

# OFY-OFL Indoor Soccer Rules

## Constitutional Rules

1.1 Teams will receive three (3) points for a win and one (1) point for a draw and zero for a loss. League standings will be decided by overall points percentage (total points earned divided by total possible points), followed by goal difference, followed by goals scored, followed by the aggregate result between the two teams in question, followed by coin flip.

1.2 Teams may only register a maximum of 12 players (5v5) per game. Teams could have alternate players and change their rosters each game depending on player's academic eligibility, behavior, etc.

1.3 Players playing who are ineligible to play (academically ineligible or playing second game after red card) will have a further three match ban added to their suspension.

1.4 All teams must be at the center and ready to begin the match at the appointed kick-off time. It is recommended that players are in their uniforms and warming up by 9:30am.

## Playing Rules

2.1 Each team may have four outfield players and a goalkeeper on the field at any time.

2.2 Open Substitution, player must be **5 feet from door** in order for substitution to take place. Illegal substitutions will be penalized with blue card for illegal substitution and indirect free kick from where play is stopped.

2.3 The match will consist of two 20-minute halves.

2.4 Each half will begin with one team kicking off at midfield. After a goal has been scored the game will be re-started at midfield again. **Minimum of two touches before a shot to goal.**

2.5 The ball is in play as long as it remains inside the field of play. Balls may be played at any height and can be played on rebounds off boards, cage, and netting.

2.6 **Headers are permitted.**

2.7 No slide tackles are allowed. Infringement of this rule will lead to an indirect free kick being awarded against the offending player's team.

2.8 Only the defending goalkeeper is allowed to play the ball inside the goal area and only he/she may handle the ball in this area.

2.9 An outfield player that enters his/her own goalkeeper's area and **plays the ball** will have a **PENALTY KICK** awarded against his/her team.

2.10 A goalkeeper gaining or seeking to gain an advantage by **playing the ball** when it is outside the area will cause a **PENALTY KICK** to be awarded against his/her team.

2.11 Teammate(s) receiving the ball directly from the goalkeeper may not return the ball back to the goalkeeper - the ball must first make contact with another team mate or an opponent. Infringement will lead to a **PENALTY KICK** being awarded against the offending team.

2.12 Goalkeeper cannot pick up or touch a back pass with his/her hands. If a goalkeeper plays a back pass with their hands, a **PENALTY KICK** will be awarded against them.

2.12 An outfield player entering his opponent's goal area to seek advantage will be penalized by the award of an indirect free kick against the offending team from where the infringement took place.

2.13 **All free kicks are indirect.** Observe the referees signal. Opposition players must be at least five feet from where any free kick is taken.

2.14 Teams may not change their goalkeeper more than once during the course of the game (unless injury occurs). A change of goalkeeper must be authorized by the referee.

2.15 **NO screw-in studded footwear** is permitted to be worn by any player on the fields. Only training shoes, blades (not metal), molded studs and turf shoes may be worn. Cleats that are worn cannot have a toe stud. **All Players must wear shin guards.** The wearing of any jeweler is not permitted during play.

2.16 For playoffs (not league play), if the scores are level penalties will decide who progresses through to the next round. (No extra time is played)

2.17 Penalties consist of 3 per team (5v5) - the winner is the team with the highest total. If scores are level after 3 penalties, the fourth and fifth player who finished the regular game **MUST** take the next penalties (inclusive of goalkeeper). Penalties from this point onwards (fourth penalty) are **SUDDEN DEATH**. No substitutes are allowed to take **ANY** of the penalties. After 5 penalties, if the scores are still level, teams continue to rotate kickers until a winner is decided. Players may not take a step before striking penalty kicks.

### **Disciplinary Rules**

3.1 Players may be sent to the 'sin bin' at the referee's discretion (Blue Card) for 2 minutes. Teams must play short handed for the extent of the 2 minutes. A player may only be sin binned once per game as a second offence would involve a sending off.

3.2 Players sent off for any reason will be suspended for the remainder of the match and will miss the team's next game. Players sent off for serious foul play, foul or abusive language will be suspended for further games at the discretion of the referee and Lead RSA. Players looking to fight will be suspended for the remainder of the season. FIGHTING IS NOT TOLERATED!

3.3 If a player is sent off whilst off the field of play (for unacceptable conduct on the sideline), the team must correspondingly reduce the number of players on the field.

3.4 If a team is permanently reduced to three players due to sending offs the game will end. The match will be awarded 5-0 to their opponents. If the score at the time produces a goal difference greater than 3-0 then that score will stand.

3.5 If a match is abandoned for any reason, the team at fault will receive a 5-0 defeat unless the opposition already has a greater advantage in which case the score will stand. If both teams are judged to be at fault then both teams will receive 5-0 forfeits against them.

3.6 The decision of the referee in all matters pertaining to the playing rules of an individual game is final.

3.7 The decision of the Lead RSA in all matters pertaining to the administration of the league is final.

3.8 The Lead RSA may overturn any rule if they feel a team is deliberately using an interpretation of the rules to gain an unfair advantage.

3.9 Field invasion will result in a forfeit loss of 5-0 by the team who enters first. If both teams invade the field at the same time the game will be VOIDED.