



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

Offside:

WE PLAY A “LIGHT” OFFSIDES IN OUR INDOOR LEAGUES - Purposeful off sides will be whistled dead. We do not want teams to intentionally play offside, but close calls will not be enforced. PLESAE NO CHERRY PICKING!

U10 League Special Rules:

- A goal kick for U9-U10 will require the opponents to retreat to their own half of field until the ball is in play. The ball is in play when it is kicked directly out of the penalty area. The attacking team does not have to wait for the opponent’s defenders to retreat and has the option to restart the game before should they choose.
- 2. No goalie punts for U9-U10 games will be allowed. The goalie must distribute the ball to a player in the defensive half of the field. A violation will result in an indirect free kick from the top of the penalty box nearest the foul.
- 3. There will be no heading allowed for U9-U10. A violation will result in an indirect free kick from the point of the heading.
- 7 v 7 (6 + Goalie) – if you agree with the opposing coach you may play with more on larger fields – Please advise referee before the game if a agreement has been made.

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.

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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” – THERE IS NO WARN UP SPACE
 - 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 hourblocks.
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- **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.

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

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.
- U10 Please see special rules section

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Rules for the Match

Players

- a) U-10 and below 7 -v- 7 (6 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 caution-able 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.

Some Examples of caution-able offence (RED CARD):

- Violent conduct.
- Spitting.
- Using offensive, insulting or abusive language.
- Receiving 2 yellow cards.
- Leaving bench during an altercation
- Abuse of Official

Some Examples of offenses warranting a CAUTION (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.
- 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.

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- 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.
- Illegal substitutions.
- Too many players on the field.

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.
- 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.
- **Any person ejected from a game (RED CARD) is expected to leave the facility grounds immediately. This includes the parking lot. They may return after the game has ended to collect equipment, and players.**
- **Additional Penalties may be assessed at managements discursion.**

Standings: Standings <http://allstarsportsarena.net> – Updated Mid-Week

- Each game is worth 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 and a basement of -3. In 10 – 1 game the winning team would get 3 pts and be +3, the loosing team would get 0 pts and be -3. (NO REASON TO RUN UP SCORES)
- Referees Report the final score – Please check with them prior to leaving the field to confirm.
- In the event of a reporting error, please send a note to the soccer league email. Any corrections will be highlighted in the following week's standings.
- Tie break – Points, Head to head, Goal differential, Goal for, Goals Against, Coin Flip

Lone Star 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

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