**Indoor Soccer Rules Ingold Sports Park**

**LEAGUE FEES**

League fees are $450 per team plus $170 referee fees for a total of $620 each season. On night 1 of the new season each team has to make a minimum deposit of $50 at the park office before the start of your scheduled game. After the deposit is made you will be handed a roster which is to be filled out and given to the referee in order to start your game. The remaining balance of your league fees are due week 3 or before the start of your 4th game. If you fail to make full payment by this time you will forfeit all games until full payment is made and 3 forfeits will be considered as “forfeiting the season”. If your team forfeits the season due to not paying your league fees all players on your roster will be suspended from all park leagues until the entire amount has been recovered by the park. Furthermore, if this happens to a team and the team wants to return to play in the park, not only are the prior fees due, the entire league fees for the new season will be due before the first game of the season in order for you to join the league.

**LAW 1 – Players & Substitutions:**

Maximum of 6 per team on field at any time for adult teams that participate in our Men’s 30+, Men’s, or Women’s Leagues.  Our COED League has a max of 8 players (4 men and 4 Women) on the field at any one time. All players must be over the age of 14 and have a valid players card. Substitutions may occur “on the fly” provided a player leaving the field arrives at the door, or sideline, before his/her replacement enters the field. During “guaranteed substitutions,” teams shall be allowed (15) seconds to complete all player changes. Guaranteed substitutions are: when the ball goes out of bounds, during time outs, after a goal is scored (either team), during an injury, and whenever the clock stops. A player may substitute during a foul, but this is not a guaranteed substitution and the team must be certain not to have too many players on the field when the game is restarted (no second whistle is required).  No Player is allowed to jump over the wall on substitutions. Any violation of the Substitution Policy will result in a 2-minute penalty to the offending player and the departing player must still leave the field. If a team is short rostered players a “fill in” player may be used. A “fill in” player is an individual with a valid players card who is not on the roster of any other team playing in the league (in case of multiple divisions, IE. Upper/Lower division, players may not substitute in another division). “Fill in” players may only be used if a team does not have enough rostered players (uninjured) to meet the maximum number of players who can take the field for a given league. A maximum of 2 “fill in” players are allowed per game and said player/players will not be eligible for the playoffs. If an opposing coach has a question about eligibility of any player a protest must be made prior to the addition of said player to the game**. ALL PLAYERS MUST WEAR SHIN GUARDS!!!! ONLY** rostered players and 1 coach are allowed in the players box inside of the arena. If you are found to have anyone else in the box with you your team will be assessed a team yellow card and someone will serve a full 2 minute penalty as well as said person/persons will be asked to leave the facility. Leave the spectators outside to cheer for you!!! If you leave the bench during any altercation on the field your team will forfeit and you will be suspended (see LAW 11 for details). In the event that both teams have players leaving the bench the game will result in a double forfeit and all players leaving the bench will be suspended.

* 30+ Men’s soccer – For our 30+ league all players must be 30 years or older or turning 30 within the current calendar year. The 30+ league has a special designation on their players card which you can get by showing your government issued ID at the park office to prove how old you are. Any team found using a player who does not meet these requirements will automatically forfeit their game!

**PLAYERS ON TEAM ROSTER**

Rosters are handed to coaches before the first game of the season and are to be turned in to the referee before halftime of the first game every season. Changes may be made to a team’s roster, in the park office, until week 4 of the season. At the end of the last game of the night on week 4 rosters are locked for the season. Players Cards are available in the Park office at a cost of $10 per year. **No exceptions.,,No card No playing**

**LAW 2 – Player Equipment:**

Team shirt with a prominent and permanent number attached to it (shirt must be *identical* in color and style to all other teammates except goalie). If the players on your team are not all in matching jerseys at game time you will serve a 2 minute penalty in the form of a blue card. If both teams are not in correct uniform then both teams are penalized. You can avoid the penalty if you check out the penny’s at the park office and have them on and are ready to play at game time (penny’s can be borrowed by leaving a California ID or Passport at the park office as collateral). Shin guards are mandatory for all players and we encourage soccer shoes with traction soles or rubber soccer cleats. No baseball, football, or metal cleats allowed! Players may not wear rings (except wedding bands), watches, earrings, or hard hair pieces. Only goalies may wear hats in order to keep sun from eyes.  Players will not be allowed to play with a hard cast (even if it is wrapped).  Players wearing orthopedic braces (i.e.,-knee braces) must cover the brace with some type of padding.  The referee and ISP management may or may not deem said player equipment to be safe and their decision is final.

**LAW 3 – Ball**

Adult soccer games are played with a size 5 regulation soccer ball. Each team must provide a ball at the beginning of the game. If a team is does not provide a game ball they will incur a 2 minute penalty. During the game if a ball is kicked out of bounds during play teams are responsible for retrieving the ball to put back in play.

**LAW 4 – Duration of the Game:**

For ten (10) game seasons, games will consist of two halves of 24 minutes each with one 5-minute half-time interval.  A 10 minute grace period will be given for any team not having enough players to start the game but the game clock will run during this grace period. At the end of the grace period if a team does not have enough players the opposing team wins by forfeit 1-0. Each team is allowed one 30 second time-out per half. A time-out can be called by the goalie (with the ball at his/her feet or hands), or a field player when the ball is out of play. Playoff games will be played with two 22-minute halves. If the playoff game is tied at the end of regulation, a five-minute sudden death period will follow.  If the playoff game is still tied at the end of sudden death, a penalty kick shootout will decide the winner (five vs. five and then 1 vs. 1 if necessary).  All games will be played with a “running clock.”  The clock will NOT stop for two-minute penalties unless the referee signals for stoppage. The clock will stop during serious injuries and time outs.  The referee may also order the clock stopped or reset for intentionally kicking the ball out of play when less than 2 minutes remain in the half.

**LAW 5 – Method of Scoring:**

A goal is scored when the whole ball passes completely over the goal line, providing no infraction has been committed by the attacking team.  A goal will not count if the attacking player slides to score.  It is not considered a foul if a player stretches to score and then falls.

**LAW 6 – Red Line Violation:**

It is a violation if the ball is passed forward by the goalie so that it passes over two red lines (3 lines) in the air without being touched by any other player.  If this happens, the referee will award a free kick to the opposing team, to be taken at the center point of the red line closest to the attacking goal.

**LAW 7 – Free Kicks:**

All free kicks are direct (including the kick off).  A team will have five seconds to take a free kick. 15 ft. distance is required by the defending team.  Quick restarts are allowed.  No whistle is required on Free kicks unless the player with the ball asks for 15 feet.  A whistle is then required before starting play.  A player will receive a two-minute penalty if he/she encroaches (does not attempt to back up to 15 feet but instead blocks the ball).  A two-minute penalty may be given if the player is delaying the game (such as holding or keeping the ball from the other team).

**LAW 8 – Penalty Kicks:**

A penalty kick is awarded for offenses committed in the penalty area that in the referee’s discretion would have prevented a goal scoring opportunity or was flagrant enough to warrant a two minute penalty. Penalty kicks will also be awarded to the team if the defending team slides inside their own penalty area (except the goalie), intentionally handles the ball inside the penalty area, or commits any other two-minute penalty offense in the penalty area.  A foul in the penalty area that does not warrant a penalty kick will result in a free kick at the top of the arc.  Penalty kicks shall be taken from the penalty spot at the middle of the top of the penalty box.  If the penalty kick is missed, then the player sent off for the two-minute offense shall remain in the penalty box for the remaining two minutes, and play resumes from the missed penalty shot.  If the penalty kick is scored then play will resume with a kick off and the penalized player may return.

**LAW 9 – Shoot Outs:**

A shoot out will be awarded when the referee feels a player on a breakaway situation was denied a chance from scoring because of a foul anywhere in his attacking two thirds of the field (after he/she crosses the first white line). The clock is stopped during the shootout attempt and the game is re-started with a kick off (if a goal is scored) or a free kick from the red line closest to the attacking goal (if the attempt fails).  A shoot out is shooter vs goal keeper.  The duration of the shootout is 5 seconds.  If the goalie fouls the shooter (even if outside the penalty area) on a shoot-out attempt, a penalty kick will result.

**LAW 10 – Goalkeeper Restrictions:**

If a goal keeper commits any of the following infractions inside his/her own penalty box, the opponents shall be awarded a free kick at the penalty spot.  1) If the goalkeeper has control of the ball with their hands, they may not release the ball into play and handle it again until it has touched an opponent.  2) Goalies may not bounce the ball. 3) If a teammate intentionally kicks the ball to the goalie, the goalie may not handle the ball. 4) Once the goalie gains full control of the ball with hands or feet inside the penalty box, they must release the ball into play outside the penalty box or to another player within 5 seconds. 5) A goalie may not intentionally clear the ball out of play.  If this is done and the referee recognizes the infraction, the restart for the opposing team will be on top of the arc.  6) Once the goalie gains control of the ball outside of the penalty box, he must either release the ball into play or advance with and play the ball in a normal manner within 10 seconds. 7) If a goalkeeper gains possession of the ball outside the penalty box, it may not be handled inside the penalty box until it has been touched by an opponent or play has been stopped.

**LAW 11 – Method of Fouls and Misconduct:**

A player who trips, boards, jumps at, pushes, holds, violently charges, or charges in the back of an opponent, or who unintentionally handles the ball shall be penalized by a free kick. Anyone of these offenses committed in the penalty area by a defender may result in a penalty kick for the offensive team and a two-minute penalty to the offender.  An intentional handball or any of these offenses judged to be very serious by the referee, regardless of their location, shall be penalized by a two-minute penalty against the offender. The two-minute penalty must be served in the penalty box by the individual player that the Blue Card was issued to.

**If the player is guilty of unsportsmanlike conduct while in the box, that player may be penalized for additional time or possibly ejected.  A player who receives a blue card for dissent must serve that two-minute penalty just like any other two-minute penalty. A player guilty of a second penal offense in any game shall receive a yellow card.  Foul and abusive language will increase penalty to a red card.  The third such penalty shall result in a mandatory ejection. If a player receives a red card for any reason that player shall be ejected for the remainder of the game and must leave the ISP property. Any player receiving a red card will be subject to possible suspension for additional games at the discretion of Park Management (See Red Card Suspension Info below). The game will not restart without the player leaving the property and refusal to do so will probably extend his/her suspension.  Foul and abusive language will probably increase the suspension.  Red cards come with a full 5 minute penalty to be served by a player of the teams choice. Once the 5 minute penalty has been served the team goes back to full strength. If a player refuses to leave the property, we will call the local Sheriff’s office.**

**If a non-playing personnel (coach, parent, spectator etc.) is guilty of ungentlemanly conduct, he/she shall be awarded a yellow card or ejection (red cad), but no time penalty shall be served by any player for a non-player’s first misconduct.  A second offense by a non-player of the same team that received the yellow card can cause a blue card to be issued with the referee picking which arbitrary player will serve the 2-minute penalty.  The full 2-minutes will be served as an opposing team scoring a goal does not negate the time penalty in this case.  Any verbal abuse directed to an ISP employee, scorekeeper, referee or guest by anyone (player, coach, parent, spectator) will not be ignored and may result in permanent suspension of ISP privileges with no refund of monies paid.  It is the policy of ISP to keep your soccer park family friendly and recreational.  Our code of conduct is not lengthy or unreasonable but it is rigid and inflexible.**

**Penalty timing:**

**Blue – 2 minute – player returns if goal is scored**

**Yellow – 2 minute - full time is served**

**Red – 5 minute – team chooses player to serve penalty and full time is served**

**Red Card Suspension Info:**

Red card suspensions will be decided by Park Management and will be a final decision. Suspensions can range from 1 game to a lifetime ban from all park activities and will be decided on by the severity of the offense. If a player receives a red card for a rules violation, that did not put another player at risk of serious injury, park management may decide not to levy a suspension (at Park Managements discretion). Referee will keep the players card for any player receiving a red card and after Park Management and the Referee have discussed the situation the player (and possibly the coach) will be informed of any suspensions. Players cards for any player who receives a red card will be available in the park office after the players suspension is served. If a player receives a red card during a game and it is not for fighting, referee abuse, or anything else deemed unsafe/unsportsmanlike by Park Management then said player may be allowed to participate in other leagues following a red card (ie. Player receiving a red card on Monday in coed might be allowed to play on Tuesday in men’s) This decision will be made solely by Park Management and will be made with the idea of keeping all players safe! **Any player who tries to play while they are on suspension will automatically double their suspension and not be allowed in the park for any activity until the suspension is over!**

1st red card for infraction = Park Management discretion suspension.  2nd red card (within a year) = minimum 8 weeks suspension.  3rd red card (within a year) = minimum 1-year suspension.

Intentionally touching a referee in a malicious manor or spitting on a referee will result in a minimum of a 1-year suspension from all park activities! **If a player is guilty of doing this a second time they will be banned from park activities for a period of time no less than 3 years!** Verbally threatening a referee will result in a 1 week suspension for your entire team and a minimum 8 week suspension for the player who makes the threat**! If a player is guilty of doing this a second time they will be banned from park activities for a period of time no less than 1 year!**

Fighting will not be tolerated at the ISP, and will result in a red card, and or forfeit, and/or league suspension for any player(s) involved, including the entire team if necessary!  One punch (hit or miss) = 8 weeks minimum suspension from all park activities. If a player is guilty of fighting a 2nd time it will be a minimum suspension of 1 year from all park activities and if it occurs a 3rd time it will be a lifetime suspension from all park activities! Any intentional action to cause serious injury (head butt, etc.) will result in a minimum one-year suspension and possible indefinite suspension.  Any player who leaves the bench in a fight will cause his team to forfeit that game 0-10 and will receive a 1 week suspension from park activities.  Any player suspended for fighting will not be allowed to participate in any of the leagues at ISP throughout the entire term of the suspension and cannot be on the property for any events held at the park. **If you receive a red card/suspension and come to play (you may not enter the arena or be on the field of play) before your suspension is up you will automatically double your suspension!**

**Power play return:**

If one team is reduced by penalties, due to a blue card, to fewer players on the field than its opponents and the team having more players scores a goal, then the player who has served the most of his penalty time can return to the game. Only one penalized player may return on each goal.

**SPECIAL PLAYING RULES:**

All games, except for playoff games, that conclude with a tie score after regulation time will be considered a tie game.

Three points will be awarded for a win, one for a tie, and zero for a loss.  The tie breaker procedure will be:  A) head to head, B) lowest goals against, and C) goal differential (in that order).

**ALL FEES ARE NON-REFUNDABLE TO SUSPENDED PLAYERS/TEAMS.**

**PLAYOFFS**

Not all teams will make the playoffs unfortunately. If you are lucky enough to make the playoffs here are some highlights of the rules you need to know.

* Players must have played 3 games during the regular season and be on your written roster to be eligible to play in a playoff game.
* Players box is for players and 1 coach only. If you allow spectators in your players box you will be penalized with a team yellow card
* Referee fees $17 per game is due to the office before the start of your game. If you need to collect money from your teammates get here early. Games will not start without this being paid.
  + Championship game referee fees: These are part of your league fees paid at the start of the season

**CO-ED RULES:** Teams may have a maximum of four men on the field.  Penalties must be served by the player who commits the foul unless committed by the goalie in which case, the gender serving the penalty will be the gender of the offending goalkeeper.

**PRIZES**

Prizes are determined by the amount of participating teams. Prizes will range from $200 credit towards next season, to Championship shirts.

**Championship shirts:** Team will be given an order form to choose color and size of jerseys, 15 max. If you would like more than the 15 provided shirts extras can be purchased for $15 each. All money for extras is due at the time you turn your order form in to the office/league coordinator. Championship Shirts take 2-3 weeks to receive once ordered.