



ADULT INDOOR SOCCER LEAGUE RULES

LEAGUE DIRECTOR

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ADULT SOCCER RULES: COED AND MEN'S DIVISIONS

ELIGIBILITY

1. All players must be eighteen years of age. If any player is 16 or 17 years old, he or she must fill out a waiver form before playing.
2. All teams must completely fill out a waiver/roster form. All rosters must be turned into the League Coordinator before the start of the first game.
 - Team may have up to sixteen team members on their rosters.
 - Added players must fill out the waiver form before playing.
 - All rosters are final after the 4th week of play.
 - Players are allowed to play on a maximum of two teams (one coed & one mens).
3. No refunds once the season begins.
4. All protests of eligibility will be brought to the attention of the official(s) before the game begins or the protest will not be allowed.

PLAYER & TEAM CONDUCT

1. Everyone must follow all the facility rules!!
2. Only ONE spokesperson per team is permitted. This is the designated captain of the team (must be designated on the roster or in the event that the team captain is not present the alternate must be assigned prior to the start of the game.)
3. Two red card violations, per team, of any nature called during a game will result in a forfeited game. Misconduct will not be tolerated. This is a recreational league.
4. An individual, player, coach or spectator behaving in a threatening way to an official, supervisor, league participant or spectator will be required to leave the facility and will be suspended for the next game or longer depending on the ruling by Cape Sportsplex staff.
5. Anyone intoxicated or thought to be under the influence will be asked to leave the facility immediately.
6. All players involved in fighting will be suspended immediately. Players or spectators involved in fights or threatening behavior to Cape Girardeau Sportsplex staff, officials, or opposing players, will be suspended for an indefinite period of time from all Sportsplex activities.



UNIFORMS & PLAYER EQUIPMENT

1. **Shoes:** Shoes must be worn at all times. Molded cleats, turf shoes or rubber-soled athletic shoes are allowed.
2. **Uniforms are not required, but same color shirts for all team members is recommended.**
3. **Ball:** The game ball will consist of a regulation size five ball.

TIMING, TEAMS & WEATHER

1. **Clock:** The game will be two 20 minute halves. The clock will run continuous. Half time is three minutes.
 - The clock will start at the scheduled game time. The buzzer will sound signaling the clock starting.
 - The clock does not stop except for injury (If there is time)
 - We have a 5 minute grace period for the first game only.
 - **GAMES ARE SCHEDULED EVERY 50 MINUTES**
2. **Mercy Rule:** If a team is up by 10 goals or more with 10 minutes remaining in the second half or 5 goals or more at 3 minutes remaining in the second half, the officials may end the game at their discretion.
3. **Scheduled Times:** games will start on time.
4. **Overtime:** there is no overtime
5. **Forfeits:** If a team does not have four players, with one being a female (coed league only), present at the scheduled game time, the game will be declared a forfeit. (Exception: the first game will be given a five minute grace period)
6. **Team Makeup:** Coed League, five field players plus one goalkeeper (minimum of two females on the field at all times)
 - Teams must have a minimum of four players to start the game, one must be female (coed league only).
 - If only one female is present then you cannot substitute that position with another male player.
 - If at any time the number of players drops below the minimum required, the game will be declared a forfeit and the opposing team will be awarded the victory (unless it is because of injury)

GAME PLAY

1. Guidelines: All Cape Girardeau Parks and Recreation rules are the number one guideline for league play. The rules of USSF, FIFA, MISL, and all other by-laws will be guidelines for league play.
2. Kick-Offs & Free Kicks: when kickoffs or free kicks are taken, the defending team must be at least ten feet from the ball; the ball may be played forward or backward. After a goal is scored, the game is restarted with a kickoff from the center line.
3. Offside Rule: is not in effect
4. Three line rule: is not in effect
5. Goalkeeper:
 - Goalkeepers may only retain possession of the ball with his or her hands for a period of six seconds. A dead ball must be played in six seconds or be turned over to the opposing team.
 - Goalkeepers may not punt the ball, only throw ins will be allowed
 - The goalkeeper is not allowed to throw the ball past mid field (it must be touched by a player, on either team, before crossing midfield).
 - Goalkeepers are treated under the same rules and regulations as field players once they leave the box, including slide tackle regulations.
6. Drop Ball: if the ball gets jammed or lodged between players, the referee may award a drop ball at his or her discretion
7. End Line: a ball which passes over the end line
 - Having been the last played by a player defending that end of the field will result in a "corner kick" - a direct kick taken from the corner spot by the attacking team.
 - Having been last played by a player attacking that end will result in a "goal kick" - a direct kick taken from any point in the goal box by the defending team.
8. Out of Bounds: a ball which crosses the outside boundaries
9. Free Substitution: substitution will be on the fly as the game is in progress.
10. Advantage Rule: A foul will be counted on the direct free kick counter if one occurs and the advantage is played. The referee will hold up his or her hand to indicate that a direct four has been given.

INFRACTIONS

1. Indirect Free Kicks: awarded inside the penalty area will be taken from the nearest point outside the penalty area.
 - Free Substitution: the substitute may not touch the ball until the substituted player is off the field. Infringement will result in an indirect free kick for the opposing team, and a yellow card for the substitute.
2. Direct Free Kicks: awarded inside the penalty area will be taken as a penalty kick from the attacking yellow line. The goalkeeper lines up on his or her goal line, the PK kicker lines up at the ball and the remaining players from both teams line up behind the center line. At the whistle, the kicker may dribble forward and shoot, the goalkeeper may come off his or her line, and the remainder of the players may run towards the goal. The ball is live and may be touched as many times as needed.
 - Hand balls count as a direct kick foul, and will be counted on the direct free kick counter.
 - Sliding/Tackles: no slide tackling, infringement will result in a direct free kick and that player will be given a yellow or red card (referees discretion)
3. Yellow Card: players who receive a yellow card must spend five minutes in his or her player box.
 - Teams may not substitute for the carded player. The carded player must remain in the player box until the penalty time has expired.
 - If the opposing team scores a goal, then the team that is down a player may put a player back in the game. However, the carded player must serve the full five minutes.
 - A goalkeeper must serve for his or her yellow card.
 - Two yellow cards equal a red card for a player
 - Three yellow cards per team during one game equal a team red card
4. Red Card: players who receive a red card must leave the facility for the remainder of the game. The player that received a red card must sit out during the next game and or may be suspended for the remainder of the season. All final decisions will be made by the league coordinator.
 - Players who receive two red cards in a season will not be allowed to play for the remainder of the season.
 - A team that has received a red card must play short a player for the remainder of the game. Players who receive two yellow cards in a game will receive a red card and must sit out the next game. If a player receives three yellow cards, he or she will be suspended for one game.
 - Two red card violations, per team, of any nature called during a game will result in a forfeited game. Misconduct will not be tolerated. This is a recreational league.
 - If a team receives three red cards in a season, then that team will forfeit the remainder of their league games.