



**ADULT OPEN  
INDOOR SOCCER LEAGUE**

**2012 RULES OF THE GAME**

*(Last Modified 11 Jan 2006)*

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## **I. INTRODUCTION**

The Skokie Park District Adult Open Indoor Soccer League is a league which will run on Tuesday evenings at the Weber Leisure Center. Open means that the league is open to both men and women, allowing teams of all compositions to play. Whether you're a team of all men, all women or a co-ed team, the league is open to your squad, and the following rules reflect the diversity of the participants.

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## **II. ELIGIBILITY, ROSTERS AND FEES**

1. Men and women aged 16 and over are eligible to participate
2. All high school seniors who have completed their scholastic athletic careers are eligible to participate; Seniors under 18 must obtain parental permission
3. There is a maximum of 20 players permitted on the team roster
4. Non-Roster substitutes are not encouraged, but are not prohibited; All substitutes must meet eligibility requirements and be prepared to show proof of age
5. All league players must be prepared to show proof of age prior to games
6. Rosters must be completed and turned into league staff on the first date of competition
7. Fees are due IN FULL at the time of registration
8. The Skokie Park District will not be responsible for collecting any individual team's sponsorship money

## **III. WEBER LEISURE CENTER (WLC) GENERAL GUIDELINES**

1. The players' waiting area is outside of the gym in the common area, away from the team areas
2. The team areas are just outside of the gymnasium doors

3. Absolutely no food, drinks or personal items are permitted in the gymnasium during, before or after league games
4. All changing is to be accomplished in the guest locker room or, for members, the member locker room
5. Lockers are available for public use in both the guest locker room and the WLC gym common area
6. Locks are not provided, but may be available for purchase at the front desk (All locks left on lockers are cut off at the end of each night)
7. The Skokie Park District and WLC staff are not liable in any way for personal items of any kind that are left, lost, stolen or broken at, from or while participating at the WLC

#### **IV. THE PLAYING SURFACE AND DIMENSIONS**

1. The playing area of the WLC is approximately 100' W x 134' L
2. The WLC is a natural laminated hardwood floor
3. The penalty area is 30' x 25' and contains a smaller 5' box directly in front of the goal
4. The penalty spot is located at the center of the 30' line
5. The goal dimensions are 12' wide x 7'3" high and are covered in foam padding at both sides; The top of the goal is unpadded
6. All indoor soccer floor markings, including touchlines, endlines, goal lines and the penalty area are blue in color, approximately 2" wide
7. There are no restrictions against any player entering either the offensive or defensive penalty area at any time

#### **V. THE BALL**

1. The official ball for the league will be Brine HV32 Indoor Soccer Ball, size 5
2. Any size 5 regulation ball may be used for warm-ups

#### **VI. OFFICIALS**

1. There will be two referees assigned to officiate each game
2. Both officials shall be considered part of the playing surface for all practical purposes and there shall be no foul or possession awarded for unintentional interference on the part of either referee; Referees

do bear the responsibility, however, for making every reasonable attempt to minimize their physical impact on the normal run of play

3. The First Official/First Referee shall be responsible for the clock and for the general supervision of the game, including equipment and facility inspection; The First Referee shall also conduct the coin-toss, pre-game captains' discussion, all dropped balls and will be the final authority on restarts
4. The Second Official/Second Referee shall be responsible for keeping time for all player penalties and supervision of substitutions and the team areas
5. Both officials will have authority to call fouls and award free-kicks, penalty kicks, corner kicks, goal kicks and issue cards
6. When possible, the league or facility supervisor may also assist with the task of keeping time for player penalties and supervising team areas
7. Unless otherwise specified, the term "referee" refers to either the First Referee or Second Referee

## VII. EQUIPMENT OF PLAYERS

1. Numbered team shirts will be provided to each team and must be worn during play; Teams will be issued 18 shirts of one color, and one shirt of a contrasting color to be worn by goalkeepers; Team color assignments will be random and requests will not be honored. **Numbered shirts are mandatory for all field players. Once all teams receive league issued shirts, it is required they be worn during league play. In the event you should have more than 15 players present, please have them wear same color and number them 19-20.**
2. Appropriate athletic shorts are required for all field players; Shorts with belt loops, zippers, snaps or buttons are not permitted; Long pants are not permitted for field players without prior approval (contact athletics office with questions)
3. Goalkeepers may wear appropriate athletic shorts or long pants; Shorts and pants with belt loops, zippers, snaps or buttons are not permitted. Special "GOALIE" shirt will be provided for each team.
4. Shinguards are required by all players at all times; Shinguards and associated straps and ankle guards must be covered at all times

(i.e., socks). **In the event any players do not have proper shin guard protection, a full (5) minute bench penalty will occur at start of game.**

5. Gloves are permitted and are highly recommended for goalkeepers
6. Use of FIFA-approved headgear is permitted for all players
7. Appropriate footwear is required; Indoor soccer shoes with flat rubber soles which are specifically designed for hardwood or multi-purpose surfaces are highly recommended; Studs and turf shoes are not permitted; All equipment is subject to inspection and approval by the First Referee

## **VIII. DURATION OF THE GAME**

1. The game shall consist of two halves of 22 minutes in length
2. The clock shall not stop except for team timeouts and reasons covered in section IX.
3. There will be a 3 minute halftime between periods
4. The official time will be kept by the First Referee
5. Additional time may be added at the end of each half at the First Referee's discretion; This additional time may be referred to as Injury Time or Stoppage Time; There is a maximum allowable 4 minutes of stoppage time in each half
6. The duration of any stoppage time will be announced once by the First Referee
7. The First Referee will also announce one time only that there is 1 minute remaining in the half or the game, including any stoppage time

## **IX. STOPPAGES**

1. Each team will have 1 30-second timeout per half
2. Timeouts from the first half may not be carried over to the second half
3. The First Referee may stop the clock at his discretion
4. The clock will stop for any maintenance
5. Interruptions of play that may result in added stoppage time at the end of the half or game:
  - a. Injury or Injuries
  - b. Discipline

## **X. THE GAME**

### **1. Starting the Game**

- a. Each team will play with no more than 6 players on the floor at any given time, one of whom must be a goalkeeper
- b. There are no restrictions at all regarding minimum or maximum gender ratio(s) in the league
- c. No team may begin a game with fewer than 3 field players and 1 goalkeeper
- d. Scheduled start time is forfeit time without prior approval
- e. Possession shall be decided by coin-toss (or odd-even at the First Referee's discretion)
- f. The winner of the coin-toss shall choose the ball, or defense and the goal they wish to defend; The teams will change ends and alternate the opening kick at the start of the second half
- g. The game shall be started by kickoff from the center spot and center circle at the middle of the floor
- h. Both teams must be positioned in their entirety on their own half of the floor, with the exception of the offensive player who is to take the kickoff
- i. The offense may have a maximum of two players within the center circle for the kickoff
- j. Kickoffs may be taken backward or forward
- k. The player taking the kickoff shall not be permitted to touch the ball a second time without it first touching another player or the perimeter wall
- l. Kickoffs are direct kicks

### **2. Offside**

- a. In accordance with the standards of most indoor soccer leagues throughout the US, there is no offside rule in this league

### **3. Substitutions**

- a. Substitutions are unlimited and are permitted on the fly

- b. Neither the exiting player, nor the entering player may attempt to become involved in play while both players are on the floor
- c. Substitutions are not permitted if there is a free-kick of any kind pending
- d. Substitutions are permitted during corner-kicks, goal-kicks, kick-ins and kickoffs

#### 4. The Wall and the Neutral Zone

- a. The perimeter wall around the playing area is in play
- b. The railings at the top of the walls are out of play
- c. The area between the touchlines and endlines and the base of the wall (approximately 1 yard) is known as the Neutral Zone
- d. Free-kicks awarded for fouls occurring in the neutral zone along the touchlines will be taken from the nearest point on the touchline to which the foul occurred
- e. Players not in possession of the ball may move freely through the neutral zone

#### 5. Tackling and Contact

- a. As soccer is a physical sport involving a significant amount of contact between participants, and therefore carries with it a certain inherent risk of injury, some usual and incidental contact within the context of the game shall be legal, such as a legitimate standing tackle, wherein the intention is clearly to obtain control of the ball and as such first contact in this situation is made with the ball
- b. Slide-Tackling is strictly prohibited and will result in a minimum of a yellow card and possible a straight red card, depending upon the severity of the foul; The referee shall have sole discretion in this matter
- c. Any contact or attempted contact deemed by the official as having occurred with the intent of directing another player into contact with the wall will result in a minimum of a yellow card and possible a straight red card, depending upon

the severity of the foul; The referee shall have sole discretion in this matter

## 6. Restarts and Fouls

### a. Kick-ins

- i. A kick-in is a ball kicked back into play from the touchline (there are no throw-ins)
- ii. Kick-ins will be awarded from neutral zone violations
- iii. Are indirect kicks

### b. Goal Kicks

- i. Will be awarded when the ball is played over the endwall by the offensive team
- ii. Will be awarded when the ball is last touched by the offensive team and becomes lodged in the space between the end wall and the bleachers
- iii. Will be awarded when the ball is last touched by the offensive team and becomes unplayable in the neutral zone between the endline and the wall
- iv. Will be awarded when the ball is played illegally or a foul is committed in the endline neutral zone by an offensive player
- v. Must be taken from the 1-yard box inside of the penalty area
- vi. Must be touched by another player or be played off of the wall prior to crossing the mid-floor line
- vii. Are indirect kicks

### c. Corner Kicks

- i. Will be awarded when the ball is played over the end wall by the defensive team
- ii. Will be awarded when the ball is last touched by the defensive team and becomes lodged in the space between the end wall and the bleachers

- iii. Will be awarded when the ball is last touched by the defensive team and becomes unplayable in the neutral zone between the endline and the wall
- iv. Will be awarded when the ball is played illegally or a foul is committed in the endline neutral zone by a defensive player
- v. May be taken from any point on the corner line
- vi. Are direct kicks

d. Direct Kicks (Awarded For)

- i. Obstruction
- ii. Intentional or flagrant fouls (holding, kicking, punching, pushing, etc.)
- iii. Tripping
- iv. Slide-tackles
- v. Hand balls
- vi. Illegal back-pass (from the spot of the infraction)
- vii. Illegal handling outside of penalty area (from the spot of the infraction, but when this occurs in the neutral zone, the free kick is to be taken from the spot on the endline or touchline closest to where the infraction occurred)

e. Indirect Kicks (Awarded For)

- i. Balls played off of ceiling rafters or any suspended gym equipment (automatic timeout for clearing debris); Free-kick shall be taken at the spot from which the original ball was played
- ii. Dangerous play
- iii. Interference with Goalkeeper
- iv. Illegal goal-throws, goal kicks or goalkeeper drop-kicks (will be taken from the spot on the mid-floor line nearest to where the illegal kick or throw crossed the line)
- v. Illegal touching of a penalty kick by a player taking a penalty kick

f. On all kick-ins, goal kicks, corner kicks and free kicks, all defensive players must be positioned a minimum of 15 feet away from the player taking the kick

g. Penalty Kicks

- i. Are awarded to an offensive player when it is determined by the referee that a foul has been committed against that player by a member of the defensive team
- ii. Will be taken from the spot at the top of the penalty area, centered directly in front of the goal, at a distance of 25 feet
- iii. During penalty kicks, all field players must (1) be outside of the penalty area, (2) be positioned a minimum of 5 feet away from the player taking the penalty kick and (3) be positioned no farther forward than the player taking the penalty kick
- iv. On penalty kicks, the goalkeeper may only move laterally on his/her line prior to the kick
- v. Once taken, a penalty kick is a live ball and may be touched consecutively by the player who took the penalty kick if the ball is rebounded off of or deflected by the goalkeeper; however if the ball is rebounded off of the goal or off of the wall without having been touched at all by the goalkeeper, the ball may not be touched again by the player who took the penalty kick until it has been touched by another player
- vi. Once the penalty kick is touched, remaining field players may re-enter play without restriction

h. Dropped Ball

- i. A dropped ball will result when it is unclear to the referee which team should be awarded possession
- ii. On a dropped ball, both players must wait until the ball has bounced once before attempting to play the ball
- iii. Any player may take the dropped ball
- iv. All other players must be at least 15 feet away from the players taking the dropped ball

7. Goalkeeping and Scoring

- a. A goal will be scored when the ball crosses completely over the goal line regardless of who last touched the ball

- b. The goalkeeper is permitted to use his hands to make contact with the ball throughout the entirety of the penalty area when:
  - i. The ball is last touched by an offensive player
  - ii. The ball is last played off of the head or chest of a defensive player
  - iii. The ball is deflected off of any player
- c. The goalkeeper is not permitted to use his hands outside of the penalty area or inside of the penalty area when the ball has been played to him intentionally by a defensive player (back-pass rule)
- d. The goalkeeper may be substituted at any time
- e. At no time may a field player assume the responsibilities of the goalkeeper without expressed acknowledgement from the First Referee
- f. Once the goalkeeper assumes possession of the ball with his hands, he will have 6 seconds to either distribute the ball or play the ball with his feet
- g. After the initial 6 seconds has expired, the goalkeeper may not legally possess the ball with his hands again unless the ball is legally played to him from another player
- h. Goal kicks, goal-throws and goalkeeper drop-kicks must be touched by another player or be played off of the perimeter wall prior to crossing the mid-floor line
- i. Balls played legally by the goalkeeper with his feet inside or outside of the penalty area may be played to anywhere on the floor without restriction
- j. Intentional back-passes (passes from a defender's feet to his own goalkeeper's hands) from players on the goalkeeper's team are outlawed in accordance with the FIFA Laws of the Game; The referee shall reserve sole discretion in instances of deflected balls that are handled by the goalkeeper

## 8. Game Results and Extra Time (Overtime)

- a. Any game that is tied at the end of regulation time will be considered a draw and will be reflected as such in the standings
- b. Any playoff game that is tied at the end of regulation time will move into extra time

- c. Extra time is not ended by sudden death or golden goal
- d. Two periods of extra time will be played
- e. Each period of extra time will be 4 minutes in length and stoppage time may be added at the First Referee's discretion; Maximum stoppage time is 1 minute
- f. Teams will change ends and have a 30 second timeout between extra time periods
- g. Teams will not earn additional timeouts during the extra time, and timeouts from regulation time may not be carried over to the extra time
- h. Goals scored during the extra time will be added to the goals from regulation to determine a winner
- i. If, at the end of extra time, a playoff game is still tied, the game will move into the penalty kick shootout stage
- j. Shootout penalty kicks will be taken from the penalty spot at the top of the penalty area
- k. A shootout penalty kick which is rebounded off of the goalkeeper is a dead ball and cannot be played
- l. A shootout penalty kick which is missed and rebounds off of the wall is a dead ball and cannot be played
- m. Each team will select 5 players to attempt the first round of the shootout
- n. The team with the most goals out of 5 will be declared the winner of the game
- o. If, after the first round of 5, the shootout is even, the teams will alternate shots in successive rounds until one team has scored, and one team has missed
- p. The team which has scored in this stage, while their opponent has not, will be declared the winner of the game

## **XI. CARDS AND PLAYER PENALTIES**

### 1. Cards

- c. Yellow Card
  - i. May be issued to a player for a single flagrant or hard foul, regardless of intent
  - ii. May be issued to a player for repeated lesser violation (persistent infringement)
  - iii. May be issued to a player for dissent

- iv. Will be accompanied by a 1-minute player penalty to be served in the team area
- v. Any player who accumulates 5 yellow cards or any combination of yellow and red cards totaling 5 over the course of the season will be issued a 1 game suspension (Two yellow cards in a game, accompanied by a red card, shall count as 3 separate cards)

d. Red Card

- i. Any player who is issued a red card will be dismissed from the playing surface and the team area for the duration of the game; Any red carded player risks further team discipline if he or she chooses to remain in the facility following dismissal from a game
- ii. May be issued to a player for a single malicious or reckless foul, regardless of intent
- iii. Will be issued automatically upon receipt of a second yellow card by any single player
- iv. Will be accompanied by a 5-minute team penalty, after which the dismissed player may be replaced
- v. Will be accompanied by an automatic 1 game suspension

e. Blue Card

- vi. minor , low grade time penalty
- vii. 2 blue cards equal yellow card for record purposes

2. Player Penalties

- a. Players are to serve all 1-minute penalties in their respective team area and refrain from contact with members of the opposing team for the duration of the penalty
- b. Players who have served 1-minute penalties must return to the playing surface prior to being substituted, unless the player is injured prior to the penalty
- c. During 1 and 5-minute penalties, the penalized team will play shorthanded
- d. A team may only have 2 players serving penalties at any given time; If a third 1-minute player penalty is incurred at a

time when 2 players are already serving penalties, the third player's penalty shall be deferred until the next normal stoppage after the first or least penalized player returns to the floor (including free kicks); If a third player is issued a red card and a 5-minute team penalty at a time when 2 players are already serving penalties, the third player shall be dismissed immediately and shall be replaced by a bench player of his choosing until such time as the first 1-minute penalty has expired; The 5-minute penalty shall be deferred until the next normal stoppage after the first or least penalized player returns to the floor (including free kicks)

- e. A penalized team may play with 3 players (2 field players and a goalie) if the team does not have a bench player to temporarily replace a dismissed player
- f. At the conclusion of a 5-minute penalty, any eligible player on the bench may substitute for the dismissed player
- g. If a goal is scored by the opposing team while a team is playing shorthanded, all 1-minute penalties currently being enforced are declared served and those players may return to the floor
- h. 5-minute penalties are required to be served the full 5-minutes regardless of scoring
- i. All penalties that are not completed at the end of the first half shall be served to their remaining time at the beginning of the second half
- j. All penalties which are being served at the conclusion of the game, including deferred penalties, shall be considered served and will not carry-over to the next game

## **XII. STANDINGS, TIE-BREAKERS AND PLAYOFFS**

1. Regular season standings and post-season tournament seedings will be determined by total points earned. .500 record or better to qualify for the playoffs, single elimination tournament.
2. Each win will be worth 3 points, each draw will be worth 1 point and losses will be worth 0 points
3. If two or more teams are tied in points at the end of the season, the tie-breakers will be:
  - a. Head-to-Head Games

- b. Overall Goals Scored
  - c. Overall Goal Differential
  - d. Head-to-Head Goal Differential
4. Standings will be posted weekly following the fourth regular season game
  5. Standings will be posted on the Skokie Park District website at the Soccer page

### **XIII. SPORTSMANSHIP**

1. All players in the league are expected to conduct themselves with utmost respect for themselves, one another, WLC and league staff and officials
2. All communication with officials during the run of play is expected to be conducted by team captains
3. Foul language directed at officials or other players will not be tolerated
4. Fighting between players will result in an immediate red card and expulsion from the league for one calendar year
5. Fighting and/or any hostile physical contact with an official, WLC staff or league staff will result in immediate red card and LIFETIME suspension from all Skokie Park District leagues and facilities AND prosecution by the Skokie Park District to the fullest extent of the law
6. Officials and staff shall retain authority over league players before, during AND after league games
7. When necessary, Skokie Park District policies shall supersede league policies

### **XIV. PROTESTS**

1. Protests will be heard on a case-by-case basis only and only when presented in writing, via fax or hand-delivered, by the close of business on the following business day
2. Protests submitted via e-mail will not be considered
3. Protests involving disputed judgement of a league official or referee will not be considered; Only protests involving interpretation of the SPD Rules of the Game by a league official or referee have any chance whatsoever of being considered

4. The Athletics Supervisor retains final authority regarding any and all protest decisions

## **XV. AWARDS**

1. League champions and runners-up will be awarded a team trophy
2. League regular season champions will be awarded a team trophy
3. Playoff champions will be awarded Championship t-shirts, trophy, cash award.
4. Runner-up playoffs receive team trophy.

*Note: All rules are subject to changes and amendments as necessary in the interest of preserving the safety and integrity of the league. Any rule changes will be communicated effectively to all participants.*

### References

- 2006 FIFA Laws of the Game
- 05-06 Major Indoor Soccer League Rules
- American Indoor Soccer League Rules and Regulations
- 2004 United States Indoor Soccer Association Official Rules of Indoor Soccer, Youth and Amateur Edition
- 2005-2006 Ohio University Campus Recreation Indoor Soccer Rules
- 2006 Ohio State University Campus Recreation Indoor Soccer Rules