



**WHERE CHAMPIONS TRAIN®**

## **Adult Indoor Soccer Leagues Rules & Regulations**

FIFA Rules will be followed unless noted otherwise.

### **Team Rosters**

All players must be at least 18 years of age at the beginning of the season.

A maximum of 14 players will be allowed on a roster and a roster must consist of at least the number of players required to play a game. Men's 30+ teams may roster up to two (2) underage players no younger than 25 years old. Remaining Men's 30+ players on the roster must be at least 30 years of age by the end of this calendar year. Co-ed 35+ teams may roster up to two (2) underage players no younger than 30. Remaining Co-ed 35+ players on the roster must be at least 35 years of age by the end of this calendar year.

Where proof of age is required, players must submit proof of age upon request to SuperKick/TeamZone. Games played by ineligible players will be forfeited by the offending team. Only players listed on the Team Roster are allowed to play on your team.

Completed games are not subject to being protested. All protests should be made at the front desk of SuperKick/TeamZone (not with the referee) before the start of the game.

Players cannot be added to a roster after the 2<sup>nd</sup> game of the season. Players may play on more than one team; however, a player may not play for more than one team in the same division. For example, a male player may play in both the Men's Open and Co-ed Open divisions.

**ALL PLAYERS MUST HAVE A RELEASE OF LIABILITY FORM ON FILE IN ORDER TO PARTICIPATE.**

When playing on the TeamZone Field, teams will play 7 vs. 7 (6 field players and 1 Goalkeeper). When playing on the SuperKick Field, teams will play 6 vs. 6 (5 field players and 1 Goalkeeper). See the diagram at the end of the rules for a facility layout.

### **Co-ed Teams**

There must be a minimum of two (2) females on the field, not including the goalkeeper, when playing on either the TeamZone Field or the SuperKick Field. If 2 females are not available, the team must play down one person. At least one female must be present to play the game.

### **The Game Clock**

All games will consist of two continuous twenty-five (25) minute halves with a two (2) minute half time. The referee may stop the clock if there is a possible extended delay (injuries, etc).

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Post-season/playoff games that end tied will go to a five (5) minute Golden Goal overtime. If still tied at the end of five minutes, the match will proceed to penalty kicks from 12 yards.

### **Team Bench**

Only players and coaches are allowed in the bench area. A maximum of two (2) non-playing personnel are allowed in the bench area. Non-playing personnel are subject to the same laws of the game as players. Teams will remain on the same side of the field in front of their bench for the entire game.

Please remove all clothing, equipment, etc. from the bench area and throw away all trash when your game is finished.

No food or drink other than water/sports drinks are allowed in the playing area.

### **Spectators/Observers**

Spectators and observers are to remain in the TeamZone or SuperKick Viewing Areas behind the glass wall to watch games.

### **Restarts**

For kickoffs, our fields do not have center circles, therefore opposing players must be at least 5 yards away from the ball at the time of the kick. Kickoffs are direct kicks.

All fouls are Direct Kicks.

We will utilize kick-ins instead of throw-ins for out of bounds on the sidelines. All kick-ins are Indirect Kicks. For kick-ins, the ball must be placed stationary within one (1) foot of the sideline.

For corner kicks, the ball must be placed stationary within one (1) foot of the corner of the field. Corner kicks are Direct Kicks.

For goal kicks, the ball must be placed stationary within four (4) yards of either goal post. Goal kicks are Indirect Kicks.

A team has a maximum of five (5) seconds to put the ball in play or it will be turned over to the other team. The five-second count begins once the ball is placed on the restart spot.

### **Penalty Kicks**

Penalty Kicks will be taken from twelve (12) yards away from goal. The goal box is ten (10) yards from the touchline and there is a spot marking the center, so the referee will walk off another two yards from the spot and place the ball on the ground.

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### **Substitutions**

Teams may sub at any time at their own risk, but players must leave the field before being replaced. Being within three (3) yards of the sideline by the team's bench is acceptable unless either player becomes involved in the play while both are on the field. All substitutions must occur within three (3) yards of the team's bench area.

### **Cautions and Ejections (Yellow and Red Cards)**

If a player receives a Yellow Card, that player must leave the field until the next stoppage in play. The player may be replaced by a teammate. If it is a Co-ed game, the substitution must adhere to the minimum 2 female field player rule. The cautioned player may return to the game whenever the next stoppage in play occurs.

If a Red Card is given, that player may not be replaced and the team must play down one person. For Co-ed, if a female player is ejected, you must still adhere to the minimum 2 female field player rule. Red Cards will result in a one game suspension. A Red Card for fighting will result in a season-long suspension.

### **Uniforms & Equipment**

Teams must wear identically colored shirts. Numbered jerseys are preferred. The Goalkeeper must wear a different color shirt from both teams on the field.

In the case of color conflicts, the Away team must change.

**Shin guards are mandatory** and must be covered completely by socks.

Cleats are permitted to be worn on our fields. You may also wear running shoes, turf soccer shoes, or flat indoor soccer shoes. No screw-in, replaceable cleats are allowed though.

The referee has the right to refuse entry into the game by any player who is wearing dangerous or illegal equipment. Properly padded casts are legal and a player wearing such casts should have it inspected by the referee prior to the game. The referee will judge the safety of the cast and decide if the player can play.

*The Home Team listed on the schedule must provide the game ball.*

### **Scoring**

All goals scored will be awarded one point. Due to the fact that we will play with full-size (8'x24') goals, there will be no two point goals.

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### Game Cards

Team Contacts must sign the Referee's Game Card at the end of the game. Team Contacts please make sure the score is correct on the Game Card before signing.

### Slide Tackling

Slide tackling is NOT permitted in the any SKTZ Adult Indoor Soccer league division.

### Goalkeeper Rules

FIFA Rules will be followed with regards to passing back to the goalkeeper, meaning they cannot pick up balls with their hands that are intentionally passed back by a teammate's foot.

No punting/drop-kicks will be permitted. On the TeamZone Field, doing so will result in a Direct Kick for the opposing team at any point along the white line that is 20 yards from goal. On the SuperKick Field, doing so will result in a Direct Kick for the opposing team at any point along the white line near the center of the field (24 yards from the north goal, 25 yards from the south goal). There is no rule against three-line passes by goalkeepers or field players, so you may play long balls out of the back with feet or hands.

Goalkeepers must get rid of the ball from their hands within five (5) seconds of attaining possession. On the TeamZone Field, not doing so will result in a Direct Kick for the opposing team at any point along the white line that is 20 yards from goal. On the SuperKick Field, not doing so will result in a Direct Kick for the opposing team at any point along the white line near the center of the field (24 yards from the north goal, 25 yards from the south goal).

### Other Rules

If the ball hits any part of the ceiling or lights, a direct free kick will be given to the opposing team directly underneath the spot on the ceiling where the ball struck. If the ball hits the ceiling/lights from a player inside the penalty box after it is thrown or kicked, the ball will be placed for a direct kick at any point along the white line that is 20 yards from goal on the TeamZone Field and on the white line near the center of the field on the SuperKick Field.

Opposing team's players/walls must be at least five (5) yards away from the ball on all kick-ins, direct kicks, and indirect kicks.

For 7 vs. 7 games, teams must have at least five (5) players present to start the game. For 6 vs. 6 games, teams must have at least four (4) players present to start the game. For Co-ed Teams, one of these players must be a female field player.

Spitting on the turf and gum chewing are not allowed. Doing so will result in a Yellow Card.

Intentionally punting/kicking the ball into the ceiling/lights will result in a Yellow Card.

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### **Payments**

Teams must be paid in full and turn-in a completed roster and team liability release form prior to the start of the second scheduled game. NO EXCEPTIONS!

### **Forfeits**

The result of a forfeited game shall be 3-0. A game shall be forfeit if:

- A team does not take the field within five minutes of the scheduled time
- A team refuses to take the field
- A team does not have enough players to begin the game or continue playing

### **League Standings**

The following points system will be utilized for division standings:

Three (3) points for a Win    One (1) point for a Draw    Zero (0) points for a Loss

If teams are tied on points, standings for the post-season will be determined by the following tie-breakers:

- 1) Head to Head Record
- 2) Goal Differential
- 3) Least Goals Conceded
- 4) Least Amount of Yellow Cards Accumulated (Red Cards count as two yellows)
- 5) Coin Toss

***The Champions of each division will pay half price for the next season if they choose to enter!***

### **League Administrator's Note**

Everyone playing, refereeing, and managing in this league is an adult. Let's treat each other as such. Show everyone respect and respect will be shown back to you.

We want this league to be competitive, yet friendly. We want everyone to play hard and have fun, but also realize that this is the Adult Indoor Soccer League at SuperKick/TeamZone in Lewis Center, OH. It is not the World Cup, the Premiership, or Major League Soccer. We all have to go back to work or school the next day, so keep a cool head and take a deep breath if you feel yourself getting upset.

Calls will be missed, passes will be intercepted, and goals will be scored against your team. These things happen in this game, so let's keep some perspective and not get too worked up when things don't go our way. It's supposed to be fun...if you're not having fun, then something is not right.

We're glad you've decided to play here at SuperKick/TeamZone and we look forward to the season! - Matt Weiss, Director of Operations, [mweiss@superkickcolumbus.com](mailto:mweiss@superkickcolumbus.com)

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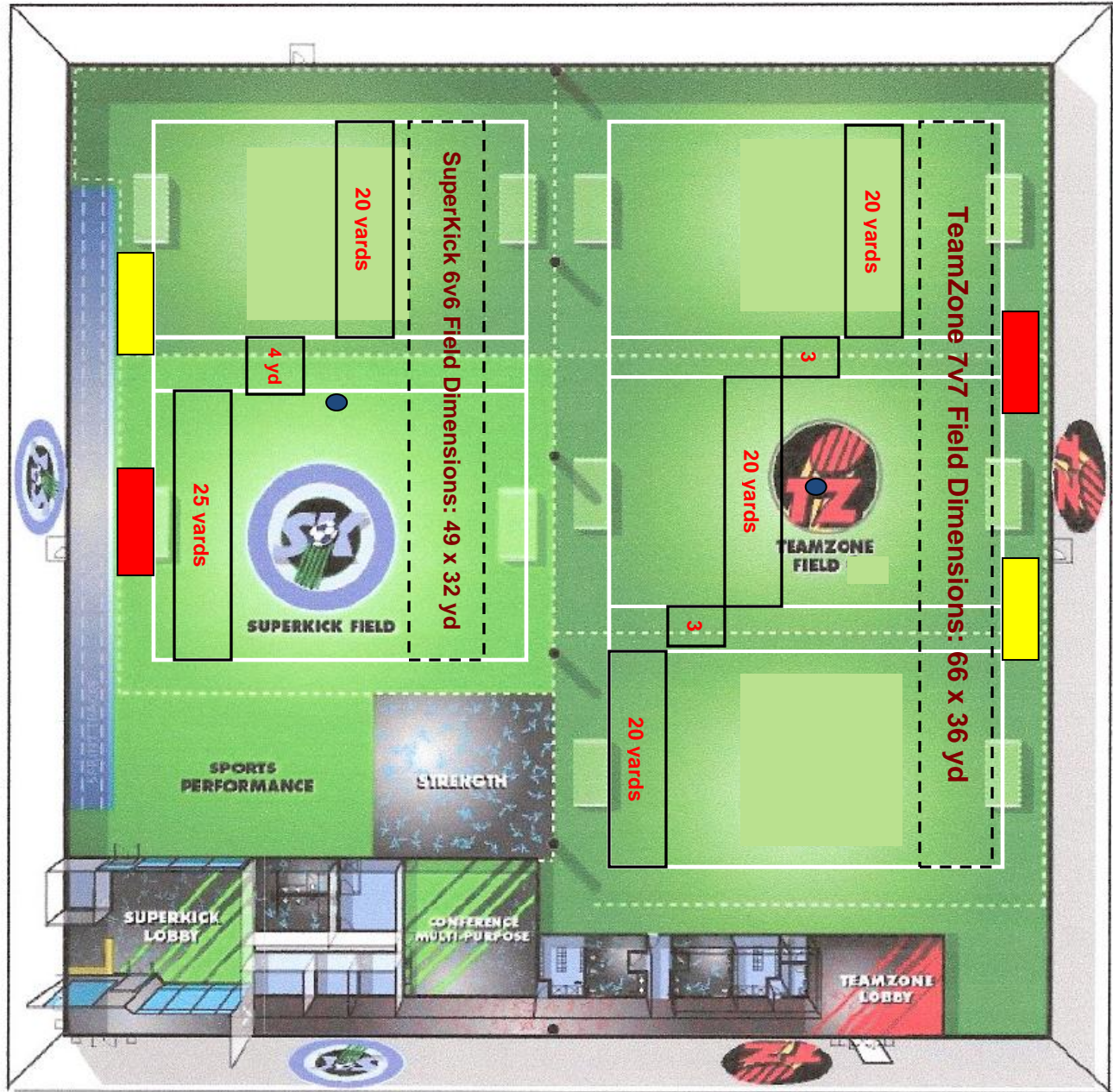
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**FACILITY DIAGRAM**



HOME TEAM BENCH



AWAY TEAM BENCH



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