

Adult Co-ed Indoor 4v4 Soccer Rules:

All rules are subject to the referee's discretion

FIFA rules apply unless otherwise stated

Players

- Team roster must be submitted at the first game
- Teams may have guest players only if there are not enough players to field a full team and there are players on the roster that can't play during the game
 - A full team consists of 4 players on the field and up to 3 subs
 - Recreation league players may sub onto competitive league teams
 - Competitive league players may not sub on recreation league teams unless they are officially on the roster during the session or if the opposing team allows it
- If there are not enough players to field a team, the team must either forfeit (and play the game for fun) or play with reduced players on the field
- During playoffs, players may only play for one team in their playoff bracket unless they are officially on both team rosters during the session
- Must wear shin guards and may wear cleats
- Teams must wear matching color shirts (goalies must wear independent colors)

Play

- No offside
- Out of bounds on the sideline
 - Instead of a throw-in, the ball must be kicked-in on the ground below the knees
 - **Opposition must stand 2 yards back**
 - A goal may not be scored directly from a kick-in
 - The ball will be restarted at a goal kick
 - If the ball does not enter the field on the first attempt, a retry is granted
 - After the second attempt, the ball is awarded to the opposing team
- **Goals may be scored directly from corner kicks and goal kicks**
- **Kick-offs and free kicks are indirect**
- Ball does not need to be played forward from a kick-off
- Players must stand 5 yards back from a free-kick and a kick-off
- All goals worth 1 point
- Ball is out of play when it hits the ceiling, will be restarted at the sideline as the opposing team's kick-in
- No slide tackling
- Substitutions are allowed at any time, play will not be stopped for substitutions

Point System

- Win: 3 points • Tie: 1 point • Loss: 0 points
- Tiebreakers (if teams are tied in points):
 - 1. Winner of head to head competition.
 - 2. Most wins.
 - 3. Goal Differential + (Goals for - Goals against = Goal Differential).
 - Maximum 5 per game
 - 4. Least goals against

Goal Keepers

- Punting is not allowed, will be restarted at the sideline as the opposing team's kick-in
- The goalie may not punt or throw the ball directly into the net
 - It must touch another player or be played on the ground from the goalie's feet to be counted as a goal
 - Play will be restarted with a goal kick for the opposing team
- FIFA goalkeeper's rules apply to the back pass
 - If the goalkeeper plays the ball with their hands, a free-kick is awarded to the opposing team at the edge of the box

Playoffs

- Shortened halves
- Directly to a shoot-out in the case of a tie
 - From the PK location 8 yards from the goal line
 - Best of 3 players, 2 guy and 1 girl for co-ed
 - Guy-girl alternating after
 - Players do not need to be on the field at the end of the game to participate in the shootout

Fouls

- FIFA rules apply to fouls
- All fouls will be restarted from an indirect free kick (to avoid shots into other players) except:
 - If a penalty kick (PK) is awarded for any reason (8 yards from the goal line)
 - **If a purposeful hand ball by a player or goalie outside of the box stopped a goal scoring opportunity, a PK is awarded.**
 - **If a foul directly stopped a goal scoring opportunity, a PK is awarded. A card may also be given depending on the severity of the foul.**
- Unsportsmanlike or dangerous play will be penalized at the discretion of the referee
 - **Hard reckless shots into other players will be penalized with an indirect free kick**
- Infractions resulting in disciplinary action (determined by the referee)
 - **Yellow card and 2 minutes: Player may be substituted but may not reenter play for 2 minutes. This action is reserved for a flagrant foul or persistent fouls.**
 - Red card and current game suspension: The player will be asked to leave the field of play and will NOT be allowed to reenter for the duration of the game. This player MAY BE REPLACED on the field with another player.
 - Future Game suspension / banned: The player may be asked not to return for a determined number of games. This action is reserved for severe and/or persistent disregard for the rules of safety.