

North Indoor Soccer Rules

2011

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1. RULES:

Where these rules are not sufficiently detailed to govern a situation that might arise, the officials may have regard to the Laws of the Game as set down by F. I. F. A., where adaptable.

2. CONDUCT OF PLAYERS, COACHES AND FANS:

Conduct deemed inappropriate in the referee's judgment of any player, coach or fan may result in a stoppage of play, removal of the offender and a three minute penalty to be served by one of the field players of the offending team at the time of infraction. **THIS IS A ZERO TOLERANCE LEAGUE.**

3. SUBSTITUTION:

Substitutions are either guaranteed or "on the fly". If guaranteed, the team has up to 30 seconds to complete the substitution while play is held up. **Guaranteed substitutions** are at the following times:

- a. kick-offs
- b. goal kicks
- c. corner kicks
- d. kick-ins
- e. game stopped because of injury
- f. game stopped for time penalty
- g. ball possession turn-over (failure to take kick within 5 seconds or ball leaves arena)

A team playing short-handed due to players serving a penalty is **not entitled to a guaranteed substitution.**

All other substitutions are "on the fly". The player coming off must be within the touchline in front of his/her own team bench area and has his/her hand on the boards. Players must leave and enter through the gates – a bench penalty will be called if a player goes over the boards even if it occurs before the start of the game. Goalkeepers can only be changed during guaranteed substitutions and only after notifying the referee. If violated a three-minute unsportsmanlike penalty will be assessed and a kick will be given from the top of the offending teams' arc.

4. FIELD OF PLAY:

All games are played in Rink 2 of the Anoka Area Ice Arena.

5. THE BALL:

The ball shall be a FIFA approved:

- #4 soccer ball for U10's and U12's
- #5 soccer ball for U14 and up

6. PLAYERS' EQUIPMENT:

The equipment of a player shall consist of a shirt (numbered), shorts, stockings and non-marking gym shoes (no protruding cleats) and any mandatory equipment as detailed in FIFA Laws of the Game, i. e. shin guards.

The goalkeeper must wear colors that distinguish him/ her from the other players, who shall be dressed all the same way (jersey, shorts and stocking). The goalkeeper may wear additional knee or elbow protectors.

7. REFEREE:

A referee shall be appointed to officiate each game and shall have all the authority of a referee appointed in any soccer match under FIFA Laws of the Game.

8. DURATION OF GAME:

The duration of the game shall be two (2) equal periods of twenty-five (25) minutes straight time with a five (3) minute intermission. Teams switch ends at half time. The referee may at their discretion make allowance for time lost through accident, injury or otherwise. Time shall be extended to permit a penalty kick being taken at or after the expiration of the normal period in either half. **ALL GAMES MUST END ON THE HOUR.**

9. START OF PLAY:

The first team listed on the schedule shall be the 'home' team. NIS shall establish this designation through a random process. **The visiting team shall kick off.** Every player shall be on his/ her own half of the playing area. The referee will place the ball in the center of playing area and then give a signal to start the game. A player of the

visiting team shall kick the ball in any direction. The ball needs only to move to be in play. The kicker shall not touch the ball a second time until another player has touched it. The kick off is a direct kick.

If a team is not ready for the start of play after cautioned by the referee, the referee shall start play with the team that is ready to play. Once play has commenced if the team that is not ready has too many players on the field a three minute penalty shall be called.

After a goal is scored, a player of the team against which the goal was scored shall kick off in the same manner as above.

After the half time intermission, the teams switch ends (but not benches) and the kick off shall be taken by a player of the 'home' team in the same manner as above.

In all **playoff games**, the team with the higher seeding shall be designated "Home" team for that game.

10. BALL OUT OF PLAY:

The ball is out of play:

- a. when it contacts the ceiling or the netting;
- b. when it has wholly crossed the goal line;
- c. when it leaves the playing area (over glass); and
- d. when the game has been stopped by the referee.

11. SCORING:

A goal is scored when the **whole of the ball has passed over the goal line**, between the goal posts and under the crossbar, provided it has not been thrown, carried or propelled by hand or arm by a player of the attacking side, except in the case of a goalkeeper who is within his own area.

12. THREE LINE VIOLATION:

There are no off sides in NIS soccer; however, if the ball travels towards the opponents goal in the air travels over three lines without touching or having been played by another player, touching the dasher boards or a referee before landing over the third line.

13. FOULS AND MISCONDUCT:

a. Free Kick Fouls:

- i. A free kick is awarded to the opposing team from the spot of the foul if a player commits any of the following offenses in a manner considered by the referee to be careless, dangerous, reckless or using disproportionate force:
 - A. Kicks or attempts to kick an opponent;
 - B. Trips or attempts to trip an opponent;
 - D. Interference any where in the rink;
 - E. Charging;
 - F. Charges goalkeeper;
 - G. Strikes or attempts to strike an opponent;
 - H. Pushes an opponent;
 - I. Boarding;
 - J. Holding;
 - K. Slide tackle;
 - L. Handles the ball
 - M. Fails to respect the required distance of 10 feet, after being cautioned, when play is restarted
 - N. Unsportsmanlike conduct;
 - O. Too many players on the field;
 - P. Too many boys or too few girls on the field;
 - Q. Dangerous plays (see 13c)

- ii. A free kick is awarded to the opposing team at the top of the arc of the opposing team if a player commits any of the following offenses **in the penalty box area** (if outside the penalty box, a free kick is taken from the point of the foul):
 - A. Interference;
 - B. Dangerous play;
 - C. Delay of game;
 - D. Encroachment;
 - E. Major penalty or game ejection.

b. Three Minute Penalties:

The following fouls shall result in a **three minute penalty**. The referee shall inform the offender and shall assess a three minute penalty with a blue card. The offender shall serve the penalty in the penalty box and the offenders' team shall play short during the penalty period. If any of the above occurs in the defender's penalty area, a three-minute penalty will be called and a penalty kick will be awarded. If a goal is scored during the three minute penalty, including on the penalty kick the penalized player shall return to the field.

- i. The following will result in a **three minute penalty**:
 - A. Kicks or attempts to kick an opponent;
 - B. Tripping;
 - C. Interference in defensive end;
 - D. Charging;
 - F. Charges goalkeeper;
 - G. Pushes an opponent;
 - I. Boarding;
 - J. Holding;
 - K. Slide tackle;
 - L. Deliberately handles the ball, i. e. carries, strikes or propels it with his/ her arm;
 - M. Fails to respect the required distance of 10 feet, after being cautioned, when play is restarted
 - N. Unsportsmanlike conduct;
 - O. Too many players on the field;
 - P. Too many boys or too few girls on the field;
 - Q. Dangerous plays (see 13c)

c. Dangerous Plays; Play Along Boards

In interpreting infraction 13 (a)(ii)(O) above, the referee shall consider the player's proximity to the boards as one factor in deeming a play "dangerous". **Play along the boards will be called a foul if the referee considers the play dangerous, even though the same play in the open field would not be called a foul.** If any of the above are, in the referee's judgment deemed to be serious in nature, the referee shall inform the offender and shall assess a three minute penalty (blue card). The offender shall serve the penalty in the penalty box and the offender's team shall play short during the penalty period. The game shall be restarted with a free kick from the top of the arc by the opposing team.

d. Five Minute Major Penalties:

The following fouls will result in a **five minute major penalty**. The offending player will serve the penalty in the penalty box and will not return even if the opposing team scores.

- i. The referee is the sole judge of intention and may stop the game to caution a player by showing him / her a yellow card and award a direct free kick to the opposing team if the player commits any of the following offences:
 - A. Persistent unsportsmanlike conduct;
 - B. shows dissent from any decision of the referee by word or action;
 - C. persistently infringes the laws of the game;

- D. Intentionally delays the game in the last 10 minutes of play;
- E. Swears at a referee, player, coach or fan;
- F. If any of the Three Minute Penalty fouls are, in the referee's judgment deemed to be intentional or serious in nature
- G. Denies an opponent an obvious goal scoring opportunity by an offense punishable by a direct free kick or penalty kick
- H. denies an opponent an obvious goal scoring opportunity by deliberately handling the ball

In addition, to the **five minute penalty** against the offending player, the team must have another player serve a **three-minute penalty**. The team will play short one player for the full minutes. Neither the three nor the five minute penalty will expire if the opposing team scores. Once the three minutes expire, the player serving that penalty shall be released to the field and the team will play full strength. The player serving the five minute penalty will return to the field at the first stoppage of play after the five minute penalty expires at the direction of the referee.

f. Game Ejections:

- i. The referee is the sole judge of intention and may stop the game to caution a player by showing him / her a red card and award a penalty kick (if committed in the penalty box) to the opposing team if the player commits any of the following offenses:
 - A. A player is issued two Five Minute Major Penalties in one game or accumulates three in a season. Each Five Minute Penalty assessed against a play during a season after the third shall result in a game penalty.
 - B. An intentional attempt to injure;
 - C. Fighting;
 - D. Striking or attempting to strike an opponent or any other person;
 - E. Spits at an opponent or any other person
 - F. Continual or serious unsportsmanlike conduct;
 - G. Refuses to go to the penalty box or leave the arena when so ordered by the referee;

Players receiving a red card in a game are immediately suspended from further play in that game and must leave the playing court and/or spectator areas. A five-minute penalty shall be assessed against the offending team which must be served by a teammate of the offender. A player ejected from a game is automatically ineligible for the team's next two games unless the ejection is the result of two Five Minute Penalties which shall result in a one game suspension. In addition, if, in the opinion of the referee, the foul was so severe and/or the ejected player's actions displayed a complete disregard for the laws of the game, the play may be banned from play for the rest of the season. Players who receive two ejections (unless the result of two Five Minute Majors in one game) during the season shall be suspended for all of the games remaining in that season, with no refund.

f. Penalty Kick Fouls:

A penalty kick shall be taken from the penalty mark at the top of the penalty area. When it is being taken, all players, with the exception of the player taking the kick and the opposing goalkeeper, shall be within the field of play, but outside the penalty area and at least ten feet away from the penalty mark and above the top of the box. The goalkeeper must have at least one foot on the goal line until the ball has been kicked. If the penalty kick is scored, the offending player shall be released from serving the **three-minute penalty**.

g. U16 and Above:

Each team must supply an adult for the time box/penalty area and an adult in the players' bench. One shall act as timekeeper and the other shall act as the box referee. Each player must have a player pass and a team shirt in order to play.

h. Adult Leagues:

Any play that violates the spirit of the league ("non-contact, recreational league"), shall result in a foul and if deemed willful shall result in a three-minute penalty. Repeated violations under this section may result in the suspension of the offending player.

i. Number of Players/Number of Girls on the Field:

All U10 and U12 teams shall play 6 players and a goalkeeper on the field, 2 of whom must be girls. All U14, U16 and U19 teams shall play 5 players and a goalkeeper on the field, 2 of whom must be girls. The Open

Adult League requires 5 players and a keeper and Old Fart League requires 6 players and a keeper). The Open Adult League shall have two women on the field at all times while the Old Fart League shall have three women on the field at all times. These league requirements can be adjusted by the league depending on the number of boys/girls in each league. If a team does not have enough girls on the field, they must play shorthanded by the number of girls that they are short. In other words, if you are required to play 3 girls but only have 2 on the field, you must play one player short. If you only have 1 girl available, you must play two players short. The teams can agree to modify the minimum number of girls who are required to be on the field for a specific game but no team has to agree to modify the rules. A violation of these rules will result in a three-minute penalty.

Any goal scored by a team with too many players or not enough girls on the field will be waived off and the three-minute penalty will be imposed on the offending team.

14. KICKS:

a. Kick-ins:

When the whole of the ball passes over the dasher boards at the touch line, a free kick shall be awarded to the opposing team that last touched the ball. The kick shall be placed at the point where the ball crossed the dasher boards. The kick-in can only be taken once the referee has whistled for the kick to be taken. The kick-in is a kick in any direction. Opposing players must be at least ten feet from the placement of the ball and maintain that distance until the taking of the kick. A three-minute penalty and a blue card will automatically be assessed for a violation of this encroachment rule. The kick shall then be retaken. **A goal can be scored directly from the kick-in.**

b. Goal Kicks:

When the attacking team causes the ball to go completely over the top of the dasher boards into the nets between the corner flags, the defending team will be given a free kick that is to be taken from its goal area. The ball is not in play until it has left the penalty area. A goalkeeper shall not receive the ball into his/hers hands from a goal kick until the ball has traveled outside the perimeter of the penalty area and been played by an opponent. **A goal can be scored directly from the kick-in.**

c) Corner Kicks:

When the defending team places the ball out of play over the end perimeter wall or retaining net between the corner flags, the attacking team shall take a free kick, when the referee has whistled for the taking of the kick, from the corner mark closest to the point where the ball went out of play. Opposing players must be at least ten feet from the placement of the ball and maintain that distance until the taking of the kick. A three-minute penalty and a blue card will automatically be assessed for a violation of this encroachment rule. The kick shall then be retaken. **A goal can be scored directly from the kick-in.**

d) Ceiling Kicks:

The ball is put play after any part hits any part of the roof, roof support structure, pipes or lights over the playing area by a free kick being awarded to the opposing team at the center of the **nearest** blue line. **A goal can be scored directly from the kick-in.**

e) Free kicks in general:

The kicker may not play or touch the ball a second time unless it has been touched or played either by a teammate or an opponent after the kicker has taken the kick. **The kicker has five seconds to play the ball once the referee closest has signaled to the kicker, either by whistle or by verbal instruction.** If the kicker fails to place the ball in play within the allotted five seconds, then the opposing teams gains possession of the ball at the same spot, after the guaranteed substitution has been completed. Opposing players must be at least ten feet from the placement of the ball and maintain that distance until the taking of the kick. A **three-minute penalty** and a blue card will automatically be assessed for a violation of this encroachment rule. The kick shall then be retaken. **A goal can be scored from the kick-in.**

15. GOALKEEPER RECEIVING THE BALL/PUTTING BALL BACK INTO PLAY

The goalkeeper may not play the ball with his/her hands if it has been **intentionally kicked** to him/her by their teammate and has not been touched or played by an opponent.

The goalkeeper **must release the ball into play within five seconds** after the goalie has taken possession and is not being interfered with by an opponent. If the goalkeeper fails to release the ball, a free kick is awarded to the opposing team from the top of the arc.

The goalkeeper **must advance the ball within 10 seconds after the goalie has retained control or possession of the ball outside of his/her team's penalty area.** Failure to advance the ball by the goalkeeper results in a free kick to the opposing team from the spot of the infraction.

The goalie may not punt the ball or bounce the ball off the turf to kick. The goalie must place the ball on the turf before kicking. A violation of this rule results in a free kick from the top of the arc, unless considered unsportsmanlike conduct which results in a penalty kick.

The ball is considered hand playable by a goalkeeper only when **any part of the ball is on or inside the line that defines the penalty area, regardless of where the goalkeeper is standing.** The goalie is allowed to dribble the ball into the penalty area and then play the ball with his/hers hands.

16. TIE BREAKING PROCEDURE FOR REGULAR SEASON STANDINGS:

If two teams have the same numbers of points at the end of the round robin, standings shall be determined as follows:

- a) The team that won the greatest number of matches between the two tied teams shall be awarded the higher position;
- b) If two (2) teams tied have an equal number of wins and losses against each other, the team which given up the least number of goals in the round robin will be awarded the higher position;
- c) If still tied, the team with the greatest difference between the goals scored and goals conceded in the entire round robin competition shall be awarded the higher position;
- d) If still tied, a coin toss will determine the team finishing in the higher position.

18. PLAY-OFF TIES:

- a) Each team will take five (5) penalty kicks, alternating turns, at the same end of the playing area. A different player will take each kick.
- b) If the game is tied after five (5) penalty kicks, the penalty kicks will continue until one team is ahead after an equal number of penalty kicks. The number of shooters each team must use shall equal the number of players of the team with the fewest players. If there is a tie after all of the shooters have shot, the penalty kicks shall continue going back to the original order of shooters until the tie is broken.
- c) A coin toss will be used to determine the team that takes the first penalty kick.

19. INFORMATION, PROBLEMS OR CONCERNS

If you are a referee and experience a problem, have concerns regarding the conduct of a coach, player or fan, or simply would like some guidance, please contact Steve Sexton or Steve Nash. If you are a coach, player or fan and would like to comment on the refereeing, a specific referee or a specific incident, please contact either Steve. By having an open dialogue with everyone involved with the game, it is our hope that the quality of refereeing will improve and the refereeing experience will become better. These two gentlemen are dedicated to helping our referees achieve their highest potential as referees.

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