set up on a Best Record system. A team's record is the total number of points earned per game. 3 points for a win, 1 point for a tie, 0 points for a loss. Occasionally, the winner of a league is the winner of a playoff Championship game. Please check your leagues format.

Tiebreakers proceed in this order:

- 1) If two or more teams are tied, the head to head games of both teams will calculate which team had the most wins against the team(s) they are tied with and put the team with the most wins at the top.
- 2) If two or more teams are still tied, the head to head games of both teams will calculate which team had the most wins against the team(s). (This will break any further ties in wins if more than 2 teams are tied)
- 3) If two or more teams are still tied, the winner will go by score difference (subtracts scores against from scores for and puts the team with the lowest value at the top.)

### **A4-3 Forfeits**

A team will forfeit if there are not at least (5 players in a 6v6, 4 players in a 5v5, 3 players in a 4v4, 2 players in a 3v3) within 5 minutes of a games scheduled start time. A team will forfeit if they lose enough players in the course of a game that they are unable to field 5, 4, 3, 2 eligible players. A team will forfeit if they are not paid up to the amount due by that game.

Forfeits are recorded in the standings as a loss for the forfeiting team and a maximum points for a winning team, score will be posted as a 1-0 win.

A forfeit is given to a team if a player on the team has deliberately broken any rules regarding registration or eligibility, or a team causes a game to be terminated.

If a team deliberately forfeits two games in a season or decides to drop out of a league, they may be replaced and no forfeit given.

### **A4-4 Suspended Games**

Any game which is suspended at or after half time is final. A game which is suspended before the end of the first half because of facility fault, blackout, OR INJURY will be rescheduled.

### **A4-5 Reschedules**

If your team has a scheduling request and you make sure it is on your Team Registration Form before the league schedule is made, we will try hard to accommodate said request but said requests cannot be guaranteed. After the schedule is completed and posted, a reschedule request form may be filled out along with a \$25 non-refundable fee. It will then be communicated with the other team Coach or contact person and if game is allowed by said coach to be rescheduled, we will reschedule game to an agreeable date and time by both parties.

### **A4-6 Rulebooks**

Rulebook online version is available free online to any person, parent or coach. If you would like a printed rulebook, the cost is \$10.

## **A4-7 Awards**

Each player on the team which wins a youth league will receive a free Indoor Soccer Spot Trophy. Adult League winners will receive free Indoor Soccer Spot t-shirts for individual players who place 1<sup>st</sup>. Also, Adult League 1<sup>st</sup> and 2<sup>nd</sup> place teams will receive a team plaque and photo on our wall of Champions which will remain at the Indoor Soccer Spot.

## **A5. DISCIPLINE**

### **A5-1 Red Card Suspension**

The referee or management has the right to eject a player, coach or spectator before, during or after a game. That person must leave the property immediately (possible tournament or two leagues exception). If an ejected player(s) fails to leave the premises, the game will be terminated and the victory awarded to the opposing team. If, after receiving a red card, misconduct continues additional red cards may be issued.

If a player, coach, or spectator is issued a red card, he is ejected for the remainder of that game and at minimum one entire week of ANY games including multiple league games. Depending on the infraction, the length of the red card suspension is determined by the facility manager. Game-play red card offenses are typically 1 week, behavioral red card exceptions are usually 2 or more weeks. Any player who has been red carded will impose a \$25 team penalty payable by either that individual player OR the team. The team will NOT be allowed to play their next game until the fee has been paid.

### **A5-2 Mandatory Red Cards**

Mandatory red cards include:

- a) Foul and abusive language; the offending player, coach or spectator must be ejected.
- b) Leaving the bench, or coming in to the bench or field from the stands during an altercation;

- c) Fighting; and any player, coach, or spectator given a red card for fighting shall be guilty of violent conduct and ejected from all Indoor Soccer Spot facilities for not less than one year and up to permanently.

Any player, coach, or spectator who touches, bumps, physically contacts or verbally abuses a game official or facility staff shall be guilty of violent conduct and ejected from ISS for not less than one year and up to permanently. Any player who physically assaults a referee or any member will be prosecuted to the full extent of the law. See Red Card Offenses, section B14-5b.

### **A5-3 Multiple Red Cards**

Any action after you receive a red card and your prior history will affect the length of your suspension.

### **A5-4 Terminated or Abandoned Games**

If the referee terminates a game, the outcome of the game and any disciplinary action will be decided by ISS management. See Referee Powers, section B4-1. If any player, coach, or spectator involved with a particular team gives the referee cause to terminate a game, the victory will be awarded to the opposing team.

## **A6. ALCOHOL POLICY**

No outside alcoholic beverages are allowed on the premises. Anyone suspected of consuming alcohol or illegal substance before, during or after the game will be removed from the playing field and/or bench area and, depending on conduct, the premises. They will be given a red card and a suspension dictated by ISS management.

## **PART B PLAYING RULES**

### **B1. BALLS**

ISS will not furnish balls for league games and warm ups. Home team of each League game must supply game ball.

### **B1-1 Specifications**

The dimensions and weight of the ball are that of a standard size 3 or 4 for U12 and below, subjective to the Administrative Authority's discretion. The ball is size 5 for above U12, including adult divisions.

### **B1-2 Ball Change**

The ball may not be changed except by the Referee.

### **B1-3 Maintenance of the Ball**

Game balls are delivered to the Referee prior to each game. At the end of each Half, the ball is maintained by the Referee. Upon the game's conclusion, the Referee returns all of the game balls to the person or team which supplied them.

## **B2. PLAYERS**

### **B2-1 Number of Players - Non Coed Leagues**

Each team plays with a maximum of 4/5/6 field players including a designated goalkeeper on the field. A team can play with a minimum of 3/4/5 players including a goalkeeper but will forfeit if it then loses a player; for example, to a penalty or an injury. See Roster Restrictions, Section A2-1. A game is played by two teams having a maximum of 6/8/10/12 eligible players for the game and on the Team Bench. Up to 2 non-players, including at least 1 adult, shall occupy the Team Bench and must have an ISS ID.

- a) U6 and under max of 4 players on the field and a max of 8 players on the roster
- b) U6-U12 max of 6 players on the field and 12 players on the roster
- c) U14-Adult max of 5 players on the field and 10 players on the roster



## **B2-2 Number of Players - Coed Leagues**

In Coed leagues, there are variations of the rule governing the number of players. Each team **MUST** have a minimum of 2 women on the field at all times. Goalies are gender neutral and do not count towards the 2 woman minimum for that team. If a team is down a player or does not have enough players to begin the game, the team may play down to 3 players on the field plus the goalie but 2 of the 3 players on the field must be women.

Men may only score 5 individual goals each. Once 5 goals have been reached for a particular male player, he may continue to play, however, any goals he makes will not be counted towards to final score.

If a female scores a goal, her goal is counted as 2 points. Male goals are counted as one. If a female goalie scores a goal, it is counted as 2 points.

If there is an own goal that bounced off a female and goes in the goal, the score is rendered from the originating shooter.

## **B2-3 Goalkeeper**

A team must have a designated goalkeeper on the field at all times. The goalkeeper must wear a jersey color that distinguishes him/her from all other field players and from the referee. A team may **NEVER** have more than one goalkeeper on the field at one time. See Goalkeeper Substitutions, section B2-4d.

The goalkeeper may play the ball with his/her hands, if the ball is not intentionally passed to him/her by a teammates foot pass. The goalkeeper may distribute the ball by rolling or throwing the ball **ONLY**, except for a throw or free kick restart. The goalkeeper may drop the ball to his own feet and kick or dribble the ball. See Goalkeeper Restarts, section B12-3 and Goalkeeper Violations, section B14-2.

A goalkeeper may have only one possession with his hands per team possession. A player on the opposing team must touch the ball before the goalkeeper can use his/her hands again. The goalkeeper cannot bounce the ball or throw it in the air and catch it again.

## **B2-4 Substitutions**

### **B2-4a Substitutions During Play and Stoppages**

During the game unlimited substitutions of players may be made, provided that the player substituted for is within the touch line in front of his team's bench or off the field before the replacement steps onto the field. Neither the substitute entering the field nor the player leaving may play the ball while the other is on the field. If either substituting player plays the ball, a timed penalty is given to the player that plays the ball.

### **B2-4b Guaranteed Substitutions**

A team is guaranteed to substitute eligible players in a timely manner at the following times:

- 1) after a goal is scored
- 2) on an injury, officials time-out

Guaranteed substitutions can take place anywhere on the field. If a play is inadvertently started with too many players on the field after any guaranteed substitution occasion, no penalty shall be assessed.

### **B2-4c Shootout Substitutions**

No substitutions are allowed on a shootout until the referees whistle starts the shootout.

### **B2-4d Goalkeeper Substitutions**

- 1) On a guaranteed substitution, a goalkeeper can substitute for any player on his team, including players on the field. The departing goalkeeper must receive acknowledgment from the referee when a goalkeeper change is made during a guaranteed substitution.
- 2) On any other substitution, the goalkeeper must be replaced by a player from his team's bench, who cannot leave the bench until the goalkeeper is within the touch line in front of his bench or off the field. The goalkeeper must enter the bench to remove his goalkeeper jersey.

- 3) When a goalkeeper receives a time penalty, the offending team must get another designated goalkeeper onto the field and ready to play in a timely manner. A violation results in a two minute bench penalty to the offending team, and the team will play an additional player short.

#### **B2-4e Illegal Methods of Entering the Field**

Players may only enter the field through their own bench door. Any other entry may result in a two-minute penalty. Late players may enter from spectator side only on a guaranteed substitution and must check-in with the referee or timekeeper.

#### **B2-4f Substitutions Violations**

Violations of the above substitution rules will result in a two minute penalty. Play is restarted with a free kick where the ball was when the whistle (or horn) sounded.

#### **B2-5 Injuries**

The referee shall send any player off the field who requires treatment for injury or blood. For treatments involving blood, the player must obtain the referee's approval before he/she may re-enter the field.

Play shall stop when the referee decides:

- 1) an injury is critical (safety of the players come first)
- 2) the injured players location is likely to interfere with play or
- 3) the injured players team has control of the ball.

When play is stopped for an injury, the injured player must leave the field, except for the goalkeeper. The second time play is stopped because of an injury to the same goalkeeper, he must leave the field. An injured player may re-enter the field after play has restarted. If play is stopped for an injury, anyone entering the field to assist the injured

player must wait for referee's signal. If no clear possession is determined, the ball is considered a drop kick.

### **B3. PLAYERS' EQUIPMENT**

#### **B3-1 Uniforms and Equipment**

All the field players of a team must wear the same color jersey, or everyone must wear a penny. All League teams must wear unique numbers on shirts by no later than the third game and must match team roster. The goalkeeper will wear a jersey color that distinguishes him/her from all other field players and from the referee. The home team must change in case of a color conflict.

Shin guards and indoor cleats or tennis shoes are mandatory. Shin guards must be an appropriate size for the player.

#### **B3-2 Jewelry, Footwear and Headwear**

No jewelry or watches are allowed.

Players must wear indoor soccer cleats or tennis shoes. No outdoor cleats are allowed.

No hats are allowed except for goalkeepers or referees at the outdoor fields. Other, non dangerous headwear must be approved by ISS management.

A player who loses a shoe or headwear during the normal course of play may receive a warning from the referee for the first offense and a two minute penalty for the second offense.

#### **B3-3 Braces and Casts**

Knee braces must be inspected and approved by the referee prior to the start of the game. Only hand or arm casts are allowed. Casts must be padded and must be inspected and approved by the referee prior to the start of the game. Please check with management for approval.

### **B3-4 Equipment Violations**

The referee or assistant referee can order a player to remove any unauthorized or dangerous equipment. A two minute penalty shall be issued to the player who fails to comply with the adjustment ordered. The player is prohibited from play as long as he is not in compliance with the order.

## **B4. THE REFEREE**

### **B4-1 Referee's Powers**

The referee's power to assess penalties and maintain control of the game includes violations committed during play, during stoppages, and as the players and others proceed to and from the field. The referee has the power to:

- a) Warn/Penalize/Caution/Eject – From the time the referee enters the building he has the power to penalize any player, coach, or spectator for fouls or misconduct as stated in these Rules and to give warnings or time penalties, including blue, yellow, or red cards, regardless of whether the ball is in play.
- b) Declare an Advantage – The referee allows play to continue when the team against which an offense has been committed could benefit from such an advantage.
- c) Stop, Suspend, or Terminate the Game – The referee has the discretionary power to stop the game for any violation and to suspend or terminate the game because of the elements, interference by spectators, extreme misconduct, or other situation which he deems unsafe or unacceptable. In the case of a terminated game, the outcome of the game and any necessary disciplinary action will be determined by the management.
- d) Prohibit entry onto the Field – The referee ensures that no unauthorized persons enter the field.
- e) Halt Play Due to Injury – The referee may stop the game clock if a player has been injured and have the player removed from the field.
- f) Signal Restarts – The referee signals the restart of the game.

- g) Awarded or disallow a goal. The Referee determines whether or not a goal is scored.
- h) Stop the clock – The Referee stops the game clock due to an unusual delay (subject to administrative policies)
- i) Summon Security – The Referee asks facility management to prevent any spectator, including team personnel, from interfering with the play of the game for:
  - a. Violent conduct, including tossing objects onto the field;
  - b. Foul or abusive language or behavior; or
  - c. Persistent unseemly behavior.

#### **B4-2 Referee's Report**

The Referee files a Game Report with the score, describing the facts surrounding ejections, serious injuries and as otherwise may be required by management, whether occurring before, during or after the game. Report must be signed by both team captains or team representative.

#### **B4-3 Referee's Decisions**

The decisions of the referee regarding facts connected with play and interpretation of the rules are final. The referee may change a decision prior to restart, upon his own reconsideration.

### **B5. THE ASSISTANT REFEREE**

The timekeeper is and may be utilized as an assistant referee in cases where the Referee may not have seen a play, or is in need of a second opinion of a call.

### **B6. COED LEAGUES**

Coed Leagues have unique rules. Please check your league rules for these unique rules.

### **B7. YOUTH LEAGUES**

Three unique rules are in effect for Youth Leagues:

- 1) In Youth Leagues, there is a 10 point max goal differential.
- 2) A team which is behind or ahead by more than 10 points will not be reflected on the scoreboard, however score will be kept by the referee.
- 3) Youth teams may have a maximum of two coaches or non-players on the team bench during a game but all coaches MUST have a ISS ID.

## **B8. DURATION OF THE GAME**

### **B8-1 Game Length, Time Outs, Extension of Regulation Time**

Games consist of two equal 20 minute halves and a 3 minute half time. The referee may call an official's time out for injury or any unusual circumstances.

The only instance when regulation time will be extended is insufficient time on the clock to conduct a shootout. In that case, 5 seconds is set on the clock, and the clock is started at the referee's whistle and all other players are removed from the field.

Overtime Period and Tiebreaker – If, in a tournament or playoff, the game is tied at the end of regulation, two 5-minute periods are played. If still tied at the end of the 2 overtime periods, a Tiebreaker takes place, as set forth in Rule B15.

Running Clock – Except in the case of an unusual delay, as determined by the Referee, the Game Clock counts down continuously through each Half or Overtime Period.

Extension of play – Play may be extended to permit a Shootout in accordance with Rule B15.

Clock Malfunction – If the Game Clock does not count down properly, the Referee may add or subtract time as he deems appropriate. All violations during a clock malfunction are treated as if occurring while the ball is in play.

## **B8-2 Suspended Games**

Any game which is suspended at or after half time is final. A game which is suspended before the first half because of a rainout or blackout will be rescheduled.

## **B8-3 Terminated or Abandoned Games**

If the referee terminates the game, the outcome of the game and any disciplinary action will be decided by ISS management. See Referee Powers, section B4-1. If any player, coach, or spectator involved with a particular team gives the referee cause to terminate the game, the victory will be awarded to the opposing team.

If a team abandons a game, the outcome of the game and any disciplinary action will be decided by ISS management.

## **B9. START OF THE GAME**

### **B9-1 Starting the Clock**

Balls must be off the field immediately after the referee or the assistant referee calls for them. Offending team will receive a two minute penalty. If both teams are involved, the clock will start and the ball removed done under a running clock.

The clock will begin at game time. A team must have at least 3/4/5 players ready to play for the game to begin. If a team is unable to start the game after two minutes have elapsed, their opponent will be awarded a goal. If a team is not prepared to play after 5 minutes have elapsed, the game is forfeited and the opponent is credited with maximum points (for standings purposes).

### **B9-2 The Kickoff**

The guest team kicks off the first half. The player kicking the ball may not touch the ball a second time until it is touched by another player (a double touch). Players may not cross the midline until the ball is kicked (offside). The kickoff does not have to go forward. A goal may be scored directly from a kickoff. If offside is called or the kicker takes



longer than 5 seconds to play the ball, the opposing team is awarded a free kick at the mid line center spot. (Because this restart is a free kick, the players can be anywhere on the field, if they do not encroach). If a double touch is called, the opposing team will be awarded a free kick at the point of the infraction.

After each goal, the game is restarted with a kickoff by the team just scored upon, except when a goal is scored at the end of the half.

Prior to the second half, the team change defensive ends. The home team kicks off the second half.

A Kickoff from the Center Mark starts play at the beginning of each period and after every goal. Immediately prior to the kickoff, all players remain in their respective defensive halves, and all defending players are outside the Center Circle. Once the Referee signals the Kickoff, a player of the team having the Kickoff has 5 seconds to play the ball in any direction.

## **B10. THE BALL IN AND OUT OF PLAY**

### **B10-1 Ball in Play**

The ball is still in play

- 1) when it rebounds from a wall, cross bar and remains in the field
- 2) when it rebounds off a referee on the field, or
- 3) in the event of a supposed violation, until stoppage is ordered by the referee

### **B10-2 Ball Out of Play**

#### **B10-2a Ball Out of Bounds**

The ball is out of bounds when it goes over the perimeter wall or touches the netting above the wall or the ceiling netting.

Any ball kicked out of the field will be replaced with another, players should not leave the field to retrieve the ball.

## **B10-2b Ball Out of Play**

The ball is out of play when it crosses the goal line, or when the game is stopped by the referee's whistle. A ball out of play is restarted with a kick off, free kick, or a goalkeeper throw. See Restarts, section B12.

## **B11. SCORING**

### **B11-1 Scoring Goals**

A goal is scored when the whole ball legally crosses the whole of the goal line, between the goalposts and under the crossbar, provided that no violation of the rules has been committed by the team scoring the goal. The goal cannot be scored once the horn has begun to sound; the whole ball must cross the whole line before the start of the horn. The team scoring the greater number of goals is the winner.

A goal may be scored directly from the kickoff or any restart, including but not limited to: goalkeepers throws, corner kicks, kick ins and other free kicks, except in the case of a violation of the rules recognized by the referee.

### **B11-2 Interference**

No goal is allowed if an outside agent alters the path of the ball on its way over the goal line. The restart is a free kick to the defending team.

## **B12. RESTARTS**

### **B12-1 Definitions and Procedures**

A restart is the procedure for resuming play after a goal or other stoppage. Restarts are kickoffs, free kicks (including kick ins and corner kicks) and goalkeeper distribution, or dropped ball as set forth elsewhere in these Rules. Once the referee signals a restart, a player has 5 seconds to play the ball and may not touch the ball again until it has been touched by another player. For a 5 second violation, the opposing

team is given a free kick at the same spot; for a double touch, the opposing team is given a free kick at the point of infraction. The ball must be stationary; if it is not, the kick is retaken. Opposing players may not encroach. See Encroachment, section B14-4b.

A whistle is not required for a restart after a foul, unless it is taken at the top of the arc. A whistle is not required for a kick-in, a corner kick, ceiling out of bounds, or a goalkeeper throw.

The following restarts require the referee to signal the restart with a whistle:

- a) a kickoff,
- b) a free kick taken at the top of the opponent's arc
- c) a shoot out
- d) when a player requests that opponents are 5 feet from the ball
- e) after a time penalty is given
- f) after a referees stoppage

If the player taking the kick does not wait for the whistle, the kick may be retaken.

After each goal, the game is restarted with a kickoff by the team just scored upon, except when a goal is scored at the end of each half.

Prior to the second half, the team change defensive ends. The home team kicks off the second half.

### **B12-2 Free Kick Restarts**

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 5 feet from the spot of the Free Kick (kicker must request this from the Referee) until after the Restart. The Referee whistles the Restart for all Free Kicks taken from any Circle Mark and after stoppages due to injury, Time Penalty, or other incident within the Referee's discretion. In the instance of a Time Penalty or ejection, the Referee whistles the Restart after the player serving the Time Penalty has sat down in the Penalty Area or the ejected person has left the area visible to the field of play. The spot of the Free Kick is that provided in B12, except as follows:

a. Within Own Penalty Arch: A Free Kick within a player's defensive Penalty Arch may be taken from any spot therein. All opposing players remain outside the Arch and at least 5 feet away until the ball is in play beyond the arch. If, after the Free Kick, any player touches the ball before it has left the Penalty Arch, the Free Kick is retaken.

b. Within Opponent's Penalty Arch: When a team is awarded a Free Kick within its opponent's Penalty Arch, the Free Kick takes place at the opponent's Free Kick Mark ("Top of the Arch")

c. Illegal Pass Back to Goalkeeper: A Free Kick occurring after an illegal pass back to the Goalkeeper is taken at the Goalkeeper's Free Kick Mark ("Top of the Arch")

d. Delayed Penalty: After a Delayed Penalty the Restart is taken (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. If the original offense would have resulted in a Shootout, but for the Delayed Penalty, the Restart is a Shootout, except when the attacking team has scored or committed a Foul or Carded Offense, in which cases (i) applies.

e. Shootout or Penalty Kick: The Restart for a Shootout or Penalty Kick is taken in accordance with rule B15.

f. Kick-In: If the ball crosses over a length of the Perimeter Wall or touches the net, a Free Kick (i.e. Kick-In) is taken from the point on the Touch Line nearest where the ball crossed over or touched the net. If the ball goes out of play after touching a player substitute or other Bench personnel, who is inadvertently extending into the playing field, or if the ball exits the field through an open door of a team bench, the kick-in is taken by the other team.

g. Corner Kick: When the whole of the ball, having last touched a defending player, hits the net above the goal or to the left or right of the goal, the opposing team takes a Free Kick from the Corner, nearest to where the ball touched the net.

h. Goalkeeper Distribution: See B12-3

i. Three-Line Violation: For Three-Line Violations, the Restart is taken from the offending team's yellow line mark.

j. Ceiling out of Bounds: A ball which hits the top netting shall be restarted directly beneath the spot it struck the netting, unless it is kicked into the netting above either arc by a defending player, when it shall be restarted at the top of the arc

### **B12-3 Goalkeeper Restarts**

If a player from the opposing team impedes the progress of the goalkeeper or prevents or hinders him from releasing the ball into play the offending player receives a time penalty for unsportsmanlike behavior.

### **B12-3a Goalkeeper Distribution**

Play restarts with a Goalkeeper Distribution by a Goal Clearance after an attacking player has last touched the ball before crossing an end perimeter wall between corners. The Goalkeeper has 5 seconds to distribute the ball once the Goalkeeper controls the ball and the Referee whistles the Restart. The Restart is taken from any point within the Penalty Arch. Opposing players are at least 5 feet beyond the Penalty Arch until the ball is “in play.” Throw-ins are only allowed. No punts or dropkicks within the Arch.

### **B12-4 Dropped Ball Restart**

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 nearer Free Kick Mark; otherwise at the spot of stoppage. The ball is “in play” once the ball contacts the ground untouched.

### **B13 Fouls and Other Violations**

A Foul is assessed to a player who commits any of the following offenses in a manner that the Referee considers careless, serious, reckless, or involving excessive force:

- (a) Kicking an opponent;
- (b) Tripping an opponent;
- (c) Jumping at an opponent;
- (d) Charging an opponent;
- (e) Striking or elbowing an opponent; and
- (f) Pushing an opponent.

Regardless of degree a Foul occurs if a player:

- (g) Holds an opponent;
- (h) Handles the ball (except by the Goalkeeper within his or her Penalty Arch;
- (i) Impedes the progress of an opponent (“Obstruction”); or
- (j) Prevents the Goalkeeper from releasing the ball from his or her hands.

Should a player simultaneously commit multiple Fouls, the Referee penalizes the more serious one. All Fouls result in a Free Kick unless otherwise stated herein.

### **B13-1 Unsporting Behavior**

The Referee stops play for Unsporting Behavior, resulting in a Free Kick and possible Time Penalty for the following offenses:

- (a) Illegal Substitution After Injury: Attempting to enter play without the required Referee consent;
- (b) Equipment Violation: Entering play without an ordered uniform adjustment;
- (c) Leverage: Using the body of a teammate or any part of the field to gain an advantage;
- (d) Encroachment: Entering the protected are of an opposing player taking a Free Kick (after initial Warning);
- (e) Trickery: Passing the ball back to a Goalkeeper by Trickery;
- (f) Dissent: Committing any of the following offenses, whether before, during or after the game:
  - 1) Referee Abuse: Words or actions directed by any player or team personnel at an official in dissent;
  - 2) Breach of Penalty Area Decorum: Delay in entering the Penalty Area, failure to sit and remain seated in the Penalty Area after a Warning, or a premature or unpermitted exit from the Penalty Area;
  - 3) Entering the Referee Crease without the Referee’s permission;
- (g) Other: Behavior which, in the Referee’s discretion, does not warrant another category of penalty e.g. taunting, intentional slide tackle, foul language, or violation of co-ed rule.)

### **B13-1 Three-Line Violation**

A Three-Line Violation occurs when a Goalkeeper throws the ball in the air across the two Yellow Lines and the Halfway Line toward the opponents Goal without the ball first touching the ground or another player or a Referee on the field of play.

### **B13-2 Illegal Handling**

Bringing the ball from outside the Penalty Arch to his or her hand within it, or receiving the ball again after a Goalkeeper Distribution without the balls having first touched another player eg drop-kick, dribble.

### **B13-3 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” (the use of a wall or foot to flick the ball to a head, chest, or knee before making the pass)

### **B13-4 Five-Second Limit**

Controlling the ball with hand inside the Goalkeepers Penalty Arch for over (5) five seconds.

### **B13-5 Team Violations**

The Referee issues a Team Time Penalty 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 a 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 (e.g. too many players on the field.)

### **B13-6 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.

### **B13-7 Flagrant Fouls**

A Shootout is awarded for the following Fouls committed by a defender in his or her defensive half of the field:

- a. A Foul within the Penalty Arch or Goal for which he receives a Time Penalty;
- b. A Foul from behind against an attacking player, having control of the ball and one or no defensive players between himself and the Goal; and
- c. Any Foul where he or she is the last player on his or her team between the attacking player with the ball and the Goal.

### **B13-8 Blue Card Offenses**

Unless otherwise provided in rules 13-9 or 13-10, the Referee issues a Blue Card for serious violations or Rule 13 (Fouls) and 13-1 (Unsporting Behavior), for violations of Rule 13-5 (Team Violations) and for:

- a. Deliberate Handball: Handling the ball deliberately (or by a Goalkeeper outside of his or her Penalty Arch);
- b. Goalkeeper Endangerment: Endangering a Goalkeeper within the Goalkeepers Penalty Arch by sliding or charging into him or her, regardless whether the Goalkeeper is in control of the ball;
- c. Boarding: Forcing an opponent into the Perimeter Wall; and



d. Shootout: The Goalkeepers committing a foul during a Shootout.

### **B13-9 Cautionable Offenses**

The Referee issues a Yellow Card for reckless violations of rule B13 (Fouls) and for the following:

- a. Second Blue Card: Committing a second Blue Card offense;
- b. Unsporting Behavior: Violating Rule B13-1 by any team personnel; and
- c. Provoking Altercation: Making physical contact with an opponent (e.g., pushing or poking), short of fighting, as defined in Rule B13-10, or using the ball in so doing, particularly by a Goalkeeper.

### **B13-10 Ejectionable Offenses**

A person receives a Red Card for violations of Rules B13 and B13-9, which the Referee considers violent or use of excessive force, and for:

- a. Third Time Penalty: Receiving a Third Time Penalty;
- b. Elbowing: Intentionally elbowing an opponent above the shoulder;
- c. Vicious Slide Tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him;
- d. Fighting: Striking or attempting to strike an opponent with intent to injure;
- e. Leaving Penalty Area: Leaving the Penalty Area to engage in a fracas or melee with the opposition or a Game Official; and
- f. Extreme Unsporting Behavior: Committing particularly despicable behavior, including:
  - 1. Spitting at any person;
  - 2. Use of extremely abusive language or behavior toward a Game Official;

3. Bodily contact with a Game Official in dissent.

## **B14 Time Penalties**

### **B14-1 Penalties for Carded Offenses**

The following penalties apply to offenses for which a Card is issued (subject to further action by the ISS administration:

- a. Blue Card: Two-Minute Time Penalty in the Penalty Area;
- b. Yellow Card (for a player's second Blue Card): The player receives a Two-Minute Time Penalty for the Blue Card and a warning that the player's next Penalty Card will require an ejection;
- c. "Administrative" Red Card (for a player's third Blue Card): The player receives a Two-Minute Time Penalty for the Blue Card and is ejected; and
- d. "Straight" Red Card: Five-Minute Time penalty and ejection.

For ejections, see Rules B14-3 (Designation of Penalty Server) and B14-5(f) (Maximum Time Penalty).

### **B14-2 Service of Penalties**

Except as provided under Rule B14-3, a person who commits a carded offense serves the penalty. A person who receives a Red Card after the game has started may not return to the area visible to the facility, until allowed by the ISS Management. Players serving Time Penalties posted and counted down in unison with the Game Clock, and serve their Time Penalties, seated, until their expiration or the conclusion of the game; except that, if a player's release from the Penalty Area would cause too many players to be on the field (as could occur in the case of the expiration of multiple, simultaneous Time Penalties, or Time Penalties to three or more players from the same team), he is released upon the earlier of: (i) the expiration of a teammate's Time Penalty resulting in fewer than two teammates in the Penalty Area with

penalty time remaining, (ii) a stoppage, when permitted by the Referee, or (iii) the next occasion that the ball goes out of play.

### **B14-3 Designation of Penalty Servers**

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. In each instance, the designated player may not already be serving a Time Penalty. Time Penalties served by designated players do not count against their personal records, but of those responsible.

### **B14-4 Short-Handed Play**

For each Time Penalty being served by a player, his or her team shall play with one fewer field player until its expiration; provided that a team may not have fewer than the minimum under Rule B2, 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 joins his or her teammates in the Area.

### **B14-5 Exceptions to Penalty Time**

Under the following circumstances, Time Penalties either expire prior to their completed countdown, or have the beginning of their countdowns delayed:

- a) *Power Play 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 prohibited under Rule B14-2, 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.
- b) *Delayed Penalty*: See Rule 14-6
- c) *Multiple Penalties*: If two teammates are serving Time Penalties when another teammate is penalized, his or her 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.

d) *Release of Teammates Serving Simultaneous Time Penalties:*

When two or more teammates Time Penalties expire simultaneously, the order in which they are recorded dictates the order of their release.

e) *Simultaneous Ejections:* When two simultaneous Red Cards carrying the same Time Penalties are assessed to opposing players, their Time Penalties are not served.

f) *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.

g) *End of Game:* All Time Penalties carry over between periods and expire at the end of the game.

#### **B14-6 Delayed Penalty**

In instances where the Referee would issue a Blue Card, but for the Advantage Rule (Rule B13-6), the Referee acknowledges the offense by holding the Card above his or her head until the earlier to occur of the following:

a) *Opponents Possession:* The team of the offending player gains control of the ball;

b) *Stoppage:* The Referee stops play for any reason.

Once play is stopped, the offense is recorded and assessed, as customary, except when a goal is scored, in which case the Time Penalty is not served. In the event of a powerplay goal, Rule 14-5(a), regarding the release of a player from the Penalty Area, remains applicable.

#### **B14-7 Misconduct Penalties**

A five (5) minute Misconduct Penalty shall be assessed against players who show disapproval, by word or action, of the decision by the Referee or other Game Official or acts in a severe un-

sportsmanlike manner. These penalties shall be administered by the showing of a Yellow Card and shall be five (5) minutes in length. Misconduct penalty time shall NOT be entered on the arena scoreboard. As no Power Play is awarded to the opposing team, the offending player may exit the penalty box at the first whistle, after his penalty time has expired. Similar misconduct by bench personnel (or non-players) shall be recorded for purposes of multiple penalty Power Play and ejection for that individual. Should any player or non-player exhibit misconduct at the conclusion of the game, the Referee shall not display the appropriate card, but shall submit a detailed report to the ISS Administration and inform the team that such a report has been filed.

### **B15 Shootouts and Penalty Kicks**

**B15-1 Shootout:** For a Shootout, other than in a Tiebreaker:

- a) Any player of the attacking team may take the Shootout:
- b) All players serving Time Penalties are seated in their appropriate Penalty Area. All players of the attacking team stand on or behind the Yellow Line. Players of the defending team stand behind the Yellow Line.
- c) The ball is placed at the Middle White line.
- d) The Goalkeeper has at least one foot on his or her Goal Line and may not move off it until after the Referee whistles the Shootout to begin;
- e) Once the Referee whistles the Shootout to begin, the ball is “in play” and the player taking the Shootout plays the ball forward using any legal manner to score (e.g. direct shot, on goal, dribbling and shooting, playing the ball off of the boards, passing to a teammate, etc.);
- f) Neither team may substitute until the earlier of the first 3 seconds or the next stoppage;
- g) Any Foul committed by the Goalkeeper on the player taking the Shootout results in a Penalty Kick and a Blue Card.

### **B15-2 Penalty Kick**

A Penalty Kick proceeds the same as a Shootout, except that:

- a) The ball is placed at the Free Kick Mark nearer the attacking Goal (Yellow Line)
- b) The Goalkeeper, having both feet on the Goal Line, may not move off it until the ball is kicked;
- c) Once the Referee whistles the Penalty Kick to begin, the player taking the Penalty Kick has five (5) seconds to strike the ball, restarting play;
- d) The player taking the Penalty Kick may not touch the ball again until another player has touched it.

### **B15-3 Tiebreaker**

A tiebreaker proceeds with Shootouts under Rule B15-1, except that:

- a) The Referee designates the Goal at which both teams shoot and the AWAY TEAM shoots first.
- b) All players, other than the player taking the Shootout and the defending Goalkeeper, remain within their Team Bench areas;
- c) Both teams may have 5 Shootouts, with players from each team shooting alternately.
- d) The player taking the Shootout has 5 seconds to score after the Referee whistle
- e) Except when a goal is scored, any Foul committed by the Goalkeeper results in a Penalty Kick, to be taken by any player on the shooting team, except the shooter may touch the ball but once;
- f) Carded Offenses are recorded as in normal play, except there are no Time Penalties;
- g) If, at any time, a team obtains a 3-goal advantage, the Tiebreaker ceases and the winner is declared;
- h) If, after both teams have taken 5 shootouts, 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;

i) During a Tiebreaker, no player may take more than 1 shot for every set of five 5 of his or her team.