

# Adult Soccer Rules and Regulations - Indoor

## SoccerPlex 2016

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The Maryland SoccerPlex Rules for **Indoor Adult Soccer Leagues** are governed by FIFA Laws, modified for indoor play and the following rules. The following rules shall precede FIFA Laws if conflict with said rules should arise.

### I. PRIOR TO THE GAME

- a. PLAYER PASS:** Every adult player who participates in a Maryland SoccerPlex adult league, whether indoor or outdoor, must obtain an official Player Pass issued by the SoccerPlex. To be issued a Player Pass, players must show an official government issued identification with picture and date of birth, sign a liability waiver and conduct policy and pay a fee of \$5. The Player Pass includes a picture of the player, their name, the league in which they are playing and an expiration date. Player passes are checked against the official roster prior to every game. If a player does not have a card, they are ineligible to play. If a player has a card but is not on an official roster, they are ineligible to play. If a player has lost or forgotten their card, they must pay \$25 for a replacement Player Pass. **There are no exceptions.**
- b. ROSTERS:** A new roster is required each session for all adult leagues. A roster must be turned in before the season starts or the team will not be permitted to play.
- i.** Maximum of 16 players permitted on the roster.
  - ii.** No individual will be allowed to participate in any league games or other activities unless a waiver form has been properly completed and the individual has been properly registered.
  - iii.** A registered player may play in more than one Adult League (Men's Open, 30+, 40+, 50+, Coed), however, a player may not play on multiple teams in the same division.
  - iv.** The administration will freeze rosters at kickoff of the team's 3<sup>rd</sup> match. **No exceptions.** Any team using a player not on the roster will, at a minimum, forfeit the game the player participated in and the team plays down one player for the duration of the game.
  - v.** Protests of illegal players should be made prior to the start of the game.  
Illegal/Ineligible players include:
    - 1.** Player not listed on the **official** roster
    - 2.** Player using another player's pass
    - 3.** Player not meeting the age requirement of the league
    - 4.** Player serving a RED CARD suspension
    - 5.** Player without an official current Player Pass

- vi. Home Team: The team listed 1<sup>st</sup> on the schedule.
- c. **COACHES:** In addition to the players a maximum of 1 additional adult (coach or otherwise) is permitted on the player's bench.
  - i. No coaching is permitted from opposite touchline.
  - ii. Anyone else will be asked to leave the player's bench and return to the spectator's side of the field.
- d. **EQUIPMENT:**
  - i. **BALL:** Size 5 regulation soccer ball required. Must be provided by the HOME TEAM for each game.
  - ii. **CLEATS:**
    - 1. Turf shoes or flats (including black soled) are acceptable footwear indoors. Molded cleats and metal studs are **prohibited**. Use of molded cleats may result in disciplinary action.
  - iii. **SHIN GUARDS:** Players **MAY NOT** participate **WITHOUT shin guards**.
  - iv. **JERSEYS: Each player must have a PERMANENT number displayed on his/her jersey. The same number must also be denoted on the roster.**
    - 1. In the event that both teams have similar color jerseys, the home team shall be responsible for a different colored jersey/bib
    - 2. **All field players shall wear jerseys of the SAME single uniform color.**
  - v. **JEWELRY:** Except for wedding bands, no jewelry (necklaces, piercings, earrings, bracelets, soft wristbands, hair bands etc) are permitted to be worn on the field. Disciplinary action shall be taken against all offenders.
  - vi. **OTHER:** Braces, splints, soft casts etc must be approved by the referee prior to the start of the game. Referee has the final approval on all safety equipment worn during the game, provided it is not a danger to themselves or others.
- e. **NUMBER OF PLAYERS REQUIRED ON THE FIELD:**
  - i. Men's Open, Men's 30+
    - 1. Maximum: 6 field players + 1 goalkeeper
    - 2. Minimum: 5 players must begin, continue, and conclude each match
  - ii. Men's 40+, Men's 50+
    - 1. Maximum: 6 field players + 1 goalkeeper
    - 2. Minimum: 5 players must begin, continue, and conclude each match
  - iii. Coed Open
    - 1. Maximum: 6 field players + 1 goalkeeper
    - 2. Minimum: 5 players must begin, continue, and conclude a match
    - 3. Minimum of 2 males/females (excluding goalkeeper) on the field at all times.  
A team may begin, continue, and conclude a match with 1 male or female but the team must play with 5 field players + 1 goalkeeper.



CARD and game suspension) may result for intentional, repeated, or violent slide tackling.

**e. RESTART RULES:**

- i. The "6 Second Rule":** A restart must occur within 6 seconds of placing the ball for a free kick, corner kick, throw-in, or goal kick. Failure to do so will result in a caution and an indirect free kick for the opposing team at the spot, or if the spot is inside the penalty area, immediately outside the penalty area.
- ii. The "12 Foot Rule":** Opposing players must give twelve feet on all kicks, including corner kicks. Failure to do so may result in a re-kick. A YELLOW CARD may be awarded upon Referee's discretion.
- iii.** If a ball strikes the ceiling or a light fixture, the ball will be spotted at the point of contact and an IFK will be awarded to the opposing team.
  - 1. The exception being if the ball is spotted inside the penalty area, the restart will commence from just outside the penalty area.

**f. SPECIFIC RULES FOR GOALKEEPERS:**

- i.** Punts and drop kicks are not permitted. The ball must be distributed by a throw, normal place kick or kick from a dribble.
    - 1. A throw or restart (goal kick, DFK or IFK) cannot go beyond midfield unless it is touched by another player or the ground prior to crossing the midfield line.
    - 2. If the ball fails to touch another player or the ground prior to crossing the midfield line then an IFK will be awarded to the opposing team at the spot where the ball crossed the midline.
  - ii.** Goalkeepers must release the ball within 6 seconds after gaining possession and returning to their feet.
  - iii.** Goalkeeper may NOT use his/her hands if the ball is intentionally passed (with their feet) to him by his own teammate.
  - iv.** Failure to abide by above stated rules will result in an indirect free kick immediately outside the penalty area.
  - v.** Goalkeepers may use unlimited steps to bring the ball to the boundary of the penalty area.
  - vi.** Goalkeepers are permitted to make a sliding save or slide tackle within the penalty area.
- g. INJURIES:** Any player who is bleeding must leave the field of play immediately.
- i.** Time will not be stopped for injuries. However, play will be stopped to allow the injured player to leave the playing field safely while time moves on.
- h. BALL OUT OF PLAY:** If the WHOLE ball has crossed the goal line or touchline, whether in the air or on the ground, the restart is a goal kick, corner kick or throw-in.

- i. **PENALTY KICKS:** Players taking penalty kicks are limited to the players on the field as time expires.
  - i. Penalty kicks will be taken at the top of the **BLUE LACROSSE CIRCLE (10 YARDS FROM GOAL LINE)**. The kicker is not limited to a one-step approach but must wait for the referee to blow his/her whistle to approach the kick.

### III. POINTS SYSTEM AND PLAYOFFS

- a. **POINT SYSTEM:** Three (3) points for a win, 1 point for a tie, and 0 points for a loss.
  - i. There is no overtime in any Maryland SoccerPlex adult soccer games. Games tied at the end of regulation are recorded as ties.
- b. **PLAYOFFS:** Only the top 4 teams with the most points at the end of the season will advance to the semi-finals and finals round. All other teams will not have any additional games; no consolation games will be played.
- c. **TIEBREAKERS:** Ties for Playoff position and for Playoff participation will be broken down utilizing the criteria set forth below:
  - i. Head-to-Head result
  - ii. Least amount of goals against in the season
  - iii. Most amount of goals scored in the season
  - iv. Lowest number of forfeits
- d. **NO TIES:** Playoff games must result in a winner. In the event of a tie at the end of regular time in playoffs, there is NO OVERTIME. Teams go directly to penalty kicks. Three kickers from each team will be chosen from the players on the field at the end of regulation time. If still tied after 3 kickers, sudden death penalty kicks will commence.
  - 1. If there is still a tie and no more time to play, both team representatives can agree to a coin-flip to be conducted by the Maryland SoccerPlex staff to break the tie.

### IV. CONDUCT POLICY

- a. **SPORTSMANSHIP:** Individuals are expected to play under control and within the rules of the game, and to the best of their ability will avoid causing injury to themselves and others using the facility.
- b. **CARDS:** All cards given by referees are final and are not subject to protest.
  - i. **YELLOW CARD:** Any player receiving a YELLOW CARD must return to their bench with a replacement for 2 minutes.
  - ii. **RED CARD:** A RED CARD will result in the ejection of the player for the duration of the match without replacement. A RED CARD can pertain to those on the field and those on the bench. Additionally:
    - 1. The player receiving the RED CARD **must leave the playing area** and go to the parking lot, accompanied by a team representative when possible.



- 4. Player's team forfeit 1 or more games
  - 5. Player's team excluded from Playoffs
  - 6. Player's team suspended for remainder of the season and excluded from additional seasons, without refund
  - 7. Player or Player's team permanently excluded from Maryland SoccerPlex soccer activities and/or other Maryland SoccerPlex activities, without refund
- ii. The Maryland SoccerPlex will review and consider, in its sole and absolute discretion, any written statement in the form of a letter or email from the manager, coach or representative of the offending player's team, if received within 24 hours of the incident giving rise to the possible disciplinary action and if accompanied with a \$50 non-refundable check made out to the Maryland Soccer Foundation. Only Reviews regarding violations of the laws of the game or these rules will be permitted.
- f. **MINIMUM DISCIPLINARY ACTIONS:** The Maryland SoccerPlex has established minimum disciplinary actions related to the following offenses. Nothing shall prevent the Maryland SoccerPlex from increasing the minimum disciplinary actions in their sole and absolute discretion.
- i. **RED CARD:** Any player receiving a RED CARD shall be suspended for a minimum of 1 game plus suspended from all other Maryland SoccerPlex activities (including games in other leagues) until that 1 game suspension has been served.
  - ii. **3 YELLOW CARDS:** Any player receiving 3 YELLOW CARDS in different games of a session will be suspended for a minimum of 1 game. Once the suspension has been served, the YELLOW CARD count for that player resets to 0.
  - iii. **TWO SUSPENSIONS:** Any player that receives a second suspension in any session, or separate sessions during the year, (i.e. 2 RED CARDS, 1 RED CARD + 3 YELLOW CARDS, etc) may be suspended from all Maryland SoccerPlex activities for 1 year or more.
  - iv. **VIOLENT PHYSICAL CONDUCT:**
    - 1. Any player that engages in Violent Physical Conduct will be suspended at a minimum from all Maryland SoccerPlex adult soccer activities for 1 year from the date of incident.
    - 2. Any team that accrues a second incident of Violent Physical Conduct during a session will be suspended at a minimum from the current session without refund and may also face exclusion from future sessions.
    - 3. Any incident that involves Violent Physical Conduct from more than 1 player on a team (i.e. player leaving the bench area to join a fight on the field, will result in the team receiving a suspension from Maryland SoccerPlex adult soccer activities for a minimum of 1 year from the date of incident, without refund.

- v. THREATENING OTHER PARTICIPANTS:** Any player, manager, or coach who verbally threatens another player, coach, official, spectator, or Maryland SoccerPlex staff will be suspended from all Maryland SoccerPlex activities (including soccer) for a minimum of 1 year from the date of incident.
- vi. VERBAL ABUSE OF OFFICIAL:** Any player, manager, or coach who approaches an official or other Maryland SoccerPlex staff with abusive language, or a harsh or threatening tone before, during or after the conclusion of a league game, shall be suspended for a minimum of 1 game.
- vii. IMPROPERLY ENTERING THE FIELD OF PLAY:** If any player, manager, coach, or spectator enters the field of play during a game (except when substituting or when expressly permitted by the official), the official may terminate the game and/or declare a forfeit against the offending team.
- viii. SPITTING:** Any player, manager, coach, or spectator who spits on an opponent, teammate, official, and/or a member of the Maryland SoccerPlex staff will be ejected from the game, asked to leave the playing area and go to the parking lot, and will receive a 1 year suspension from any Maryland SoccerPlex activities.