



# LONGMONT INDOOR SOCCER

[www.LongmontIndoorSoccer.com](http://www.LongmontIndoorSoccer.com)

**LAW I: THE FIELD OF PLAY** - Dimensions: Length of the field is 165 feet. Width of the field is 75 feet.

**LAW II: THE BALL**

1. Size 5 soccer balls will be used for all adult games as well as U-13 through U-18 boys and girls.
2. Size 4 soccer balls will be used for all youth games U-12 and younger.
3. Each team must provide their own soccer balls for warm-up. The home team will provide the game ball for all matches. LIS is not required to supply a game ball.

**LAW III: NUMBER OF PLAYERS & PLAYER CARD REGULATIONS**

1. Six players, one of whom shall be a goalkeeper.
2. Minimum of FOUR players needed to start and continue a game.
3. If a team does not have four players to start a game, or wishes to add a player that is not a current member of their team, the following rules apply:
  - a) The opposing team will decide if they want to accept a 3-0 forfeit win, or they can allow the opposition to add players, play out the game, and accept the final result. This must be decided before the game starts, and the decision is final.
  - b) If a team is short on players or does not have any subs and wishes to recruit additional players from another team they must first notify the referee and also inform the opposing team. The opposing team will have the following choices
    - i) They may agree to allow the team to recruit additional players, but accept a 3-0 forfeit win
    - ii) They may agree to allow the team to recruit additional, and accept the final result of the game
    - iii) They may not agree to allow additional players, and accept the final result of the game
    - iv) Regardless of decision game will be officiated
4. Unlimited substitutions allowed at all times during the game.
5. Player subbing out of the game must be within 3 feet of the player box door and not involved in the play, prior to the substitute entering the field.
6. Any player may change places with the goalkeeper, provided that the referee is informed before the change is made, provided also that the change is made during the stoppage of the game, and provided the new goalkeeper is wearing colors that are distinguished from the other players and the referee.
7. Only players, substitutes and coaches (no more than 2 coaches) are allowed in the players' box. A team having a nonparticipating person in the players' box will be awarded a two-minute penalty. Absolutely no spectators are allowed in the players' box.
8. Teams may add a new player to their roster at any time provided that player has a valid player card. If that player has a valid card for another team that player must pay an additional \$5 to add the new team to the card. \*Players are only eligible to play for one team per league per night though.
9. Once the goal differential reaches five, the losing team may add one player, if they wish, until the difference becomes less than five.

**LAW IV: PLAYER EQUIPMENT**

1. All eligible players must present a valid LIS player card to the referee prior to entering their game.
2. All player cards must be up to date and include correct team names for each player.

3. Adult players must wear flat soled shoes or indoor turf shoes. No cleated shoes are allowed. Please consult the referee or front desk manager for clarification if you are unsure.
4. Youth players may wear cleats, flat soled shoes or indoor turf shoes. No metal studs allowed.
5. Teams must wear matching colored jerseys.
6. Goalkeepers must wear colors which distinguish them from all other players and referees.
7. Shin guards are **mandatory** (no exceptions) and must be totally covered by socks.
8. Braces, casts, etc. shall be padded and must be approved by the referee before the player is allowed to play.
9. Any player with an open wound must leave the playing field and may not return until his/her wound is bandaged.

#### LAW V: REFEREES

1. At least one official will be present during play.
2. They shall keep a record of the game.
3. All red card ejections will be filed with a referee's game report after the game. A minimum of 1 week suspension will be awarded to all red carded players.
4. Referees shall play the advantage rule anytime it applies.

#### LAW VI: DURATION OF THE GAME

1. Adult Games:
  - a) Adult Games shall be two periods of 22 minutes each.
  - b) The half time interval shall be 2:00 minute.
2. Youth games:
  - a) Youth Games shall be two periods of 20 minutes each.
  - b) The half time interval shall be 1:00 minute.
3. The clock shall be stopped for serious injuries and the injured players must be replaced.
4. Within the final two minutes of the first and second halves, the referee may stop and restart the clock if a team or player is deemed, in the referee's judgment, to be detrimentally affecting the outcome of the game.

#### LAW VII: START OF PLAY

1. The home team shall kick off.
2. Teams will change ends after each period and alternate kick offs.
3. A kick off will start the game and restart the game after a goal is scored.
4. Kick offs may be put into play in any direction.
5. A goal **can** be scored directly from a kick off.

#### LAW VIII: BALL OUT OF PLAY

1. The ball is out of play when the whole of the ball crosses the perimeter or makes contact with the safety netting. A DIRECT free kick shall be awarded to the opposing team from the touchline at a point closest to where the ball left play. The ball shall be placed no more than three feet from the wall when restarting play.
2. The ball is out of play when the ball makes contact with any element of the facility, including netting, above the white dasher boards or glass dasher boards. A DIRECT free kick shall be awarded to the opposing team from the location directly below where the ball made contact.

#### LAW IX: METHOD OF SCORING

1. A goal is scored when the whole ball has passed over the goal line, between the goalposts and under the crossbar, provided it has not been thrown, carried, or intentionally propelled by hand or arm by a player of the attacking side. The ball must cross the goal line prior to the time buzzer sounding. A goal will not be rewarded if the ball scores after the buzzer.
2. The team scoring the greater number of goals during the game shall be the winner.

#### LAW X: THREE-LINE VIOLATION

1. When the ball is played across three lines in the air towards an opponent's goal, without being touched by another player or touching the perimeter wall. A DIRECT free kick is awarded to the opposing team in the middle of the first white line the ball crossed.

#### LAW XI: FOULS AND MISCONDUCT

1. All free kicks will be DIRECT free kicks. There will be no indirect free kicks.
2. Foul accumulation
  - a) 6 foul rule: If one team commits 6 fouls a blue card will be issued to that team. A member of the team will be required to serve the two minute penalty. Any player may serve the penalty, and the penalized team is eligible to return to full strength if a goal is conceded.
  - b) 6 additional fouls rule: If a team commits an additional 6 fouls (12 total) another blue card will be issued with the same penalties stated above.
  - c) 15 total fouls rule: If a team commits 15 total fouls in one game the match will be abandoned and the team who committed the 15 fouls will be awarded a 3-0 forfeit loss regardless of the games score at the time of abandonment.
3. Fouls
  - a) Kicking or attempting to kick an opponent
  - b) Tripping or attempting to throw an opponent
  - c) Jumping at an opponent
  - d) Charging an opponent in a violent or dangerous manner
  - e) Charging an opponent from behind
  - f) Charging or checking an opponent into the perimeter wall (BOARDING)
  - g) Charging a goalkeeper within penalty area
  - h) Charging an opponent when the ball is not in playing distance
  - i) Striking or attempting to strike an opponent
  - j) Spitting at or on an opponent, coach, spectator or referee
  - k) Holding an opponent
  - l) Pushing an opponent
  - m) Intentionally handling the ball (except a goalkeeper within their own penalty area)
  - n) Playing in a dangerous or reckless manner
  - o) Fair charging an opponent when the ball is not in playing distance
  - p) Obstructing an opponent
  - q) Sliding (knee touching the turf) - exceptions for goalkeeper within his/her own penalty box.
4. Misconduct
  - a) A player shall be cautioned (Blue Carded) if he/she:
    - i. Jumping the player box wall
    - ii. Illegal equipment
    - iii. Any major foul
    - iv. Whenever a penalty kick is awarded
    - v. Delay of game
    - vi. Unsportsmanlike conduct
    - vii. Encroachment
    - viii. Bench misconduct
    - ix. Breach of any house rules (listed on wall outside field entrance)
    - x. Intentionally playing after the whistle has blown
    - xi. Commits the sixth team foul \* Team misconduct, any player may serve time penalty\*

- xii. Upon arriving late to the game, enters the field of play without the referees permission and at a time when play is not stopped.
- b) A player shall be cautioned (Yellow Carded) if he/she:
    - i. Persistently infringes the laws of the game.
    - ii. Shows by word or action dissent at any referee decision.
    - iii. Guilty of unsporting behavior.
    - iv. Receives a second 2-minute Blue Card penalty.
    - v. Spitting, chewing gum, or chewing tobacco
  - c) A player shall be ejected (Red Carded) if he/she:
    - i. Guilty of violent conduct or serious foul play.
    - ii. Uses foul or abusive language.
    - iii. Persists in misconduct after being cautioned.
    - iv. Receives a third 2-minute Blue Card penalty.
    - v. Receives a second Yellow Card penalty.
  - d) Receiving a yellow or red card will result in an automatic four minute penalty. Player receiving the yellow card must serve the full four minutes and will not be allowed back onto the field of play if a goal is scored.
  - e) Players receiving a red card must leave the facility in an orderly and timely fashion. Any remaining player may serve his/her 4 minute penalty and will not be allowed back onto the field of play if a goal is scored.
  - f) The referee may eject a player or coach for any of the above actions.
  - g) Any player(s) ejected will be reviewed by referee and managers to decide penalty and/or suspension.
  - h) Any player or team that fights before, during, or after the game will be expelled from the league and will lose their registration fees. If registration fees have not been paid in full, the remaining registration fees will be charged to manager's card that was used to secure the spot in the league.
  - i) Any team that receives 15 fouls in one game will forfeit the game and the game will be terminated.
  - j) Any team that accumulates 2 forfeits in one 10 week session will be expelled from the league and will lose their registration fees.

#### 5. Goalkeeper Restrictions

- a) Once a goalkeeper has gained control of the ball with his/her hands, he/she must release the ball into play within 6 seconds. Failure to release the ball within 6 seconds will result in a DIRECT free kick from the top of the arc for the opposing team.
- b) Once the ball has been released into play, the goalkeeper cannot handle the ball again until it has been touched by an opponent, or stoppage in play occurs. A DIRECT free kick from the top of the penalty arc will be awarded to the other team if the goalkeeper releases and re-handles the ball.
- c) At no time may a goalkeeper handle a ball that is intentionally played to him/her by the foot of a teammate. Play will restart with a DIRECT free kick from the top of the penalty arc.
- d) A goalkeeper is not permitted to slide outside of the penalty area. A DIRECT free kick will be awarded at the spot of the foul.
- e) A time penalty (Blue Card) assessed against a goalkeeper may be served by a teammate that is already on the field.
- f) A caution (Yellow Card) or ejection (Red Card) assessed against a goalkeeper will be served by the goalkeeper.
- g) A goalkeeper cannot pick up the ball if he/she has brought the ball into the penalty area from the field of play. This includes touch from the thighs, head etc. Play will restart with a DIRECT free kick from the top of the penalty arc.

#### 6. Delay of Game

- a) If the referee feels a player is intentionally delaying the game, he/she may award a 2 minute blue card penalty.

#### 7. Time Penalties

- a) Time penalties fall into three categories: 2 minutes, 4 minutes, and 5 minutes.
- b) A 2 minute penalty is awarded for a blue card.
- c) A 4-minute penalty is awarded for a yellow card or a second blue card.
- d) A 5-minute penalty is awarded at the time of an ejection. A teammate must serve the entire penalty regardless of goals scored. The player card of an ejected player will be withheld by the referee at the end of the game. Ejections will result in a minimum of a one week suspension from playing on any team, in any league for the entire time period of the suspension. Arrangements must be made with management for the players return to league play.
- e) When a coach is ejected, he/she must leave the facility in an orderly and timely fashion. A teammate must serve a 2 minute blue card penalty.
- f) If a player from each team is ejected in a single incident, there will be no 2-minute penalty served by a teammate.

#### 8. Release of players from the penalty box

- a) When they have served the full time penalty.
- b) Recipients of a blue card are permitted back on the field after a goal is scored against their team.
- c) Recipients of a yellow card must serve the full time penalty of 4 minutes, regardless of whether a goal(s) is scored.
  - i. In the situation of multiple blue cards given to one team, only one player is permitted to return to the field per goal.
- d) When a bench penalty is awarded, one player on the field at the time must serve the full penalty.

### LAW XII: FREE KICKS

#### 1. The following applies to all restarts:

- a) Ball is in play when it moves from foot contact from the initial player.
- b) The player taking the free kick may not touch it again until it has been touched by another player.
- c) Opposing players must be 10 feet from all free kicks. If opponent refuses to give 10 feet on the referee's request, he/she may be given a 2 minute blue card penalty.
- d) A player has 6 seconds to put the ball into play after it has been judged ready by the referee. Failure to do so will result in a free kick for the opposing team at the point of the original kick.

### LAW XIII: PENALTY KICKS

- 1. All fouls in the penalty area will result in a penalty kick being awarded to the other team.
- 2. Any misconduct will be at the discretion of the referee for all fouls in the penalty area
- 3. All penalty kicks will be taken from the penalty spot inside the goal arc. A run up shall be allowed for penalty kicks. Everyone except the goal keeper and the shooter will stand behind the defending team's third line until the kicker has shot.

### LAW XIV: GOAL KICKS

- 1. When the whole of the ball passes over the end perimeter wall or hits the safety netting between the corner marks, having last been touched by the attacking team, it shall be kicked into play by the goalkeeper within the penalty area.
- 2. Entire ball must leave the penalty arc before being touched by any player. No opposition players are permitted in the penalty arc during a goal kick.

### LAW XV: CORNER KICKS

1. When the whole of the ball passes over the end perimeter wall or hits the safety netting between the corner marks, having last been touched by the defending team, it shall be kicked into play on the corner spot nearest where the ball went out by a member of the attacking team.

**LAW XVI: SPECIAL YOUTH RULES (AGES 14 AND UNDER) / (Ages 14 and Over)**

1. For ages 14 and under once the goal differential reaches five, the losing team must add a player until the difference becomes less than five. For ages 14 and over once the goal differential reaches five, the winning team must drop one player until the difference becomes less than five.
2. Once the goal differential reaches ten, the losing team will add a player to make six field players and a keeper. The winning team will drop one player to make 4 field players and one keeper.

**LAW XVII: ADDITIONAL ADULT LEAGUE RULES**

1. All players must be at least 18 years of age.
2. Field players can only play on one team per league per night. Goalkeepers are permitted to play on two teams per league per night.
3. Players arriving after a game has already started must get the referees permission to enter the field and may only do so during a stoppage of play. Any player who enters the field without being waved on the referee, or enters the field while play is ongoing, will be issued a blue card.
4. Absolutely no alcohol is allowed on the field or player benches.
5. Any players that appear intoxicated or impaired may not be permitted to play by either the referee or management.

**XVIII: SPECIAL ADULT COED RULES**

1. All players must be at least 18 years of age.
2. Teams are comprised of 2 women on the field at all times. A female goalkeeper counts as a one of the two females. Teams may play the game short of 2 female players. For example, a team with only one female can play with four players on the field and not forfeit the game. Teams need a minimum of one female to play.
3. In the event that only 1 female player is fielded and is issued a blue or yellow card penalty, a man must serve her penalty. If the female player is issued a red card, their team will forfeit the game.
4. All bench penalties must be served by a male player.
5. MACHO RULE - If the referee feels that a man attempts through action or words, to threaten or intimidate a woman, the macho rule will be called and a free kick awarded.