



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADULT INDOOR SOCCER OFFICIAL RULES

• PALOMAR FAMILY YMCA

PALOMAR FAMILY YMCA

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All games will follow current Major Indoor Soccer League (MISL) indoor soccer rules and guidelines with the following modifications:

PLAYERS

- A game shall be played by two teams, each consisting of not more than six or less than four players on the field, one of whom shall be goalkeeper. If multiple time penalties are being served, there shall be a minimum of four players on the field.
- Rosters will be limited to 16 players. The roster must be turned in by the first game, signed by each player participating in the game, and finalized by the fourth game. Only personnel listed on the roster shall be allowed in the bench areas.
- All payments are due in full by the first game.
- All players shall bring a driver's license or other official ID to each game. If a player's eligibility is questioned by the opposing team, the player will show his/her ID to the referee and sign the team roster. Play will resume. The referee will forward the player's signature and name to the coordinator who will determine the eligibility of the player. If the player is not on the roster, the team will forfeit the game. Additional penalties may be imposed by the management against teams which allow illegal players to participate.

REFEREES

- The referees are in charge of the game and are final authority in all matters concerning field play and conduct of coaches, players and spectators.
- The referee's decision on points of fact connected with the play shall be final, so far as the result of the game is concerned.
- The referee may stop play for any infractions of the rules.
- Disrespect toward a referee or other official of the league may result in expulsion from the field, spectator area and/or league. The referee should be able to officiate the games in an atmosphere free of harassment to allow his/her full concentration to be directed toward the game being played.
- The referee shall use a viable five-second count (i.e., wrist-flicking motion) to indicate proper timing of all time-restricted dead-ball and goalkeeper-throw situations.

DURATION OF GAME

- The game will consist of two 22-minute halves.
- To maintain the game schedule, the game clock will begin at the scheduled game time, whether or not the teams have completed their warmup.
- In the event that one team does not have enough players to begin the match, the game clock will run down to 17 minutes (or five minutes past the scheduled game time) before the game is considered a forfeit.
- If a team does not have at least four players at the end of the second minute, the opponent will receive one point.

- If a team still does not have at least four players at the end of the fourth minute, the opponent will receive an additional point.
- The team will forfeit if it does not have at least four players at the end of the fifth minute.
- Halftime is one minute.
- Beginning at the scheduled game time, the clock will run continuously. The referee will stop the clock for any situation he or she feels is necessary (injury, penalties, field situations, referee timeouts). **During injury situations the maximum amount of clock stoppage will be one minute.**
- Each team is allowed one 30-second timeout per half, which can be called by the team in possession of the ball. Any field player can request a timeout on a dead ball. The goalkeeper, while in the penalty area and in possession of the ball, is the only player who can request a timeout during live play. The restart for any timeout called while the keeper has possession of the ball in the penalty area will be a keeper throw-in. Either team may call a timeout during a guaranteed substitution.

STARTING THE GAME

- A size 5 soccer ball will be used.
- All players must be 15 feet from the ball and on their side of the field until the ball is kicked.
- The kick may be taken in any direction and must be taken within five seconds of the referee's whistle.

PLAYER'S EQUIPMENT

- When each season begins, each team will be allowed to choose an exclusive color. Priority will be based on standings from the prior season. No other team will be permitted to wear that color (for example: if the winner chooses black, then no other team may wear black). Teams are reminded that it is always advisable to have an alternate color present to avoid conflicts by artificial lighting of certain color shades. Pinnies are not always available.
- Team uniforms must consist of the same color/shade.
- Goalkeepers must wear different color than either team or the referees.
- All players must wear all-purpose sport shoes, turf soccer shoes, or molded cleats. Street shoes or boots of any kind will not be allowed.
- All players are required to wear shin guards, which must be covered by socks.
- No jewelry is to be worn. This includes watches, rings, necklaces, bracelets, earrings, etc.
- Players are not allowed to wear eyeglasses of any kind, including prescription eyewear or sunglasses, unless the eyeglasses are covered by appropriate protective gear. The only eyewear that will be permitted is plastic goggles designed specifically for sports participation.
- Players are not allowed to wear a hat while on the playing field. Goalkeepers are not allowed to wear any hat that has a hard brim (baseball caps are not

allowed). A goalkeeper may wear a hat that has a soft brim (for example, a painter's hat or a floppy hat).

- A player will not be permitted to use or wear any objects, which the referee may judge to be dangerous to other players to his/her self. Players with casts or braces will only be allowed to play if they are padded to the referee's approval. No unpadded hard casts will be allowed.

SUBSTITUTIONS

- Unless prohibited elsewhere herein, substitutions may be made at any time on an unlimited basis, provided the players substitute within the touchline of their own bench area. If there is no line, the player must be within three feet of the sideboard door at the team's bench area before the substitute enters. Neither the departing nor entering player may participate in play when they are simultaneously on the field. Participation in play while substituting will result in a mandatory two-minute penalty.
- Guaranteed substitution is only allowed on an injury, timeout, time penalty, after a goal, or any unusual stoppage of significant length.
- No jumping over the boards to substitute. This will result in a blue card and a mandatory two-minute penalty.
- The goalkeeper may be substituted either on the fly or a dead ball. The referee must be notified of and approve this situation. The substitution of a goalkeeper will not be permitted at the taking of a penalty kick, unless s/he has suffered a serious injury, as confirmed by the referee.

RESTARTS

- A goalkeeper throw-in is awarded if a team last touches the ball over the end wall at the opponent's goal line. The goalkeeper shall throw the ball back into play within five seconds of ball possession.
- A corner kick is awarded if a team last touches the ball over the end wall at their own goal line. This kick shall be made from the corner kick mark.
- Fouls by the defense in their own penalty area that do not warrant a two-minute penalty shall be restarted with a free kick from the top of the penalty area (not a penalty kick).
- Fouls by the defense in their own penalty area that warrant a two-minute penalty shall be restarted with a shootout to the opposing team.
- All restarts are direct kicks, including corner kicks, kick-ins from the sideline, and kickoffs. On any restart the opposing team will remain 15 feet from the ball until it is put into play. Failure to maintain this distance may result in a two-minute penalty.
- The penalty for intentional encroachment is a two-minute penalty.
- Free kicks do not require the referee to whistle prior to putting the ball back into play, excepting kicks from a "mark" and by the referee's discretion.
- The playing field consists of nine marked spots: the two corner marks next to each goal, at the top of both penalty area, at the mid-point of the defensive

line (third line), and at the center circle. **Any kicks from a “mark” on the field require a referee whistle prior to restart (no “quick kicks”).**

- All restarts must be taken within five seconds of the ball being placed (or, when required, a whistle). If the restart is not taken within five seconds, the kicking team will turn over the ball and the opponents will take possession.
- If there is not a specific restart for an infraction otherwise named in the rules, the restart shall be a free kick for the opposing team. If the stoppage is not for an infraction, the team in possession will take the kick. If no team has possession, the restart will be a ball dropped by the referee.

GOALKEEPER RESTRICTIONS

- The goalkeeper may touch the ball with his hands only while it is in the penalty area.
- The goalkeeper cannot handle the ball if it was intentionally played to him/her from the foot of a teammate.
- The goalkeeper shall not intentionally bounce the ball. Bouncing the ball will result in a kick from the top of the penalty area for the opposing team.
- If the goalkeeper catches the ball in live play, s/he has the option to punt or drop-kick the ball, or may put the ball down and use the feet to put the ball into play. Once s/he has put the ball on the ground, s/he may not handle the ball again until an opponent touches the ball or the ball goes out of play.
- The goalkeeper may not intentionally bring the ball into the penalty area to handle the ball. This will result in a kick from the top of the penalty area for the opposing team.
- The goalkeeper may not be charged while s/he is in the own penalty area and in possession of the ball.
- The goalkeeper is the only player allowed to slide and can only do so in the penalty area. If the goalkeeper’s momentum carries out of the penalty area, the slide is allowed.
- When the goalkeeper, inside the penalty area, has possession of the ball by either hand or foot s/he shall have five seconds to distribute the ball outside the penalty area and back into play, and will have unlimited steps while in the penalty area.
- **Opposing players may not challenge or block a goalkeeper’s attempt to throw the ball back into play unless they are at least five yards away from the goalkeeper in possession of the ball. Any attempt to do so will result in a two-minute time penalty.**

PENAL FOULS

All players must conduct themselves in accordance with the principals and standards of good sportsmanship and in the spirit of safety to themselves, all other players and officials. Unsporting conduct, disrespect to referees or opponents, or playing in a manner to injure others will not be tolerated.

- The following fouls will result in a free kick and may also result in a two-minute

penalty if, in the opinion of the referee, it is excessive.

- 1) Kick or attempt to kick an opponent
 - 2) Trip an opponent
 - 3) Jump at an opponent
 - 4) Charge an opponent
 - 5) Strike or attempt to strike an opponent
 - 6) Push an opponent
 - 7) A fair tackle in which contact is made with the opponent before the ball
 - 8) Holds an opponent
 - 9) Handles the ball intentionally (except the goalkeeper in the penalty area)
 - 10) Sliding to gain possession of the ball or slide-tackling.
- Impeding or obstructing an opponent from playing the ball will result in a free kick and be included in the “penal foul count” for a shootout.
 - When a team accumulates six penal fouls, they will be assessed a two-minute penalty and the opponents will be awarded a shootout. Every four penal fouls thereafter will also result in a two-minute penalty and shootout. The penalized team shall decide who will serve the two-minute penalty.
 - **Any foul which directly results in a two-minute penalty or penalty shootout will not be counted as part of the foul count. The count will be kept the referee.**

SLIDING

- There is no sliding by any player except the goalkeeper. Sliding to gain possession of the ball will be penalized as an infraction of the rules and a free kick will be awarded to the opponents.
- Sliding is playing the ball while any part of the body (other than hands or feet) is touching the ground, while being challenged by another player. Sliding is also defined as: “as leaving one’s feet to gain possession of the ball or when playing the ball without the intent of staying on both feet when finished. This includes diving headers, sliding on one knee, dropping to one knee, and deliberately sliding when no other players are around.”
- Slide tackling will result in a blue card. It is defined as “making contact with another player while sliding.”
- A goal keeper may slide so long as the keeper remains inside the penalty area or, in the judgment of the referee, the keeper’s momentum caused the slide that began inside the penalty area to extend beyond it.
- **Players guilty of intentional sliding tackles for the ball, while in an opponent’s possession, will be given a two-minute time penalty. This includes the goalkeeper when the tackle is made outside of the penalty area.**

TWO-MINUTE PENALTIES

The following fouls will result in a mandatory two-minute time penalty:

- Boarding a player — “Boarding” includes any charge (even if it would have been legal somewhere else on the field) that propels the opponent into or against the arena boards. The object is to keep players safe and playing under control.

- Elbowing an opponent
- Intentional sliding tackle
- Failing to automatically give the opposing team 15 feet on any restart or encroachment
- Unsporting behavior (including “trash talking”)
- Dissent — If the player persists, a yellow card will be issued and the player will receive an additional two minutes. If the dissent continues, a red card will be issued and the player will be ejected.
- Any foul committed against an opponent that denies the player an obvious goal-scoring opportunity (**Note: this is not a red card offense according to amateur indoor soccer rules**).
- Any player who is not a goalkeeper within his/her own penalty area who denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (**Note: this is not a red card offense according to amateur indoor soccer rules**).
- Any foul from behind against an attacking player who has control of the ball and one or no defensive players between himself and the goal (**Note: this is not a red card offense according to amateur indoor soccer rules**).
- Any foul in which the defender is the last player on his team between the attacking player with the ball and the goal (**Note: this is not a red card offense according to amateur indoor soccer rules**).
- Blue card to keeper: If a keeper receives a blue card for what the referee judges to be a reckless foul, the two-minute penalty shall be served by the keeper. If a keeper receives a blue card for some other offense (such as denial of an obvious goal-scoring opportunity), the two-minute penalty may be served by a teammate.
- Coed — team foul blue card: A player of either gender may serve the two-minute penalty for receiving a sixth (10th or 14th) team foul.

The following team infraction will result in a two-minute time penalty:

- **Illegal Substitution.** The team selects the player that serves the time. A team will play short when a player is serving a two-minute time penalty. The restart will be given to the opponents wherever the ball was located on the field when play was stopped.

MISCONDUCT

If, in the opinion of the referee, any foul is serious, the referee may issue a blue card, yellow card and/or red card as appropriate.

• Blue Card

A blue card results in a two-minute penalty. In the event that a goal is scored, the time penalty is over. The referee has the discretion to award a two-minute penalty for any foul.

• Yellow Card

A yellow card results in a four-minute penalty. In the event that a goal is scored, the time penalty is over. Yellow cards are issued for the following reasons:

- Receiving a second blue card
- Persisting in dissent
- **Red Card**

A red card results in the ejection of the penalized player and a five-minute penalty. The ejected player will miss the remainder of that game, as well as the entire next game. The penalty will be served by a teammate. The entire five minutes will be served, even in the event of a goal being scored.
- A red card shall be given for the following reasons:
 - Committing three blue card offenses.
 - Committing any combination of two blue card and one yellow card offenses.
 - Serious foul play (committing a foul which the referee feels is of a serious enough nature to warrant an immediate ejection from the game)
 - Use of foul or threatening language towards an opponent, teammate or referee
 - Spitting at any person
 - Violent conduct (violence against another person while not playing for the ball)
 - Any strike or attempt to strike another opponent
 - Referee abuse (insulting, offensive language or behavior)
 - Leaving the bench area to engage in a confrontation
- Any player or bench personnel ejected from the game must leave the area of the sports arena immediately. If any ejected person refuses to leave the area or persists in complaining about the referee's decision, it will be considered in the length of the resulting suspension and may cause the game to be abandoned.
- Any player/team who has more than one serious behavior offense (fighting, cursing, etc.) is at risk of being removed/expelled from the league indefinitely.
- There will be no refunds for teams expelled due to behavior. This is a YMCA; we need to keep the atmosphere positive!

SHOOTOUTS

The shootout will start from the center of the first white line. Once the whistle is blown the ball is in play (the kicker does not have to touch the ball first). Except for the goalkeeper and a designated kicker, all opponents and teammates are required to remain behind the mid-field line, with the opponents located inside the center circle and teammates located outside of the center circle. The goalkeeper must have both feet on the goal line until the ball is in play.

Shootouts shall be awarded for the following:

- When the opposing team has committed six penal fouls. An additional shootout and time penalty will be assessed every fourth foul thereafter.
- Time will be extended to five seconds for any shootout occurring with less than five seconds on the clock.

PENALTY KICKS

- A penalty kick shall be awarded for a foul committed by the defense inside the defensive penalty area other than a foul for which a blue card is shown (such as a reckless foul or the denial an obvious goal-scoring opportunity). No player, other than the goal keeper, may be inside the penalty area at the taking of a penalty kick (The rules no longer permit the defense to build a wall on a penalty kick).
- Coed soccer — After a male player has touched the ball four times, the player may remain still even if this shields the ball. If the player moves to impede an opponent or extends his arms, a free kick will be awarded to the opponent for impeding (and the foul will be considering in determining team foul counts).

SEASONAL CARRY-OVER SUSPENSION

- The card carryover policy will be in effect for all playoff games. Those receiving red cards in the playoffs will miss the remainder of that game, as well as the entire next game. If the red card is received during the championship game, the player will miss the first game of the next season.
- In addition to card carryover policy, teams that accumulate three red cards throughout the season will lose their returning registration rights. They will then be treated as a new team and will be placed on our wait list. This may result in that team missing out on the next season.

SUSPENSION POLICY

- By mutual agreement, any player and/or team ejected from the league will also be reported to and prohibited from participating at any YMCA of San Diego County facility during the tenure of the suspension.

COED LEAGUE ONLY

The coed recreation and open divisions are a non-competitive alternative for male and female recreational soccer players. The YMCA has specifically designed these programs to keep the level of intensity low. The added rules of all coed divisions are intended to provide extra protection to every player and ensure that the game remains safe.

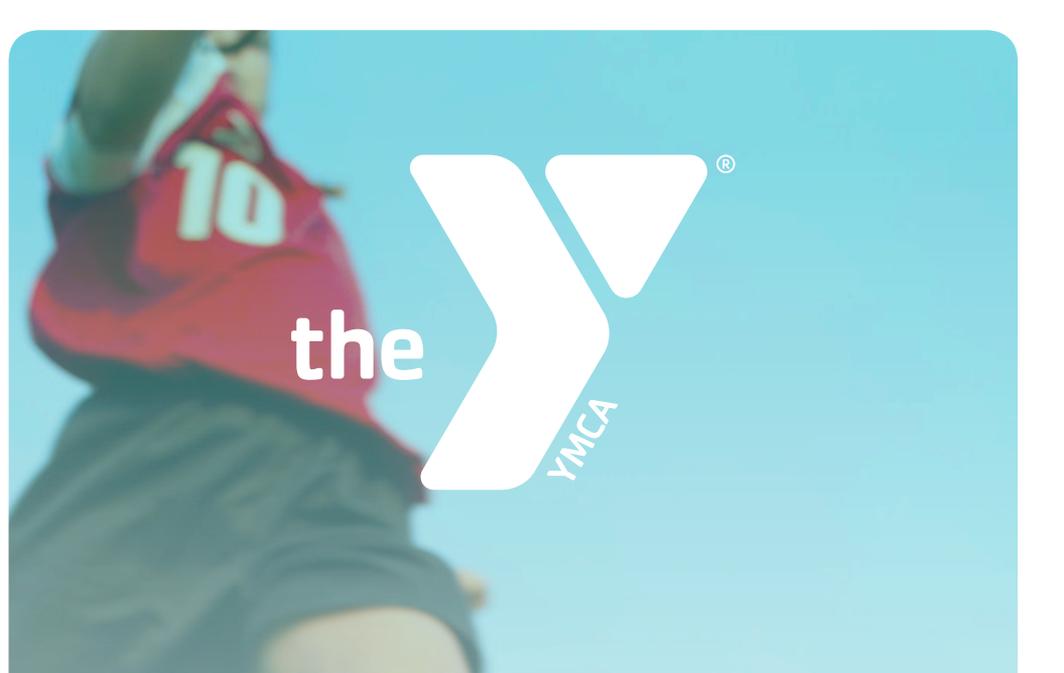
- Player registration: All players must be 18 years old or older.
- Dangerous play: Remember, the rules are specifically designed to protect all players. Anything considered by the referee to be dangerous, flagrant or out of control will be considered a foul. This includes dangerous running at top speed, even if the run would be perfectly legal in men's or women's leagues.
- Hard Kick Rule: If, in the opinion of the referee, a hard and dangerous kick above the knees is taken, a free kick will be given from the point where the kick originated. Coed — the "hard kick rule" shall apply only in the corporate soccer league.
- Blue Card: A blue card is not required when special coed rules are broken; however, if fouls are committed too often by a player, team or by everyone on

the field, the referee is encouraged to give a blue card and two-minute penalty to calm the game back to an acceptable coed level of intensity.

- Men can only touch the ball four times in succession and then another player (of either team) must touch the ball. A maximum of three men and a minimum of one woman are required on the field by all coed teams.

BASIC HOUSE RULES

- **NO FIGHTING.** This can be defined as any act or action that pertains to violent conduct (i.e. attempting and/or succeeding in striking, kicking, head butting and spitting on or at anyone). If, in the opinion of the referee, a player leaves the bench area to become involved in a fight, he or she will be ejected. An ejection for fighting will cause a player to be suspended for the remainder of the season. In general, the Y will not tolerate any fighting and players are put on notice that the police department will be contacted if it does occur.
- Any assault on a sports official is a felony in the State of California, and any person involved in such activity can expect to be prosecuted to the fullest extent of the law.
- Inappropriate language. All players will respect the rights and dignity of others. Officials are required to act if improper language is used. Any blatant or negative (swearing, taunting) language toward another person has no place in sports and will not be tolerated at this facility.
- **Red Card Suspensions**
 - The first red card a player receives will keep them out for a minimum of one additional game (to be decided by league administration). If the offense warrants more serious punishment, the league reserves the right to lengthen any suspension appropriately.
 - The second red card a player receives within a one-year span will result in a minimum suspension of the remainder of the season (if it happens to be the last game, it will carry over to the next season).
 - The third red card a player receives in a one-year span will result in a minimum one-year suspension and may result in expulsion from the league.
- **Protest.** Any protest (either of a red card or a game) must be directed to league administration within two days of the conclusion of the match. Teams may not protest a game based on the referee's judgment; a protest may only be based on incorrect enforcement of the rules.
- **Relegation/Promotion.** At the conclusion of the season, the league director reserves the right to move the two lowest ranked teams in an advanced division down to the intermediate league. At the same time, the league director reserves the right to move the two highest ranked teams in an intermediate division up to an advanced league.



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**FOR MORE INFORMATION ABOUT SPORTS,
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The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.

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