

INDOOR SOCCER

2010-4th edition

FISC House Rules/Policies and Laws of the Game



FISC House Rules/Policies:

1. All Players must check in at the Welcome Desk prior to their scheduled match
2. Team Rosters are locked in after the second match, any additions beyond that point must be approved by FISC
3. Guest Players are not permitted during playoffs/tournament
4. Referees may not play for a team within the same division they are officiating matches
5. All Players are required to wear shin guards
6. Cleats may only be worn on the FieldTurf Field—south field
7. No Gum or Drinks are allowed on either Field
8. No Spitting, for any reason
9. No Fighting will be tolerated
10. FISC does not guarantee make-ups/rescheduled matches due to inclement weather
11. All players are expected to play fair, safe and in a sportsmanlike manner. Players should meet at midfield at the conclusion of the match and shake hands
12. FISC reserves the right to excuse any Player, Coach or Spectator for excessive unsportsmanlike conduct and there are no refunds

FISC Rules of the Game:

Quickview:

- The home team is responsible for resolving a color conflict
- The home team begins the match
- The Goalie may not punt or throw the ball pass midfield before it hits the wall or another player prior to crossing the midfield line. The Goalie may drop kick the ball from outside of the Goalie area pass midfield and/or is permitted to kick the ball pass midfield from a goal kick
- The Goalie may not bring the ball back into the Goalie box, regardless of who last touch the ball and then pick up the ball.
- Sliding/Slide Tackling is an automatic yellow card
- Two hands on the wall, other than in the act of protecting against a fall/crash, is not allowed
- Intentional Boarding is an automatic yellow card

- Intentional Boarding which is from behind or is judged as reckless is an automatic red card
- All restarts are direct (except a corner kick when playing without the use of the boards) and opposing players should be at least 5 yards/steps back from the spot of the ball. Encroachment will result in a yellow card and the referee does not have to issue a warning.
- The Mercy rule (teams may add a field player) will be applied as follows: Adult leagues: 10 goals or more; U16/18: 7 goals or more; all other youth leagues: 5 goals or more.

Rule 1 - The Ball

The ball size used for adult play is size 5; youth play U12 or younger is size 4. The Home team is responsible for providing a game ball in the event there is no house ball available.

Rule 2 - The Players

Team Rosters: must consist of at least 8 members and not more than 14. Team Rosters will be “locked in” after the conclusion of the matches on week 2 of any session, unless otherwise approved by FISC management. Teams must field at least 5 players to legally begin a match. There is a 10 minute grace period, with the clock running from the scheduled start time for the team to reach the minimum required players before the match will be declared a forfeit. For Adult matches, there is a maximum of 7 players permitted on the field (including the Goalie) and for Youth matches, U12 and younger, the maximum permitted is 8 players.

Guest Players: Teams are permitted up two (2) guest players, to reach the minimum required number of players (5) and/or to get to 7 players (which is considered a full side) provided that said player has first checked in at the FISC welcome desk, signed a waiver form, is acknowledged by opposing team and the official, the guest player(s) is not under suspension and the guest player(s) meets the age requirement for the session. Teams wishing to add guest players to create substitutes (in addition the full side of 7 players) must obtain permission from the opposing team prior to doing so.

Co-Ed: For all Co-ed leagues, Teams must have two female players on the field of play during the match (which may include the goalie), or if not, the team must play a player short.

Substitutions: Teams may substitute unlimited amount of times provided that players exiting the field of play are within the Touch Line in the area of their Team Bench prior to their substitute entering the field of play. In the event of a shootout, the players who were last on the field will begin the shootout.

Age Requirements:

Coed Over 30- Teams are permitted to include two (2) male players on their rosters who are at least 29 yrs of age, or who will be turning 29 yrs of age during the session. Teams are permitted to include two (2) female players on their rosters who are at least 21 yrs of age, or who will be turning 21 yrs of age during the session.

Men’s Over 30- Teams are permitted to include two (2) players on their rosters who are at least 29 yrs of age, or who will be turning 29 yrs of age during the session.

Coed Over 18 and Men's Over 18- Teams are permitted to include minors on their rosters (under the age of 18) provided the players have a signed waiver form with a parent/legal guardian signature. Any player under the age of 16 who wishes to participate must be approved by FISC.

Youth Leagues: the following are the age group birth dates:

U18: Aug 1, 1991-July 31, 1992	U17: Aug 1, 1992-July 31, 1993
U16: Aug 1, 1993-July 31, 1994	U15: Aug 1, 1994-July 31, 1995
U14: Aug 1, 1995-July 31, 1996	U13: Aug 1, 1996-July 31, 1997
U12: Aug 1, 1997-July 31, 1998	U11: Aug 1, 1998-July 31, 1999
U10: Aug 1, 1999-July 31, 2000	U9: Aug 1, 2000-July 31, 2001
U8: Aug 1, 2001-July 31, 2002	U7: Aug 1, 2002- July 31, 2003
U6: Aug 1, 2003- July 31, 2004	

Rule 3 - The Players' Equipment

Players wear their team's uniform, consisting of the same colors, **shin guards**, and appropriate indoor footwear (cleats are permitted on the South Field only). Jewelry and other accessories are at the discretion of the referee. The Goalkeeper must wear a jersey color distinguished from all other field players and from the Referee. A player wearing a Cast will only be allowed if wrapped AND CHECKED AND CLEARED BY THE OFFICIAL.

Rule 4 - The Referee

The decisions of the Referee regarding interpretations of the Policies/Rules/FISC laws of the Game are final. Players are encouraged to fill out the Referee evaluation forms and may submit written concerns/issues/compliments by email to FISC management.

Rule 5 - The Duration of the Game

Youth Matches: A regulation game consists of two halves of 18 minutes in length.

Adult Matches: A regulation game consists of two Halves 24 minutes in length.

and will be played as follows.

- (a) *Running Clock:* Except in the case of an unusual delay, determined by the Referee, or FISC, the Game Clock counts down continuously through each Half or Overtime Period.
- (b) *Time Outs:* Each team is permitted one 30 second time out each half which may only be used in dead ball situations and their team is in possession of the ball (Free Kicks and Goal Kicks). Timeouts do not carry over from halves and will be lost if not used.
- (c) *Overtime:* There will be no overtime during session play. During playoffs, there will be one (5) five minute sudden death (golden goal) overtime period, then if play remains tied, a shootout will conclude the match.

Rule 6 - The Start and Restart of Play

Kickoff from the Center Mark starts play at the beginning of each Half and after every goal. A player who starts play may not again play the ball until it touches another player.

The Home Team takes the Kickoff for the First Half Kickoff and any Overtime Period, and the Visiting Team takes the Kickoff for the Second Half. The Referee designates the teams defensive ends, according to the schedule.

Restarts take place by a Kickoff, Free Kick, or Dropped Ball. Other than for Kickoffs or as provided below, Restarts occur within three feet (3') from the spot of the ball at the moment of stoppage.

A team receives a **Free Kick** after stoppages other than when a Dropped Ball is issued. All free kicks are **Direct**. Before the team takes the Free Kick, the ball must be stationary. Opposing players must stand at least 5 yards/steps from the spot of the Free Kick (or, if within 5 yards/steps of the opponent's Goal, along the Goal Line). The spot of the Free Kick if the ball hits the side nets is on the 1 yd touch line around the perimeter of the field. If the ball hits the ceiling or any ceiling fixture the free kick is taken directly below the spot in which the ball hit.

A **Goal Kick** is awarded when the ball hits the net above the goal and between the two red ribbons (or goes over the end-line net) last touched by a offensive player. A goal kick is also awarded if the ball hits the ceiling or ceiling net above the penalty box last touched by an offensive player.

A **Corner Kick** is awarded when the ball hits the net above the goal and between the two red ribbons (or goes over the end-line when playing without boards) last touched by a defensive player. A corner kick is also awarded if the ball hits the ceiling, back wall or ceiling net above the penalty box last touched by a defensive player.

If neither team has clear possession of the ball at a stoppage, the Referee restarts play with a **Dropped Ball**. A Dropped Ball caused while the ball is inside a Penalty Area takes place at the Corner Kick Mark.

Rule 7 - The Ball In And Out Of Play

A Free Kick is awarded to the defensive team if either of the following occurs:

- (a) A **Halfway Line Violation** occurs when a goalkeeper punts or throws the ball past the halfway line toward the opponent's Goal without first touching the Perimeter Wall, another player or a Referee on the field of play.
- (b) A **Superstructure Violation** occurs when the ball contacts any part of the building above the field of play.

Rule 8 - The Method of Scoring

- (a) A team scores a goal when the whole of the ball legally passes over the Goal Line.
- (b) A goal may be scored directly from a Kickoff or Restart.
- (c) A goal may be scored if the goalkeeper catches the ball inside the goal of the whole of the ball is judged to have passed over the Goal Line.

Rule 9 - Fouls and Other Violations

A **Foul** occurs if a player:

- (a) Holds an opponent;
- (b) Handles the ball (except by the Goalkeeper within his Penalty Area);
- (c) Plays in a dangerous manner;
- (d) Impedes the progress of an opponent ("Obstruction"), or
- (f) Prevents the Goalkeeper from releasing the ball from his hands;

and when a player commits the following in a manner that the Referee considers careless, serious, reckless, or involving excessive force, any of which will also result in an automatic yellow card and may also result in immediate red card:

- (a) Kicks an opponent;
- (b) Trips an opponent;
- (c) Jumps at an opponent;
- (d) Charges an opponent;
- (e) Strikes or elbows an opponent; or
- (f) Pushes an opponent.
- (g) Bicycle kicks
- (h) High kicks
- (I) Slides within 5 yards/steps from an opponent or Slide tackles an opponent

Unsporting Behavior: A Free Kick results for the following offenses:

- (a) Leverage: Using the body of a teammate or any part of the field to gain an advantage; using two hands on the walls to shield an opponent.
- (b) Encroachment: Entering the protected area of an opposing player taking a Free Kick (after initial Warning);
- (c) Dissent or Referee Abuse
- (d) Other: Behavior which, in the Referee's discretion, does not warrant another category of penalty (*e.g.*, taunting, foul language.)

Goalkeeper Violations: The opposing team receives a Free Kick at the top of the goalie box/Penalty Kick spot, for the following violations by a Goalkeeper:

- (a) *Illegal Handling:* Bringing the ball from outside of the Goalie Box/Area to his hand(s), or receiving the ball again after a Goalkeeper Distribution without the ball having first touched an opposing player.
- (b) *Pass Back:* Handling the ball, having been passed deliberately and directly to him by a teammate; except that he may handle a ball which a teammate passes to him by the head, chest, or knee and without "trickery" (the use of a wall or foot to flick the ball to a head, chest, or knee before making the pass);
- (c) *5-Seconds:* Controlling the ball with either his hand or foot inside of the Goalie Box/Area for more than five (5) seconds.
- (d) Throwing the ball pass midfield without first touching the ground, another player or the wall prior to passing over the midfield line.
- (e) Drop kicking the ball from within the Goalie Box/Area and the ball passes the midfield line without first touching the ground, another player or the wall prior to passing over the midfield line

Team Violations: The Referee issues a Team Penalty for the following violations by a team or unidentified person:

- (a) *Leaving Team Bench:* Players leave a Team Bench to join a fracas or confrontation with the opposition or a Game Official; **NO PLAYERS ARE PERMITTED TO ENTER THE FIELD UNLESS ACKNOWLEDGED BY THE OFFICIAL OR LEGALLY SUBBING INTO THE MATCH.**
- (b) *Bench Dissent:* After an initial "Warning," one or more unidentifiable players verbally abuse the Referee.
- (c) *Other:* Unsporting Behavior, which, in the Referee's discretion, does not warrant another category of penalty.

Advantage Rule: The Referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an existing offensive advantage.

Yellow Card Offenses: Unless otherwise provided below, the Referee issues a Yellow Card for serious Fouls and for:

- (a) is guilty of Unsporting Behavior
- (b) shows dissent by word or action
- (c) persistently encroaching
- (d) Unsporting Behavior by a player; and any other action deemed punishable by the official.
- (e) Team Violations.
- (f) Sliding within 5 yards/steps of an opponent or Slide tackling an opponent (except the Goalie with the Goalie Box/Area, or if the Goalies momentum carries the Goalie outside of the Goalie Box/Area.

Red Card Ejection-able Offenses:

FISC is maintains a zero tolerance policy for fighting, or repeated offenses for violent play and any player who receives a red card for such action may banned from FISC permanently. Any player who receives a red card must leave the facility immediately and play will not resume until the player has done so.

A person receives a Red Card for certain Fouls and offenses, which the Referee considers violent or use of excessive force, and for:

- (a) Second yellow card;
- (b) Striking, kicking, slapping of any kind including:
intentionally elbowing an opponent above the shoulder;
- (c) Vicious Slide Tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him;
- (d) Fighting;
- (e) Leaving Team Bench or Penalty Area to engage in a fracas or confrontation with the opposition or a Referee;
- (f) Extreme Unsporting Behavior: Committing particularly despicable behavior, including:
 - (i) Spitting at an opponent or any other person;
 - (ii) Persistent use of extremely abusive

- language or behavior toward a Referee;
- (iii) Bodily contact with a Referee in dissent.

Rule 10 - Time Penalties

The following penalties apply to offenses for which a Card is issued (subject to further action by FISC):

- (a) Yellow Card: 2-minutes for any yellow card awarded
- (b) Red Card: Player is ejected and team plays with 1 man less for the duration of the match. Any player receiving a red card must serve a one (1) game suspension, even if it a final game in one session. FISC reserves the right to waive the suspension or add to the suspension at its discretion.

Players are designated by their teams to serve Time Penalties of their team, when their Goalkeeper or non-player personnel. Otherwise, the person who commits a carded offense serves the penalty. Players serving Time Penalties serve their Time Penalties, seated, until their expiration and the Referee permits their release.

Short-Handed Play: For each Time Penalty being served by a player, Teams plays with one fewer field player until its expiration; provided that a team may not have fewer than the minimum required, regardless of the number serving Time Penalties.

Exceptions: Under the following circumstances, Time Penalties either expire prior to their completed countdown, or have the beginning of their countdowns delayed:

- (a) *Powerplay Goal:* If a team is scored upon having fewer players on the field of play, the Team may return to a full
- (b) *End of Game:* All Time Penalties carry over between periods and expire at the end of the game.

Delayed Penalty: In instances where the Referee would issue a Yellow Card, but for the Advantage Rule, he acknowledges the offense by holding the Card above his head until the earlier to occur of the following:

- (a) *Opponent's Possession:* The team of the offending player gains control of the ball;
- (b) *Stoppage:* The Referee stops play for any reason.

Once play is stopped, the offense is recorded and assessed, as customary. In the event of a power play goal, the Time Penalty is not served and the exception provision (a) is applicable.

Rule 11 – Overtime and Penalty Kicks

Penalty Kick:

- (a) The ball is placed at the Free-Kick Mark (top of the goal box);
- (b) The Goalkeeper has at least one foot on his Goal Line until the ball is in play; and
- (c) The player taking the Penalty Kick may not touch the ball again until after touching another player.

Over Time:

- (a) There is no over time in regular season, only in playoffs.
- (b) There will be one 5 minute golden goal (sudden death) over time period.
- (c) If no team scores in the over time period we proceed to penalty kicks. Each team will alternate taking penalty kicks best of 5 or until one team makes a penalty kick and the team with the opportunity to match the made penalty kick misses after the initial 5 kicks.

Rule 12 – Weather Policy:

In case of inclement weather, cancellation will be posted on FISC website. FISC will attempt to make all cancellations two (2) hours prior to match time. FISC does not refund money or reschedule any matches which are cancelled due to inclement weather.

Any issue not addressed in the rules outlined above will be covered by the United States Indoor Soccer Association, The official rules of Indoor Soccer.