

# **2010 BLAINE SOCCER CLUB**

## **INDOOR RECREATIONAL LEAGUE RULES**

**1. All players must play at least one half of every game. When rosters are too large to permit 50%, players should have equal playing time.**

**2. Length of Games, Ball Size & Number of players:**

<u>Age Group</u>	<u>Duration of Game</u>	<u>Ball Size</u>	<u>Number of players</u>
U5	4 - 10 minute quarters	size 3	4 field players plus 1 goalie (total 5)
U6	4 - 10 minute quarters	size 3	4 field players plus 1 goalie (total 5)
U7	2 - 25 minute halves	size 3	4 field players plus 1 goalie (total 5)
U8	2 - 25 minute halves	size 3	4 field players plus 1 goalie (total 5)
U10	2 - 25 minute halves	size 4	6 field players plus 1 goalie (total 7)
U12	2 - 25 minute halves	size 4	6 field players plus 1 goalie (total 7)
U14	2 - 25 minute halves	size 5	5 field players plus 1 goalie (total 6)
U16	2 - 25 minute halves	size 5	5 field players plus 1 goalie (total 6)
Adult	2 - 25 minute halves	size 5	5 field players plus 1 goalie (total 6)

**U10 – U16 Age Groups “Blowout Rule” – to help prevent blowouts, teams that go down by 3 goals will be able to add a player to the field and play until the margin becomes less than 3 goals. This rule is designed to help teams have a more enjoyable experience as neither team benefits from a 9-0 game.**

**3. Substitutions:**

- Players can substitute while play is in progress. A "flying" substitution is one that is made when the ball is still in play. The number of "flying" substitutions made by "non goalkeepers" during a match is unlimited.
- Substitutions must enter and exit the field through the gates. A penalty will be given for players going over the boards. Entering player may not leave the box until the field player reaches the touch line or door.
- Substitutions during stoppage of play are allowed under the following conditions: Kick off, kick in, goal kick, corner kick, and injury stoppage.
- Goalkeepers - can only be changed during a stoppage of play and after the referee acknowledges that it is O.K. to do so.

**PENALTY**

If a player exits or enters the field in an illegal manner, from an area significantly away from the player benches, and the player's team gains an unfair advantage by doing so, the referee may immediately stop the game and award the offending player(s) a yellow card for unsporting behavior. He shall send off the replaced player, caution the substitute, and restart the game by a free kick to be taken by the team opposing the infringing player, from the spot where the ball was situated when the game was stopped. However, if the ball was inside the penalty area, the free kick shall be taken from the 6 m line, at the spot nearest to the position of the ball when the game stopped.

**4. Players Equipment:** The usual equipment of a player shall consist of a shirt, shorts/sweatpants, and socks, which should be consistent in color throughout the team, with the exception for the goalkeeper. Shin guards, which must be covered entirely by the sock, shall be made of a suitable material (plastic, rubber, or similar substance) and must be worn in all youth leagues. No cleated shoes are allowed. Turf-style or flat-soled shoes are ok. Absolutely no jewelry will be allowed. Earrings must be removed, not taped. Medical bracelet must be taped to body. All eyeglasses must be secured by an elastic strap or band. A player shall not wear anything that is dangerous to other players.

**PENALTY**

For any infringement of this law, the player shall be sent off the field to adjust his equipment and shall not return without first reporting to the referee, who shall satisfy himself that the player's equipment is in order. The player may only re-enter the game at a moment when the ball has ceased to be in play.

**5. Start of Play:** Home team (listed first on the schedule) will kick off. A goal can be scored directly from a kick off. The ball may be played in any direction to start play.

**6. Ball out of play when:**

- a) When the ball completely crosses the perimeter wall (Dasher Boards),
- b) When the ball hits any part of the roof, roof supports, pipes or lights over the playing field,
- c) When the ball hits the netting above and behind the field,
- d) Referee stops play for injury or any other reason,

the game shall be restarted with a free kick to the opposing team with the ball on the ground below the spot where it hit the roof, unless it hit it above the goal area, in which case the referee shall place the ball on the goal arc, closest to the point where the ball went out of play.

## METHODS OF PUTTING THE BALL IN PLAY

### A. Kick-In

When the whole ball passes over the touch line, either on the ground or in the air, it shall be kicked back into the game in any direction from the place where it crossed over the touch line, by a player of the opposite team to that which touched it last. The ball must be stationary. It shall be deemed in play immediately once it has been touched. The kick-in shall be taken within 6 seconds of the time it is placed on the line. The player taking the kick-in shall not play the ball a second time until it has been touched or played by another player. The player of the opposing team shall be at least 15 feet away from the spot where the kick-in is being taken.

A goal can be scored directly from a kick-in.

#### PENALTY

If the ball is:

- a) improperly kicked in,
- b) is taken from any position other than the appropriate point where the ball passed over the touch line,
- c) is not taken within approximately 6 seconds from the time the player taking the kick places the ball,

then the opposing team shall take possession of the kick.

### B. Corner Kick

When the whole of the ball passes over the goal line excluding that portion between the goal posts, either in the air or on the ground, having last been played by the defending team, a corner kick shall be awarded. On a corner kick, the ball shall be stationary and placed within 18 inches of the corner of the field. The corner kick shall be taken from the side of the field closest to where the ball went out of bounds.

The player taking the corner kick shall not play the ball a second time until it has been touched or played by another player. The player of the opposing team shall be at least 15 feet away from the spot where the corner kick is being taken.

A goal may be scored directly from a corner kick.

### C. Goal Clearance (replaces Goal kicks)

When the whole of the ball passes over the goal line excluding that portion between the goal posts, either in the air or on the ground, having last been played by the attacking team, the goalkeeper, standing within his own goal area **shall throw it back into play**, beyond his own goal area, but not further than the halfway line in the air. The ball shall be deemed in play as soon as it has passed outside the goal area.

The goal clearance is deemed to be correct when the ball has been touched or played by another player outside the goal area, or when it has touched the ground within the respective goalkeepers own half of the field. The players of the opposing team shall remain outside the goal area until the ball is in play.

#### PENALTY:

1. If the ball passes beyond the goalkeeper's half of field without first having been touched or played by a player or without having touched the ground, the referee shall award a direct free kick to the opposing team from the point on the halfway line that the ball crossed over the line.
2. If the ball is touched or played by the player of the same team as the goalkeeper who is making the goal clearance, or by a player of the opposing team inside the goalkeepers' penalty area, the goal clearance shall be retaken.
3. If after having cleared the ball, the goalkeeper touches it again before it has been touched or played by another player, a direct free kick shall be awarded to the opposing team from the place where the infringement occurred.

### D. Goalkeeper restrictions:

- 1) May not punt or drop kick the ball,
- 2) Must release the ball from the hands within 6 seconds of gaining complete possession, and not being hindered by another opponent player. For U5/U6 referees should allow for a reasonable amount of time.
- 3) May place the ball to the ground to play with feet, but is then not allowed to re-pickup the ball with the hand.

7. **Referees:** Depending on age, a one or two person referee system will be used. The Referee's decisions on all aspects of the game are final. Each referee will have equal responsibility and authority in calling fouls. Their authority and the exercise of the powers granted to them by the Laws of the Game shall commence as soon as they enter the locality where the field is situated, and shall cease when they leave.

**THE REFEREE SHALL:**

- a. Enforce the laws.
- b. Keep a record of all incidents that occur before, during or after the game.
- c. Act as a timekeeper and ensure that the time stipulated in the rules is adhered to, adding any time lost through accident or other cause.
- d. Have discretionary power to stop the game for any infringement of the laws and to suspend or terminate the game, whenever, by reasons of the elements, interference by spectators, or other cause he deems it necessary. In such case he shall submit a detailed report to the League Director.
- e. From the time he enters the field caution any player guilty of misconduct or unsporting behavior and, if he persists, suspend him from further participation in the game. In such cases the referee shall communicate the name of the offender to the competent authority, in a timely manner.
- f. Allow no person other than the players to enter the field without his permission.
- g. Stop the game if, in his opinion, a player has been seriously injured, to have the player removed as soon as possible from the field, and immediately resume the game. If a player is slightly injured, the game shall not be stopped until the ball has ceased to be in play. A player who is able to reach the touch line or goal line unaided shall not be treated on the field.

**8. FOULS AND MISCONDUCT**

A player who intentionally commits any of the following eleven offenses:

1. Kicks or attempts to kick an opponent.
2. Trips an opponent, i.e. throws or attempting to throw by using the legs or by stopping in front of or behind.
3. Jumps at an opponent.
4. Charges an opponent in a violent or dangerous manner.
5. Charges an opponent from behind unless latter is obstructing.
6. Strikes or attempts to strike an opponent, or spits on him.
7. Holds an opponent.
8. Pushes or boards an opponent.
9. Charges an opponent with the shoulder
10. Slides in attempt to play the ball, whether touching an opponent or not (no slide tackles allowed).
11. Handles the ball, i.e. carries, strikes or propels the ball with his hand or arm. (This does not apply to the goalkeeper within his own penalty area.)

Shall be penalized by the awarding of a direct free kick to be taken by the opposing team from the place where the infringement occurred. Should a player of the defending team intentionally commit one of the above eleven offenses within the goal area (penalty box), he shall be penalized by a penalty kick, regardless of the position of the ball, as long as it is in play.

Any player committing any of the following four offenses:

1. Playing in a manner considered by the referee to be dangerous e.g. attempting to kick the ball when it is being held by the goalkeeper.
2. Intentionally obstructing an opponent, when not playing the ball, i.e. running between the opponent and the ball, or interposing the body so as to form an obstacle to the opponent.
3. Charging the goalkeeper except when he has passed outside the penalty area.
4. When playing as a goalkeeper and within his own goal area:
  - a. After clearing the ball, it is not played or touched by the player or does not touch the ground in the goalkeeper's own half of the field, or
  - b. The ball is returned by a team-mate, and the goalkeeper controls it with his hands, or
  - c. Indulge in time wasting tactics, or
  - d. Handles a ball after receiving it from a kick-in from his/her own team.

Shall be penalized by the award of the direct free kick to the opposite team to be taken from the place where the infringement occurred, unless this was the goal area (penalty box), in which case the direct free kick shall be taken from on the 6 m line at the point nearest the spot where the infringement occurred.

## **YELLOW CARD CAUTIONS**

If a player receives a yellow card during a game, he/she must leave the playing field and sit on his/her bench for 2 minutes (running time). The time will be kept by the official nearest the player bench. Another player may be substituted for the cautioned player. If team is playing with only a minimum number of players, they will have to play short handed for 2 minutes (running time).

A player shall be cautioned if:

- a. During a "flying" substitution, enters the field before player being replaced has entirely left it, or if player enters the field from an incorrect position.
- b. Player persistently infringes the Laws of the game.
- c. Player shows, by word or action, dissent with any decision of the referee.
- d. Player is guilty of unsporting behavior.
- e. Failing to respect the proper distance at a re-start of play.

For any of these offenses (a-d), the referee shall award a direct free kick to the opposing team, to be taken from the place where the infringement occurred (unless it was committed within the goal area, in which case a direct free kick shall be taken from the 6 m line at the point nearest spot where the infringement occurred) in addition to the relevant caution and provided that no more serious infraction of the Laws has been committed.

## **RED CARD EJECTIONS**

A player shall be sent off the field if, in the opinion of the referee, he/she:

1. Is guilty of serious foul play.
2. Is guilty of violent conduct
3. Uses offensive, insulting or abusive language.
4. Receives a second yellow card violation in the same game.

The player must leave the playing area and his/her team shall play short handed until the first stoppage in play after 5 minutes (running time, excluding any stoppage of time by the referee for injury, half-time, or any other reason).

Once expelled, the player concerned may not re-enter the game, nor may he sit on the reserves bench. His team may, however, may replace the ejected player five minutes after the expulsion (as explained in the preceding paragraph). The referee shall keep the control of these five minutes. The five minutes shall start to elapse as soon as the ball comes back into play after the expulsion. The player who enters the game for the one expelled, shall only enter the field when they have received the consent of the referee and the ball is not in play.

If play is stopped by reason of a player being sent off the field for one of the offenses 3 or 4 above, without any additional infringement of the Laws being committed, the game shall be restarted by a direct free kick awarded to the opposing team from the place where the infringement occurred. However, if it is committed within the goal area, the direct free kick shall be taken from the 6m line at the point nearest the spot where the infringement occurred.

## **SUSPENSIONS**

Any player ejected from a game that results in the issuance of a red card ejection shall serve at least a one game suspension from the next scheduled game. If the League Director, after consultation with the referee, determines that a further suspension is warranted, he may rule for a suspension of more than one game. Any player ejected from a second game in the same indoor session shall serve at least a two game suspension from the next consecutively scheduled games.

## **Free Kick**

When a player is taking a free kick, all of the opposing players shall be at least 15 feet from the ball, until it is in play. The ball must be stationary and the kicker shall not play the ball a second time until it has been touched or played by another player.

Infringement:

- a. If the player taking the free kick, after having kicked the ball, plays it a second time before it has been touched or played by another player, the free kick shall be taken by a player of the opposing team from the spot where the infringement occurred. However, if it is committed within the goal area, the free kick shall be taken from the 6m line at the point nearest to the spot where the infringement occurred.
- b. If the team taking the free kick takes more than reasonable time to do so, the referee shall award the free kick to the opposing team.

## **Penalty Kick**

A penalty kick shall be taken from the penalty mark and, when it is being taken, all players with the exception of the player taking the kick and the opposing goalkeeper, shall be on the field outside the penalty area, and at least 3 m from the penalty mark. The opposing goalkeeper must stand on his own goal line, between the goal posts, until the ball is in play. The player taking the kick must kick the ball forward. He shall not play the ball a second time until it has been touched or played by another player. The ball shall be deemed in play once the ball has moved. A goal may be scored directly by such a penalty kick.

For any infringement of this:

- a. By the defending team, the kick shall be retaken if a goal has not resulted.
- b. By the attacking team other than by the player taking the kick, if a goal is scored it shall be disallowed, and the kick re-taken.
- c. By the player taking the penalty kick after the ball was in play, a player of the opposing team shall be awarded a free kick from the penalty mark.

## APPENDIX A – U5, U6, U7 and U8 ADDITIONS TO RULES

### **The Field of Play:**

Fields will be set up using approximately ½ of the length of the arena. Special taped lines will be placed to denote the field of play. Goals and nets will be placed at the center of the width of the fields along each end-line. Coaches and bench players from both teams shall be located at the center of the arena floor between the two fields.

### **Substitutions:**

Can substitute while play is stopped or “on the fly”. A “flying” substitution is one that is made when the ball is still in play. The number of “flying” substitutions made by “non goalkeepers” during a match is unlimited.

Substitutions during stoppage of play are allowed under the following conditions: Kick off, kick in, goal kick, corner kick, and injury stoppage.

U5 and U6 - At quarter breaks referee will stop game to allow substitutions.

All players must play equal amounts of time during the game. U5 and U6 - Goalkeepers must be changed at each quarter.

### **Schedules**

The field on the Eastern half of the arena will be noted on your schedule as Field A and the field on the Western half will be Field B.

First teams playing shall set up the goals (please be sure to arrive early); last teams playing games for the day shall remove goals and place them where designated by arena staff.

### **Additional**

There shall be no penalty kicks.

Kick-ins (replaces throw-ins), Goal Clearances (replaces Goal Kicks) and Free Kicks are per the normal rules. However “No corner kicks” will be played and will revert to a Goal Clearance for any ball traveling over the end boards.

No scores are to be kept.

Goalkeeper may use hands only within their goal area.

A Goal can not be scored directly off the Kickoff – please have your players pass the ball to a team mate from the Kickoff.