



## **Rules and Interpretations – Regular Season and Tournaments**

1. **Number of Players on Field:**
  - a. All Age Levels – Maximum of 7 players on the field at one time including the goalie. Minimum of 5 players on the field at one time including the goalie.
  - b. Teams may be comprised of 18 players. Players may only participate with one team within the same age level. Players may be added throughout the season pending they had not participated at the same age level with another team.
2. **Required Equipment:**
  - a. Shin-Guards must be worn by every player
  - b. Tennis Shoes/Flat Bottomed Shoes/Turf Shoes
  - c. Uniform
    - i. Players must wear the same colored jersey.
    - ii. Goalies must wear a different jersey or have a different colored shirt on over their jersey when in the goalie position.
3. **Illegal Equipment:**
  - a. Cleats or Spiked Shoes
  - b. Jewelry, Bracelets, Necklaces, Hats, etc.
4. **Match Play:**
  - a. Regular Season matches will be scheduled for 25 minute halves with a 5 minute half time period. If a team is tardy to a scheduled game then adjustments will be made to complete the game within the scheduled time slot. Teams **MUST** switch sides on the field of play at the end of the half except for ages U-8 and Adult.
  - b. League Championship matches may only be played by players who participated in at least ONE regular season match.
  - c. Tournament matches will be scheduled for 30 minute games with no half time.
5. **Ball Size/Substitutions:**
  - a. U-12 and Under Leagues – Size 4 Ball.
  - b. U-13 and Over Leagues – Size 5 Ball.
  - c. All substitutions must take place within the designated substitution area. The substitution area is marked off by red tape and the dasher line in front of each team's bench. The substitute may not enter the field of play (over the dasher line or past the red tape) until the substituted player has entered the substitution area.
    - i. If a substitute or player being substituted for comes in contact with a play then the referee will stop the play and the team not in error will receive a free kick from where the ball was located at the time of stoppage.
    - ii. If a substitute takes the field illegally by entering the field before the player reaches the substitution area then loss of possession is possible if the current play is affected in any way.
6. **Tie-Breakers:**
  - a. No tie-breakers will be played during the regular indoor soccer season.
  - b. During Championship/Single-Elimination matches, one 5 minute overtime period will be added at the end of the match. If match is tied after overtime period a 5 shot penalty kick shootout will commence. If tied after shootout then a 1 to 1 shot ratio will be utilized to decide a winner.

7. The Start and Re-Start of Play:

- a. A Kickoff from the center mark starts play at the beginning of each Half and after every goal. The ball can be played backward at the start of play. A player who starts play may not again play the ball until it touches another player.
- b. A coin toss will be conducted by the referee at the start of every match. The winner of the coin toss will have the option to defend either side or possess the ball first.
- c. Restarts take place by a kickoff, free kick, goalkeeper distribution, or dropped ball. Other than for kickoffs or as provided below, restarts occur within three feet from the spot of the ball at the moment of stoppage.
- d. All restarts and free kicks are DIRECT kicks.
- e. A team receives a free kick after stoppages other than when a dropped ball or goalkeeper distribution is required. Before the team takes the free kick, the ball must be stationary. All opposing players are at least 15 feet from the spot of the free kick (or, if within 15 feet of the opponents' goal, along the goal line). The spot of the free kick is that provided above, except:
  - i. All fouls within the penalty box by the defending team will result in a free kick from the top of the Arc. This is considered a penalty kick, but the penalty kick marker will not be used.
  - ii. All fouls within the penalty box by the offensive team will result in a "ball in hand" goalie distribution.
  - iii. Kick-in: from the point on the touch line nearest where the ball ran into the perimeter net.
  - iv. Three-Line violation: from the offending teams restart line (mid-line)
  - v. Superstructure violation: from the restart mark nearest to where the ball hit the structure (mid-lines or half line).
- f. Goalie Distribution/Goal Kicks/Corner Kicks
  - i. If a ball is kicked out of play within the two corner kick markers above the goal by the offensive team then a "ball in hand" distribution is awarded to the goalie instead of a goal kick. The goalie may throw, roll, or punt the ball as the distribution. All violations, such as super structure violations, will be penalized as if a save was made. The goalie has 5 seconds to distribute the ball in any way.
    1. If the ball does not exit the penalty box then the ball is given back to the goalie for another proper distribution.
  - ii. If a ball is kicked out of play within the two corner kick markers above the goal by the defensive team then a corner kick is awarded from the nearest corner kick marker.
- g. 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 box takes place at the top of the Arc.
- h. Injury Time Stoppage will only take place in the last 3 minutes of the game if the game is within 3 Goals; otherwise try to move the coaches and players involved off of the field and start play as quickly as possible with a drop ball. The drop ball takes place at the point where the ball was when play was stopped, not where the injured player went down. It is the referee's discretion on whether or not the clock should be stopped. The only other time the clock should be stopped is if there is a SERIOUS Injury on the field where the player should not be moved, such as a concussion, broken bone, etc. In this case, please find the nearest KA representative and they will take care of the situation.

8. The Ball In and Out of Play:

- a. Three-Line violation: Occurs when a player propels the ball in the air or on the ground across the two mid-field lines and the half-field line without touching the perimeter wall, another player, or a referee.
  - b. Superstructure violation: Occurs when the ball contacts any part of the building above the field of play.
9. Fouls Occur if a Player:
- a. Holds an opponent, handles the ball, plays in a dangerous manner, impedes the progress of an opponent, prevents the goalkeeper from releasing the ball from their hands, kicks an opponent, trips an opponent, pushes an opponent, or strikes an opponent. No sliding or slide tackling on the offensive or defensive side of the ball unless a goalkeeper is making a save. A foul will be called if sliding takes place, and in the referees discretion there may be a yellow card or red card awarded considering the intent.
10. Goalkeeper Violations:
- a. Illegal Handling: A goalie bringing the ball from outside of the goalie box to their hands within the goalie box.
    - i. Result of Illegal Handling: A free kick is given from the mid-line.
  - b. Pass Back: Handling the ball, having been passed deliberately and directly to the goalkeeper by a teammate, except that they may handle a ball which a teammate passes to them by the head, chest, or knee.
    - i. Result of Pass Back: A free kick is given from the mid-line.
  - c. Throw or Punt Goalie Distribution into Superstructure (Ceiling, not nets):
    - i. If a goalie throws or punts the ball from the result of a SAVE, meaning the ball has been picked up by the goalie, then the opposing team is awarded a free kick from the mid-line.
11. Time Penalties:
- a. Yellow Card: The player awarded the yellow card must sit for 2-minutes before re-entry and the team plays down a man for 2 minutes.
  - b. Double Yellow Card: The player awarded the double yellow card must sit for the remainder of the game and the team plays down a man for 2 minutes.
  - c. Red Card: The player awarded the red card must sit for the remainder of the game and the team plays down a man for 5 minutes.
  - d. Power Play: If a team has been penalized with a yellow card or a double-yellow card and a goal is scored by the opposing team then the penalized teams penalty ends even if the full time was not served. Red cards do not utilize this rule.
  - e. If the goalie receives a yellow card then the penalized team shall be permitted time to enter a new goalie into the goalie position. This does not apply to field players.
12. Referees:
- a. All calls by referees are final. Referees may be outside of the referee crease.
13. Coaches/Players/Parents:
- a. Sportsmanlike conduct is expected during all activities from all patrons and visitors.
  - b. Shirts and shoes must be worn at all times.
  - c. ZERO TOLERANCE OF PROFANITY, DRUGS, TOBACCO, and ALCOHOL.
  - d. The far side of the track underneath the scoreboard is reserved for Referees, Coaches, Players, and Team Personnel. No parents are to be on the track unless attending to an injured player.