

Indoor House Soccer Rules

Revised April 2021

Total Sports Experience thanks the coaches, families, players, referees and spectators for their commitment and positive attitudes towards providing the best quality sports program for today's youth.

Our league philosophy is to provide teams an opportunity to develop and improve individual skills, fitness, and to improve as an overall unit. It is in the best interest of all to minimize potential injury so teams may enter the outdoor seasons in top form. Current US Soccer rules will be followed with the following exceptions.

Please note that **highlighted** areas point out rule differences between the boarded and boardless fields.

1. Coach/Manager Responsibilities:

- a. Submit a signed Code of Conduct and ensure all players have registered for the team online prior to participating.
- b. *Complete full team payment prior to Week 2 of the league schedule
 - i. Teams not paid in full by this deadline may be removed from the league.
- c. *Finalize team roster prior to Week 3 of the league schedule.

**Note: the deadline weeks listed in rule 1b, 1c, & 2b coincide with the week of league and may differ from individual team's games played.*

2. Rosters:

- a. All players must register themselves on their team's roster online.
- b. *Roster adjustments may be made up to and including the 3rd week of the season (see above note). Rosters are finalized after the 3rd week has completed.
- c. Teams who use ineligible players (see roster guidelines below) will forfeit games where an ineligible player was used.

For Adult Leagues:

- i. Roster maximum of 22 players
- ii. All players must be at least 18 years old. ID's will be checked.
- iii. **All players must have a valid Players Membership with TSE.**
- iv. Players may play for no more than two (2) different teams (be dual rostered) in any given division. When a game is scheduled and a player is listed on both rosters, the player may play for one team only during the game.
- v. Players must check-in at the front desk prior to each game for roster verification.

For Youth Leagues:

- i. NYSWYSA roster guidelines for age levels are followed.
- ii. Players are only permitted to play for one team in any given division.

3. Cancellations and Rescheduling Requests:

Indoor seasons are extremely busy at Total Sports Experience; therefore, the rescheduling of games will only be considered in extremely exceptional circumstances. To be fair to all teams, it is our intention to stick to the league schedule throughout the season. Unavailability of certain players within teams will not be an acceptable reason to reschedule games.

4. Equipment:

- a. Player equipment includes a jersey (numbers optional, but preferred), shorts, shin guards, socks that cover the shin guard, and appropriate footwear (sneakers, cleats, turf shoes).
- b. Player jerseys of opposing teams should be of contrasting color. The referee will assign pinnies to the visiting team if there is not sufficient contrast.
- c. Players may not wear jewelry or other equipment that may be deemed inappropriate, dangerous, or confusing by the referee. Hard casts are permitted with a minimum of 1" padding and permission from the referee.

5. Playing Time:

- a. League matches consist of two 25-minute halves of running time with a two-minute rest period between halves.
- b. Referees have been instructed to begin games according to the posted schedules. Coaches are responsible to watch the clock and have their team ready to start on time. Referees will announce a 30-second warning with a buzzer or whistle.
- c. The clock will start at the scheduled game time even if teams are short players (minimum 5 players for boardless field and 4 players for boarded field games).
 - i. The referee will declare a forfeit ten minutes after the scheduled start of play in the event a team fails to field a team of the minimum required players.
- d. Time may be stopped at the referee's discretion for situations that are beyond the control of the referee and/or either team.
- e. There is no overtime in the event of a tie.

6. Substitutions:

- a. Substitutions for field players may be made at any time on an unlimited basis, provided the player being substituted for is within three yards of their bench area and the substitution is made at mid-field.
- b. Goalkeeper substitutions may occur on play stoppages only. Referees must be notified when a goalkeeper change is made.

7. Ball In and Out of Play:

- a. Boardless Fields
 - i. The ball is out of play when it completely crosses the sideline, end line, touches the ceiling structure or any fixtures attached to the ceiling.
 - ii. The ball is placed beneath the spot where it touched the ceiling or its attachments (including in the penalty area) and play is restarted with an **indirect freekick**. No whistle is required to restart play.
- b. Boarded Fields
 - i. **All restarts on boarded fields are direct.**
 - ii. **The ball will remain in play except when it comes into contact with the netting or leaves the confines of the field.**
 - iii. **The ball is placed on the dotted line that runs around the boarded field and play is restarted with a direct kick. No whistle is required to restart play.**
 - iv. **Restart must begin within 5 seconds of ball placement for any free kick.**

8. Goalkeepers:

- a. Goalkeepers for **U12 leagues and above** may not punt the ball. Drop kicks are allowed. Goalkeepers for **U11 leagues and below** may punt or drop kick the ball. A drop kick is defined as kicking the ball on the first bounce after the keeper releases the ball from his/her hands. On a drop kick, the goalkeeper has possession of the ball until the ball hits the ground a second time.
- b. There are no restrictions on how far the goalie may throw or drop kick the ball.

9. Rules of the Match:

- a. **COVID-19 Rule Changes and Additions**
 - i. **PRIOR to the start of the game, the Official will remind both teams that face coverings must be worn at all times during the game (exceptions are made for drink breaks).**
 - ii. **In the event a player is not wearing a face covering properly (not covering mouth and nose), the official will:**
 1. **STOP play, warn both teams, and have all players fix face coverings as needed**
 2. **If the offending player's team is in possession of the ball, a direct free kick restart will be awarded to the opposing team.**
 3. **If the offending player's team does not have possession of the ball, play will continue until possession changes. A direct free kick will then be awarded to the non-offending team.**
 4. **After the first warning, a player not wearing a mask properly will receive a yellow card and a two-minute non-releasable penalty.**

iii. To ensure social distancing, only seven people total (players and coaches) are allowed in the bench area for games on the boarded fields. Teams with more players than can be accommodated on the field and bench can station players in the concourse. These players can be brought in and exchanged with other players at half-time and other approved stoppages. A short game stoppage can be arranged, when needed, with the game official before the game starts.

b. Players:

i. Full Boardless Field

1. Ages U13 and above - 8 vs. 8 (7 field players + 1 goalkeeper)
2. Ages U12 and below - 9 vs. 9 (8 field players + 1 goalkeeper)
 - a. Teams must have a minimum of 5 players on the field to start a game.

ii. Split (1/2) Boardless Field

1. Ages U14 and above - 6 vs. 6 (5 field players + 1 goalkeeper)
2. Ages U13 and below - 7 vs. 7 (6 field players + 1 goalkeeper)
 - a. Teams must have a minimum of 4 players on the field to start a game.

iii. Boarded Fields

1. Ages U12 and above - 6 vs. 6 (5 field players + 1 goalkeeper)
2. Ages U11 and below - 7 vs. 7 (6 field players + 1 goalkeeper)
 - a. Teams must have a minimum of 4 players on the field to start a game.

iv. On boarded fields only, a team has the option to add an extra player when they are down by 5 or more goals. Teams must return to equal numbers when the score differential is brought down to four goals.

v. For coed leagues playing 6 vs. 6 on the boarded field (5 field players + a goalkeeper), a maximum of four males can be on the playing field at any time. For coed leagues playing 8v8 on the boardless field or outdoors (7 field players + a goalkeeper) a maximum of 6 males can be on the playing field at any time.

1. If a team does not have two females, they must play short accordingly (i.e. one female present creates a one person down scenario, no females present creates a two person down scenario).

c. Benches:

- i. The home team is listed first on the schedule.

d. Start of Play:

- i. Visitor kicks off to start the game. Home team kicks off to start the 2nd half.

e. Corner Kicks:

- i. Boarded Fields: corner kicks are taken from the spot at the corners of the field.
- ii. No whistle is required for the restart.

f. Goal Box Encroachment (boarded fields only)

- i. No player from the attacking team shall be allowed in the defending goal box, unless the ball is in the goal box. This includes free kicks as well as the normal flow of the game.
- ii. If goal box encroachment is declared, the referee will award a goal kick to the defending team.

g. Free Kicks:

- i. All free kicks are direct on the boarded fields.
- ii. No whistle is required to restart play.
- iii. Opposing players must be at least **8 yards** from the ball on all free kicks on the boardless field.
- iv. Opposing players must be at least **10 feet** from the ball on all free kicks on the boarded fields.
- v. Direct and indirect kicks are restarts for fouls and infractions on the boardless field.
- vi. Indirect free kick against the defending team inside the defending team's penalty area shall be placed at the spot of the foul.
- vii. On the boarded fields, an indirect free kick against the defending team inside the defending team's penalty area will be placed at the top of the penalty box.
- viii. Penalty shots shall be taken from the penalty spot.

h. Fouls:

- i. If any offenses are deemed by the referee to be of serious nature or involve excessive force, recklessness, or violence, the referee may caution or send the player off.
- ii. **SLIDING**
 1. **There is no sliding on the Boarded fields.**
 2. On the Boardless field, players may slide to play the ball provided there are no opponents within playing distance. This may be an offensive or defensive situation.
 3. If a defensive player slides in his/her own penalty area and an opponent is within playing distance, the opponents are awarded a penalty kick. A two (2) minute time penalty may be issued at the Referee's discretion.
- iii. **There is NO OFFSIDE on any fields at TSE.**

10. Cautions and Send Offs:

- a. There are colored cards that the referee will display if misconduct is deemed serious. A carded infraction shall result in a penalty, divided into the following categories:
 - i. **Caution - Yellow Card:**
 1. Penalty or unsportsmanlike decision regarding a player. Two-minute non-releasable penalty (player is **not** released if a "power play" goal is scored).
 2. In **tournament/playoff** games only - penalties carry over in overtime until the time is served.
 3. If a Goalkeeper is issued a Yellow Card, a teammate may serve the time penalty.
 - ii. **Send Off – Red Card:**
 1. A red card results in the offending player being sent off the field. He/she (including the Goalkeeper) may not return to that game. The player may not remain on the bench and may be asked to leave the facility depending on the referee's discretion.
 2. His/her team shall play short for 5 minutes (player is **not** released if a "power play" goal is scored). At the end of the 5 minutes, the team shall play at full strength again.
 3. **Referees must inform the staff at TSE if a player or coach has been ejected.
 4. Send Offs (red cards) include leaving the bench during an altercation

11. Coaches and Bench Personnel

- a. Coaches/Bench Personnel are expected to demonstrate good sportsmanship in all of their dealings with players, parents, officials, other coaches, and management. Comments about officials should be addressed in writing to the Total Sports Experience Staff. No spectators are allowed in the bench area. **Coaches and bench personnel may be penalized for actions inconsistent with those actions.** Time penalties will not be enforced against bench personnel or coaches. Cautions and ejections given to bench personnel will be charged to the coach. In the case of two cautions, the coach will be ejected from the game.

12. Standings

- a. Point system for ranking teams:
 - i. *Win = 3 points*
 - ii. *Tie = 1 point*
 - iii. *Loss = 0 points*
- b. Tie-breaker procedures (for playoff seeding)
 - i. Head-to-head record
 - ii. Goal differential for season (max of +/- 3 goals per game)
 - iii. Most goals scored
 - iv. Least goals conceded
- c. Tie-breaker procedures (for playoff & tournament games only)
 - i. One 5-minute sudden victory period
 - ii. Penalty kicks (any five players)
 - iii. Sudden victory penalty kicks (any player)

13. Participant Misconduct and Discipline

Total Sports Experience has a zero tolerance policy towards fighting, taunting, trash-talking, and general unsportsmanlike behavior. The referee has the responsibility and the right to eject players, terminate games, and use any other measures they deem necessary to maintain a safe environment.

Any player who is ejected will incur a minimum one-week/one-game suspension from all league play at TSE. For adult leagues, the individual may also be assessed a \$50 dollar fine. The individual may not participate in any game until the fine has been paid and the suspension served. A second ejection may result in the individuals' suspension from playing for the remainder of the season.

Any player who uses a striking motion (punch, slap or swinging of the arm) will be banned from the facility for a minimum of four months.

Any player who is ejected for fighting or other violent actions may also be banned from the facility.

Any player who leaves the bench during an altercation, for any reason, may also be ejected.

Any player, who is ejected from the game, may be asked to leave the facility depending on the referee and management's discretion.

The review of an incident and the resulting disciplinary actions are at the sole discretion of TSE management.

14. Management Authority:

Unsportsmanlike and inappropriate language or conduct directed at the referees, coaches, players, fans, or employees of Total Sports Experience is not acceptable. Repeated violations will result in removal of a participant or a team for an entire season. Total Sports Experience is promoting an attitude and atmosphere of fair play, respect for others, and first-class behavior. We hold ourselves, as well as our guests to those standards.

Total Sports Experience reserves the right to add, modify, or change the rules of play at any time to ensure fair play and the safety of all teams and players.

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