



www.lonestarsportsfacilities.com

All Star Sports Arena

557 East Ridge Rd Irondequoit
www.allstarsportsarena.net
585-467-7250

Brighton Sports Zone

3195 Brighton Henrietta TL Rd
www.brightonsportszone.com
585-427-8701

Turin Sports Dome

260 Hogan Rd Fairport NY 14450
www.turinsportsdome.com
585-223-0575

INDOOR SOCCER LEAGUE RULES AND REGULATIONS

All of the following rules, regulations, and guidelines, apply to each team playing at All Star Sports Arena, Brighton Sports Zone and Turin Sports Dome.

We expect all coaches and team officials to be familiar and versed in each of the rules and regulations set by the facility *at all times*. If there any questions in regard to the interpretations of the “rules and regs” – please ask right away.

Please review and understand entire set of rules and guidelines prior to first game.

1. Paperwork needed for league participation

- Official League Roster and Waiver of Liability including signatures of parents or guardians for each of the players that are minors and under 18 years of age.
- Proof of Age and Insurance of each of the participants.

2. League Registration

- Teams will be placed in appropriate leagues by virtue of gender, age and skill.
- Teams may request special considerations for leagues and the league coordinator will take into consideration their request and do what is in the best interest for them as well as each of the other teams in the league.
- League Registration begins September 15th for both sessions. Completed Registration Form secures slot in league. Inquiries are to be sent to soccerleague@brightonsportszone.com.
- League Fees due Game 1 of the league.
- Completed Team Roster and Waiver Forms are required prior to taking the field for your first game.
- Teams not meeting these requirements will not be allowed into the league.

3. Rescheduling Requests or game cancellations

Rescheduling matches is very difficult and will only be granted for extreme and exceptional circumstances. To be fair to all teams, it will be our policy to stick firmly to our league schedule throughout the entire season. Unavailability of certain players within squads will not be acceptable as a reason to reschedule a match

LoneStar Indoor Soccer League – Rules and Regulations

4 . Equipment

Player’s equipment includes:

- Colored shirt matching the other players of his/her squad.
- Shorts.
- Shin Guards.
- Socks covering the shin guards.
- Appropriate indoor shoes. **OUTDOOR CLEATS ARE NOT PERMITTED.**
- **Goalkeepers** must be in a different color than the rest of the team.

Each team must have contrasting colors and it will be the responsibility of the home team (first team listed) to change uniform color or wear scrimmage vests to delineate the teams.

Jewelry: Players are not permitted to wear jewelry of any nature that is deemed inappropriate, dangerous or confusing to the referee.

Casts: Fiberglass casts are permitted as long as they are properly wrapped with 1” of padding and are approved by the referee’s standards.

4. Playing time

- (2) 25-minute halves of running time.
- The clock will start at the appropriate time – teams must be sure they are properly warmed up and are prepared at “game time”.
- Two minute rest period between halves – teams will return to the field, switch ends and begin promptly after that period.
- Time may be stopped at the discretion of the referee for situations that are beyond the control of the official and or either team.
- If the match is a draw – there will be NO overtime for a normal league game.
- Upon completion of a match, please exit the field as quickly as possible. Games require 1 hour of facility time and it is quite common for games to be stacked in several hour blocks.
- **WARM UP:** there is no on field, and/or lobby, hallway, clubhouse, tunnel, etc. warm up time before games. Please be considerate of games in progress, contract field times, and of others sharing the facilities with the league while waiting in lobbies and when entering the fields. Upon arrival, Coach is required to check in with the Front Desk Manager and follow any directions given by the Manager.

5. Substitutions

- There is unlimited, free substitution for field players throughout the entire match. Subbing is “on the fly” if you like, but you can also call for a substitution (to the referee) on your possession throw in or either team’s goal kick.
- It is recommended that if you’re making numerous substitutions that you do so upon a stoppage of play where your team has possession. (Goal kick, throw in).
- Goal keeper substitutions may only occur on stoppages of play. The referee must be notified on a goalkeeper change.

LoneStar Indoor Soccer League – Rules and Regulations

6. Goalkeeper Rules

- Goalkeepers may punt, or drop kick, the ball.
 - All punts must hit the ground on the goalkeepers half of the field.
 - A drop kick is defined as: kicking the ball on the first bounce after he/she releases the ball from their hands.
- The goalkeeper is considered to have possession of the ball until the ball hits the ground on the second bounce.
- The goalkeeper has a total of 6 seconds to play the ball from their hands. He/she may release the ball to the floor and play it with their feet any time they want – however – they are not allowed to pick it back up until an opposing player has touched the ball. The penalty for this infraction is an indirect free kick from where the goalie touches the ball.
- There are no restrictions on length of throws or drop kicks.

7. Rules for the Match

Players

- a) U-10 and below 9 -v- 9 (8 field players and a keeper)
- b) U-11 and above 8 -v- 8 (7 field players and a keeper)

Teams

- Team listed first on the schedule is the “home” team. They have choice of bench and supply the game ball.
- Visiting team has kick off in the first half – home team kicks off the second.
- If a given team goes down by 5 goals – they are allowed to add a player to the field of play to aid their cause. That extra player will be removed if the score drops back to a 4 goal deficit.

Free Kicks

- Kick off, ball may be played in any direction and is considered a direct kick.
- Opposing players must be at least 8 yards from the ball on a free kick.
- No whistle is required to restart play.
- Indirect free kicks against the defending team inside the penalty area will be placed on the spot of the infraction.
- Penalty Shots will be taken on the penalty spot (on the top of the box).

Fouls

The referees in our league have been advised to award mainly indirect kicks. If a player commits a cautionable offense the kick should be direct. If an offense is deemed by the referee to be serious in nature, involve excessive force, recklessness or violence, the referee may caution them and/or send the player off the field.

LoneStar Indoor Soccer League – Rules and Regulations

The following offenses will result in a Direct Free Kick:

- Kicking or attempting to kick an opponent.
- Tripping or attempting to trip an opponent.

- Striking or attempting to strike an opponent.
- Jumping or charging an opponent.
- Holding or pushing an opponent.
- Tackling and making contact with an opponent before touching the ball.
- Spitting.
- Handling the ball deliberately.

Slide tackling – A slide tackle is when a player slides to play the ball when an opponent is within playing distance of the ball. This may be an offensive or defensive situation. Sliding to keep the ball from going out of bounds is acceptable as long as an opponent is not in playing distance. A slide tackle in one's own box – will result in a penalty shot.

The following offenses will result in an indirect free kick:

- Goalkeeper releases the ball and touches it with his/her hands before an opponent has touched the ball.
- Goalkeeper touches the ball with his/her hands when the ball is deliberately kicked back to “him/her” by a teammate.
- Stalling or wasting time.
- Dangerous play.
- Obstruction (impeding the progress of an opponent while not within playing distance of the ball).
- Preventing the keeper from releasing the ball from his/her hands.
- Any other offenses for which play is stopped to caution or dismiss a player.

WE PLAY A “LIGHT” OFFSIDES IN OUR INDOOR LEAGUES

We call purposeful off sides (we do not want to see “cherry picking”).

If it is a close call we will not call it – if it is VERY OBVIOUS – we surely will!

Offenses warranting a CAUTION a Yellow Card

- Unsportsmanlike Conduct.
- Dissent by word or action.
- Persistent infringement.
- Delaying of the restart.
- Failing to respect the required distance when play is restarted.
- Illegal substitutions.
- Too many players on the field.

LoneStar Indoor Soccer League – Rules and Regulations

Offenses warranting an EJECTION a Red Card

- Serious foul play.
- Violent conduct.
- Spitting.
- Using offensive, insulting or abusive language.
- Receiving 2 yellow cards.
- Leaving bench during an altercation.

Coaches and Bench Personnel

- Coaches and 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 Ed Sherman, the Director of Soccer Operations via email at soccerleague@brightonsportszone.com.
- Coaches and bench personnel may be carded for actions consistent with those actions.
- No spectators are allowed in the team “bench area”. Spectators are allowed along the sideline of the field opposite the player benches.
- 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 (even from two separate bench personnel), the coach will be ejected.

8. Standings: Standings <http://allstarsportsarena.net>

9. SCORING:

3 points for a victory - 1 point for a draw - and 0 for a loss.

We do keep track of a Goal Differential with a ceiling of 3. So a 2-1 game is (+1) a 4-1 contest is (+3) and a 40-1 match would still be (+3) as well. A 10-0 result is still recorded as 3-0. If it is 10-1, we record it as 4-1, etc.

RESULTS:

Results are shown to date, using our max 3 system. In the event of a reporting error, please send a note to the soccer league email. Any corrections will be highlighted in the following weeks standings.

10. Mercy Rule: Any team down 5 or more goals may add one additional player

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