



Indoor Soccer Rules

Current as of 02/2024.

Responsibilities of Coaches and Captains

- Must be over the age of 18 and will represent the team to the league, facility, and referees. This person must be present in the bench area at all times during games without exception.
- Responsible for the conduct of their players and spectators as per Facility Policies and league/tournament policies.
- Ensure the team has an appropriate team name.
- A completed roster must be submitted as instructed by the league/tournament.
 - a) All players must register with their teams online.
 - b) *Adult Over 30*: All players must be over 30. IDs will be checked by JM McDonald staff or official at random.
- All players must sign a waiver that must be submitted prior to the first game.
- Responsible for having their team ready at game time. Referees have been instructed to begin games according to the posted schedules without exception.
 - a) An optional 5 minute “grace period” MAY be given by opponents in the event that a team is shorthanded at game time. Teams that do not meet the minimum number requirements for play will forfeit if teams do not grant this grace period, or if they do not have the required number before the period ends. In the event that opponents grant this period, the clock will begin to roll on time and the opponents will begin the game up by a score of 2-0.
 - b) Teams that forfeit, with or without the grace period, will be charged \$30 to the JM McDonald Complex. This fee must be paid before a team may compete in their next game.
- Coaches and captains are expected to know and understand these rules, and communicate them to all players and spectators associated with their team. Failure to know or understand these rules is not an excuse for not operating within them. Any questions or concerns should be directed to the Programs Director at programs@jmmcomplex.com.

Equipment

- Player required equipment includes a jersey (numbers optional, but preferred), shorts, shin guards, socks that cover the shin guard, and appropriate indoor shoes. ○ NO CLEATS

- Players may not wear jewelry or other equipment that may be deemed inappropriate, dangerous or confusing by the referee. Referees may issue a yellow card for violations.

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- Hard casts are permitted with a minimum of 1" padding and permission from the referee.
- In the event that the two competing teams are wearing a similar color jersey it will be the responsibility of the home team to change into a different color.

Behavior Policy

The J.M. McDonald Sports Complex promotes an atmosphere of fair play, respect for others, quality experiences, and first class behavior. We hold ourselves and our guests to those standards.

Unsporting and inappropriate language or conduct directed at anyone – including game officials, coaches, players, or fans is unacceptable. Repeat violations will result in removal from league.

Game Cancellation/Forfeit Policy

Teams must contact the J.M McDonald Sports Complex directly about any game cancellations or forfeits. Teams must give at least 48 hours notice before their scheduled game time if they cannot field a team. Failure to do so will result in the payment of the referee fee for both sides (\$40). Please contact Adam at Programs@jmmcomplex.com.

Rules

The USSF Laws of the Game (<https://www.ussoccer.com/referees/laws-of-the-game>) will govern play with the following adaptations:

1. Teams will play 8v8, including the goalkeeper.
 - a. Teams must have a minimum of 5 players to start, including the goalkeeper.
 - b. Teams may add one player if they are down by a goal differential of 5. That player will be removed once the goal differential becomes less than 5. This choice is at the discretion of the team in question.
2. Any foul will result in an indirect kick, not a direct kick
3. A ball contacting the ceiling will result in an indirect kick directly below the point of contact for the opposing team. A ball contacting the ceiling within the penalty area will result in an indirect kick placed just outside of the penalty area. This remains consistent with ceiling netting, and excess divider netting.
4. Games will consist of two 25-minute halves and a 2-minute halftime.
 - a. Referees are instructed to begin halftime with 27 minutes on the clock and let it roll.
5. During co-ed play two women must be on the field at all times. No team may play with more than five men at any time.

6. Defensive teams must maintain a distance of five (5) yards from the ball on free kicks and corner kicks.
7. Slide tackling and bicycle kicks are not allowed and will result in an indirect free kick. Going to ground is at the discretion of the referee.
8. During the game, substitutions for field players may be made on-the-fly at any time and on an unlimited basis. Goalkeeper substitutions are allowed, in accordance with the Laws of the Game. Players must substitute from their team area.
9. There will be a rolling clock. The clock will **NEVER** stop.
10. Penalty kicks will be taken from the top of the penalty area, NOT the penalty spot.
11. Yellow cards will result in a “power play,” similar to that in hockey. The player receiving a yellow card will sit out for two minutes of game play. Their team will play down a player during this time. However, unlike in hockey, a “power play” goal will not release the cautioned player.

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11. Red cards are a \$30 fine issued directly to the team of said player. It is payable to the Complex before that team is eligible to play again. If fine is not paid before a team’s next game, that **game will be forfeited**. Failure by the team to properly identify the ejected player to the referee and/or JM McDonald Staff will result in suspension.

Goalkeeper Rules:

1. Goalkeepers may not punt the ball to restart play. The goalkeeper may throw, kick, or drop kick the ball to restart play. The ball must touch the turf or another player on the goalkeepers’ defensive half of the field. Failure to do so will result in an indirect free kick from midfield.

Standings

Teams in competitive leagues or tournaments will be ranked by points in the following manner:

- WIN = 3 pts
- TIE = 1 pt
- LOSS = 0 pts
- Shutout Victory (tournaments only) = 1 pt

Ties in points will be broken by:

- Winner of pool play match
- H2H record
- Goal differential
- Fewest goals allowed
- Most shutouts
- A coin toss if the above tie breaking procedure does not produce a winner.

Overtime Procedures

If a winner must be declared and a game ends in a tie, each team will remove a player, and a 5-minute “golden goal” match will be played. If the game is still tied, a shootout will be played in typical style, with 3 shooters to each team, with sudden death taking affect past 3 shooters. Teams may not duplicate a kicker until each eligible player present and on the roster has taken a kick, regardless of the number of rotations through the roster.

The team to take the first kick is decided by a coin toss and the referee choses the goal that all of the kicks will be taken.

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

Please direct any questions, comments, or concerns to the Program Director at programs@jmmcomplex.com or 607-753-8100 (ext. 106).