



## City of Folsom Adult Indoor Soccer Rules and Guidelines

Revised: 4/17/24

### Introduction

The following are Rules of the Game for the Andy Morin Sports Complex indoor soccer arena. These "House Rules" are written in compliance with the Official Rules of Indoor Soccer (Youth and Amateur Edition) 2016 Edition (the most currently available edition), certified by the United States Indoor Soccer Association. Due to the many adaptations of the game and because of the varieties of playing facilities and playing surfaces, the Andy Morin Sports Complex objective in drafting these rules is to promote the sport of indoor soccer in an environment that is safe, friendly and challenging. The Andy Morin Sports Complex reserves the right to change these house rules at any time.

### Field of Play

1. The field of play is adapted for the size of the facility, with dimensions of 187 feet long and 85 feet wide.
2. No team shall practice, warm up or play soccer outside the perimeter of the soccer field.
3. Teams playing the first game of the day are only allowed on the soccer field for warm-ups 15 minutes before game time regardless of if the soccer field is not being used for another activity.

### The Ball

1. The Andy Morin Sports Complex shall provide all warm-up and game balls.
2. **Do not bring your own soccer balls into the facility for any purpose.**
3. The dimensions, weight and air pressure of the ball shall be that of a standard size 5 soccer ball.

### Players and Substitutions

1. All teams participating in our indoor soccer leagues are allowed a maximum of 18 eligible players at any given time on their team roster. Players must be eligible to play in the indoor leagues as defined in this section. If a team plays ineligible players, the Andy Morin Sports Complex management has the right to remove the player(s) from the team, take away any points earned by the team in league play and/or disqualify the team from further participation in our leagues.

2. Eligible players are defined as players who are listed on the team roster at the start of each league session and have a signed release of liability on file at the Sports Complex. Team rosters are subject to approval by the Andy Morin Sports Complex. Teams and players are not considered eligible if the team has not completely filled out a team application and provided a complete team roster prior to their first game, paid the session fee in full or otherwise complied with the requirements of the Andy Morin Sports Complex to play. Teams shall not be allowed to participate in games without official approval from the Andy Morin Sports Complex. All Players MUST be 18 or older to play in the Adult leagues.
3. **Players cannot play on more than 1 team in the same division.**
4. For Women's Division: There shall be only seven players on the field at any time during a game—six field players and one goalkeeper. The minimum number of players allowed for the start of a scheduled game shall be five. Teams with fewer than five players shall forfeit the game. Games will be given a 5-minute grace period before a forfeit will be declared. The clock will start at the scheduled game time. **\*\*At no time shall there be more than 6 field players on a side.**  
During the game, if a team is losing by 6 goals or more, the losing team has the option to add one player to the field as an equalizer. The equalizing player must be removed from the field of play once the score differential reaches 2 goals.
5. For CO-ED Division: There shall be only seven players on the field at any time during a game – six field players and one goalkeeper. The minimum number of players allowed for the start of a scheduled game shall be four, with a minimum of 2 female players. Teams with fewer than four players shall forfeit the game. Games will be given a 5-minute grace period before a forfeit will be declared. The clock will start at the scheduled game time. **\*\*At no time shall there be more than 6 field players on a side.**
6. For Men's Division: There shall be only six players on the field at any time during a game - five field players and one goalkeeper. The minimum number of players allowed for the start of a scheduled game shall be four. Teams with fewer than four players shall forfeit the game. Games will be given a 5-minute grace period before a forfeit will be declared. The clock will start at the scheduled game time.  
During the game, if a team is losing by 4 goals or more, the losing team has the option to add one player to the field of play as an equalizer. The equalizing player must be removed from the field of play once the score differential reaches 2 goals.
7. Unlimited substitutions are allowed. Players, including goalkeepers, being substituted must **leave the field of play completely before** the player coming into the game may enter onto the field of play. The substitution of players must be a smooth transition. The player being substituted and the player entering the game cannot interfere with play or play the ball during the act of substitution. Jumping into the other team's box or leaving the field of play except by going into the designated "HOME" or "VISITORS" bench area is prohibited.
8. There shall be a two-minute time penalty for any team having too many players on the field during a game. The player who entered the field to cause the infraction serves the time penalty.

## Equipment

1. All players other the Goalkeepers, must wear matching jerseys with permanent numbers (no ink, tape, etc.). Players, other than goalkeepers must wear team uniforms consisting of the same color and style jersey, shorts, socks, shin guards and appropriate soccer shoes for indoor play must be worn at all times. **Field players may not wear long pants/sweatpants or the like except for religious reasons.**

2. Goalkeepers must wear jersey colors that distinguish them from all other field players (both their own team and opponent) and from the referee. Other permitted equipment includes gloves, and GK pants other than shorts. If wearing GK pants, shin guards are still mandatory equipment.
3. All footwear used for indoor soccer must be clean and free of debris. NO METAL STUDS.
4. When two teams have jerseys of same or similar color, the home team is required to change colors. The sports complex will make scrimmage vests (pinnies) available. Any team refusing to change colors or wear scrimmage vests will forfeit the match.
5. Shin guards must be covered by socks.
6. **A player may not wear any jewelry or other accessory such as a Fitbit, including newly pierced earrings or body piercing of any kind, ever. We do not allow taping or band-aids on pierced earrings-they must be removed prior to play.** The only exception will be for medical bracelets or religious artifacts; those must be taped in place. No casts or splints are allowed at any time, no matter how padded.
7. Players who are otherwise able and fit to play but must wear an ACL type knee brace may be allowed to play if they conform to the following:
  - a. The brace must be covered with a neoprene sleeve or similar product designed for the purpose of protecting all players and the wearer.
  - b. The referee must inspect the brace, and if in the opinion of the referee the brace does not constitute a danger to the player, the player's teammates, opponents and officials, the player can participate.
  - c. The player must get approval from the Andy Morin Sports Complex prior to play.
8. No player will be allowed to play or continue to play if they have sustained an open cut or wound with exposed blood on self or uniform. Players with such injuries must leave the field immediately and seek medical attention. All such injuries must be bandaged and completely covered and without blood exposure before the player will be allowed to re-enter the field of play and only with the approval of the referee. All residual blood must be completely removed from the player's skin or clothing before the player will be allowed to further participate in the game.

## Referees

1. One or two referees will be on the field of play at all times.
2. Referees are the sole decision-makers of games and they shall enforce the Rules of Play. The decision of the Referees regarding the facts connected with play and interpretation of the rules of play are final.
3. The Referee may (at their discretion) reverse their decision provided play has not been restarted.
4. The Referee has the sole discretion to assess penalties, assure fair play, and maintain control of the game during stoppages and as players and team personnel enter and exit the field of play. This includes the power to:
  - a. Award or disallow a goal.
  - b. Suspend or terminate a game.
  - c. Start, stop and re-start the game clock.
  - d. Prohibit field entry.
  - e. Summon security should problems arise.

5. The Referee will be required to file a game report which will provide the Andy Morin Sports Complex with information regarding any disciplinary action, incident, injury, violent conduct or persistent unseemly behavior or any other circumstances occurring before, during or after a game.
6. In all instances, the Referees are subject to the rules and policies of the Andy Morin Sports Complex.

### Duration of the Game

1. Games will begin according to the complex provided time clock.
2. Adult league games shall consist of two periods of twenty-two minutes each.
3. Half time shall be approximately two minutes in length. Referees are required to ensure that games start and end on time.
4. The running score keepers clock shall only be stopped in cases of serious injury. Only the referee has the authority to stop the game clock. In all other instances, the game clock shall run continuously and count down through each half and overtime period.
5. If the game clock should malfunction, the referee shall be the sole timekeeper.
6. Teams have approximately three minutes to facilitate leaving the field after a game has ended and to allow the teams playing in the next scheduled game to enter the field and get ready to start a game.
7. Game schedules are subject to change at any time and any changes are up to the sole discretion of the League Director.

### Start and Restart of Play

1. The ball shall be deemed in play when it has moved in any direction. The Home team shall kick off the first half of play. The Visiting team shall kickoff the second half of play.
2. The ball is out of play when the whole of the ball clears the perimeter wall. This includes striking any part of the protective netting that surrounds the field or strikes any part of the building structure including but not limited to the ceiling. The restart for this violation shall be a direct free kick. The ball shall be placed within three feet from the spot of the ball closest to the where the violation resulting in the stoppage of play occurred. **Opponents must stay 15 feet clear from the spot of the kick.** A goal **CAN** be scored directly from a kick in.
3. A superstructure violation occurs when a player **intentionally** strikes the ball and the ball contacts any part of the building above the field of play; a direct free kick shall be taken by the non-offending team at the middle of the white line (CIRCLE PROVIDED) closest to where the ball was played. In addition, in the case of the ball striking the ceiling or other part of the building superstructure, a **ONE**-minute administrative time penalty shall be given to the offending team, but only if in the opinion of the referee, the player played the ball with intent to strike the ball and the result being contact with the superstructure and it not being considered a deflection. The **ONE**-minute administrative penalty rule shall apply only to contact made by a player with the ball using the legs and feet but not with the head. **(Also refer to number 4 under “The Ball In and Out of Play”.)**

4. In all restarts, a player shall have only five seconds to put the ball legally into play after the referee has indicated that play may resume by blowing the whistle. Failure to do so will result in a turn over to the opposing team who will be awarded a direct free kick. All free kicks are direct free kicks.
5. Except at the end of a half, play restarts after each goal with a kickoff by the team that was just scored upon.
6. If in the opinion of the referee, it is unclear as to who committed a violation of the rules during a game, the referee may re-start the game with a drop ball. The drop ball shall be administered as close to the spot of the violation as possible. The ball shall not be deemed legally in play until it has touched the ground.
7. In all instances where play is to re-start by a free kick, all opposing players must stay at a distance of at least 15 feet from the spot of the kick. If an opponent refuses to **immediately withdraw the required 15-foot distance from the ball, the referee shall issue a two-minute penalty for unsportsmanlike conduct.**
8. The goalkeeper may continue play by any legal means such as dribbling and passing with the feet when the ball is received by the goalkeeper **during live play.** In the instance where an attacking player has caused the ball to cross over an end perimeter wall between the corner flags or markers, the goalkeeper shall re-start play by releasing the ball by hand.
9. When the ball is played across the three white lines in the air and towards the opponent's goal without being touched by another player or without touching the perimeter wall, floor or referee, a direct free kick shall be awarded to the opposing team at the center of the white line closest to where the initial kick was taken. **There will be no three-line violation if a team has two players in the penalty box.**
10. In the case of a free kick, the player taking the free kick cannot play the ball again until another player has touched it. This includes playing the ball off a wall or the referee.
11. If an offense is committed in the penalty area and in the opinion of the referee is not severe in nature or a cautionable offense, a direct free kick will be awarded at the top of the penalty area. In this instance the referee may not issue a two-minute penalty.
12. When the whole of the ball passes over the end perimeter wall between the flags or marks after last being touched by a player of the defending team, a corner kick shall be awarded to the attacking team. The corner kick shall be taken from the corner spot nearest to where the ball went out of play. A goal can be scored from a corner kick.

### **The Ball In and Out of Play**

1. The ball is "in play" after every legal kick-off or re-start. The ball remains in play after it has traveled in any direction and until a stoppage is recognized by the Referee.
2. For restarts within the penalty arc, the ball is not considered "in play" until the ball is put into play by the team who was awarded the restart and the ball has cleared the penalty arc.
3. The ball is considered "out of play" once any stoppage occurs and is acknowledged by the referee. This includes all goals, fouls, misconduct, time penalties, injuries, out-of-bounds, three-line violations and superstructure violations.

4. Superstructure violation: If the ball is struck in an intentional manner (subject to the referees interpretation) resulting in it coming in contact with any part or portion of the ceiling structure, lighting fixture or heating/cooling element above the playing surface, the following will occur:
  - a. A one-minute time penalty will be served by the offending player.
    - i. EXCEPTION: IF THE VIOLATION IS BY THE GOALKEEPER, A FIELD PLAYER MAY BE SELECTED TO SERVE THE TIME PENALTY.
  - b. The offending team will play "short" until the time penalty has expired.
  - c. The restart, to be initiated by the opposing team, will occur at the center dot nearest to where the structure was touched and at the indication of the referee by whistle.

### **Method of Scoring**

1. A goal is scored when the whole of the ball legally crosses over the goal line between the goal posts and under the cross bar. A goal may be scored directly from a goal kick, free kick, kick-offs, corner kicks and keeper throws provided the three-line violation has not occurred.
2. The team scoring the greater number of goals during a game is declared the winner. Games can end in a tie.
3. No goal shall be allowed if an outside agent alters the path of the ball while it is on its way over the goal line. The proper re-start in this instance shall be a drop ball except for a penalty kick, in which case the kick shall be re-taken. The referee shall have the sole discretion to penalize the team responsible for the interference in play by the outside agent. The penalty shall be a two minutes penalty to be served by a member of the offending team.

### **Fouls and Other Violations**

1. Referees shall use the 3-card system to control play as follows:
  - a. A Blue Card signifies a serious violation of the rules has occurred and brings a two-minute penalty on the offending player. At the discretion of the Referee, the clock may be stopped during the last two minutes of either half to allow for the removal of the player from the field. The clock will restart on the Referee's whistle.
  - b. A Yellow Card signifies a second blue card to repeat offender and brings a two-minute penalty on the offending player.
  - c. A Red Card signifies a flagrant violation and/or violent conduct, excessive use of force or there has been a third blue card issued to a repeat offender. This brings a five-minute penalty. The Referee shall also eject the offending player from the game. The ejected player shall not be allowed to continue or return to the field of play. The ejected player must leave the Andy Morin Sports Complex grounds immediately. Play will not resume until the ejected player has left the facility.
2. A Referee may issue a Blue Card for serious violations of rule number 3, 4 and 5 below. A Referee may issue a Red Card for flagrant and violent violations defined in rule 4 and 5 below.
3. Major fouls resulting in the award of a direct free kick are:
  - a. Kicking or attempting to kick another player.
  - b. Tripping or attempting to trip another player.
  - c. Jumping at or attempting to jump at another player.

- d. Charging at another player in a violent or dangerous manner.
  - e. Charging another player from behind.
  - f. Striking or attempting to strike another player, official or spectator.
  - g. Holding an opponent.
  - h. Pushing an opponent.
  - i. Obstructing an opponent.
  - j. **Charging an opponent into a perimeter wall otherwise known as "boarding" an opponent.**
  - k. Charging at an opponent when the ball is not in playing distance.
  - l. **Slide tackling shall be strictly prohibited.**
  - m. **Playing the ball while on the ground, sitting or laying shall be prohibited.**
  - n. Intentional handling of the ball, other than by the goal keeper, to deny an obvious goal scoring opportunity shall result in a penalty kick and ejection of the player committing the offense.
  - o. Verbal abuse or taunting another player.
  - p. Charging the goalkeeper.
  - q. Spitting or attempting to spit at another player, official or spectator or within the field of play or surrounding facility shall be strictly prohibited and shall result in immediate ejection from the game and from the facility.
4. A player shall be cautioned for misconduct for violations of the following:
- a. Persistent infringement of the rules of play.
  - b. Dissent by words or actions to the decision of the referee.
  - c. Unsportsmanlike conduct.
  - d. A player receives a second two-minute time penalty.
  - e. A player is guilty of a breakaway foul.
  - f. There is intentional shooting on the goalkeeper after the whistle has sounded.
  - g. The offending player refuses to go to the penalty box.
  - h. There is an intentional foul to deny an obvious goal scoring opportunity.
  - i. Boarding an opponent.
5. **An ejected player shall not be allowed to further participate in the game and shall immediately leave the Andy Morin Sports Complex facility.** An ejected player shall serve an automatic minimum one game suspension. The referee shall file a 24- hr Send-Off Report immediately following the game where the ejection occurred and no later than 24 hours after the game has concluded. The ejected player may be subject to additional sanctions after the ejection report has been reviewed by the Andy Morin Sports Complex. A player may be ejected for the following misconduct:
- a. Violent conduct and serious foul play.
  - b. Foul or abusive language and/or gestures.
  - c. Persistent misconduct or serious foul play.
  - d. Receipt of a third two-minute penalty.
  - e. Leaving the bench area to participate or engage in misconduct at any time.
  - f. Persistently violating the rules of the Andy Morin Sports Complex.
6. The Referee may caution or eject a player, coach or spectator for any actions listed above in rule 3, 4, and/or 5.
7. **Special Rules for Goalkeepers:**
- a. In the opinion of the Referee, if a foul is inadvertently committed against a goalkeeper, the Referee shall award a direct free kick against the offending team.
  - b. A goalkeeper is considered in control of the ball anytime the goalkeeper is holding the ball **or is in contact with the ball within the penalty arc.** A goalkeeper cannot be charged nor the ball played at this time.

- c. Opposing players may not hinder or obstruct the goalkeeper when they are releasing or attempting to release the ball.
  - d. Goalkeepers who have gained possession of the ball **WHETHER BY FEET OR HANDS** will have five seconds to release the ball into play. The ball must leave the arc.
  - e. Goalkeepers cannot at any time handle the ball a second time after the ball has been released into play unless the ball has been touched by another player or there has been a stoppage in play by the Referee.
  - f. Goalkeepers cannot handle the ball that has been passed back to the goalkeeper by a teammate, if the pass was by use of the feet. A goalkeeper may handle the ball if the pass back was by any other part of the body including the head, chest and thigh.
  - g. A goalkeeper may not dribble the ball from outside the arc and then pick it up by hand within the arc.
  - h. A goalkeeper who deliberately handles the ball outside the penalty arc shall be judged with committing a serious violation. The Referee shall award a direct free kick and a Blue card two-minute penalty shall be awarded against the goalkeeper.
  - i. In the situation where the goalkeeper makes a save within the penalty arc but the momentum carries him outside the penalty arc and he uses his hands to handle the ball outside the penalty arc, the Referee may consider that the violation is not severe in nature and the Referee need not award the two minute time penalty.
  - j. IN THE EVENT THAT THE GK VIOLATES THE SUPERSTRUCTURE RULE (reference number 3 under “Start and Restart of Play” and number 4 under “The Ball In and Out of Play”), THE OFFENDING TEAM SHALL WITHDRAW ANY PLAYER OF THEIR CHOOSING (EXCEPT THE GOAL KEEPER) TO SERVE THE ADMINISTRATIVE TIME PENALTY IN PLACE OF THE GOALKEEPER.
8. Special Rules for CO-ED play:  
 Leagues at the Andy Morin Sports Complex are meant for recreational play. Referees shall enforce the following special rules in games involving teams of mixed gender:
- a. There shall be only seven players on the field at any time during a game – six field players and one goalkeeper. The minimum number of players allowed for the start of a scheduled game shall be four, with a minimum of 2 Female players. The maximum number of **Male field players may not exceed 3**. The maximum number of Female field players may not exceed 4. The goalkeeper may be of either gender.
  - b. On a penalty kick, shootout, kick in or free kick against a female goalkeeper, a female must take the kick.
  - c. If, in the opinion of the Referee, a shoulder charge by a male on a female is too rough, a free kick shall be awarded.
  - d. No male player, through his actions, shall attempt to threaten a female player in any way. This includes forcefully striking the ball towards a female player. This includes the situation where there is a female goalkeeper. It will be completely up to the Referee to decide if there is a violation of this rule.
  - e. Goals scored by female players shall be given the same value as a goal scored by a male player.
  - f. Goals may be scored by female players from anywhere on the field subject to the 3-line rule. Male players may only score goals in the offensive half of the field and only after a female player on the same team has touched the ball while in the offensive half of the field. Therefore, if a male player carries the ball into the offensive half of the field, a female player on the same team is required to touch



- the ball before the male player can score. If a female player carries the ball into the offensive half, any player may subsequently score.
- g. Rule number 8 under "Players and Substitutions" will be observed during all CO-ED play.

### **Time Penalties**

1. Time penalties are as follows:
  - a. Two minutes – Blue Card.
  - b. Two minutes – Yellow Card.
  - c. Five minutes plus ejection of the offending player – Red Card.
2. In the case of a five-minute red card penalty, the ejected player shall not return to the game and is required to leave the Andy Morin Sports Complex facility. The five-minute time penalty shall be imposed on the offending team who will play shorthanded for the entire length of the five-minute penalty. **The offending team will not be allowed to return to full strength until the entire five-minute penalty has been served.**
3. The referee shall file an ejection report immediately following the game where the ejection occurred and no later than 24 hours after the game has concluded.
4. Two minute time penalties can be assessed at the discretion of the referee any of the following infractions:
  - a. Illegal substitutions.
  - b. Illegal equipment.
  - c. Any offenses under rule number 3, 4, 5, and 7 of "Fouls and Other Violations".
  - d. Whenever a penalty kick is awarded.
  - e. Whenever a player is cautioned.
  - f. Delay of the game by any player.
  - g. Unsportsmanlike behavior.
  - h. Encroachment on free-kicks.
  - i. Bench misconduct.
5. **AUTOMATIC EJECTION: SPITTING ON THE TURF OR ANYWHERE INSIDE THE SPORTS COMPLEX.**
6. If in the opinion of the referee, a foul is committed on an attacking player that is on a clear breakaway towards the goal, the offending player shall be given a mandatory two-minute penalty. The attacking team will also be awarded a Shootout.
7. Except in the case of Red Card penalty, players under time penalties must serve the penalty in the player bench area and will be released from the player bench area under the following conditions:
  - a. At the expiration of the full penalty time.
  - b. After a goal is scored against their team. The exception to this is when an equal number of players from both teams are serving penalties, in which case, neither player may be released from the player bench area.
  - c. If more than one player from the same team is serving penalties at the same time, only one player may be released after a goal is scored against their team
  - d. When three or more players are serving time penalties in the player bench area, the referee must make sure that there continues to be four players left on the field. **The time penalty for the third player does not start until the time penalty for the first player expires.**
  - e. The Referee has the discretion to not issue a time penalty when equal numbers of players from each team are ejected in a single incident.

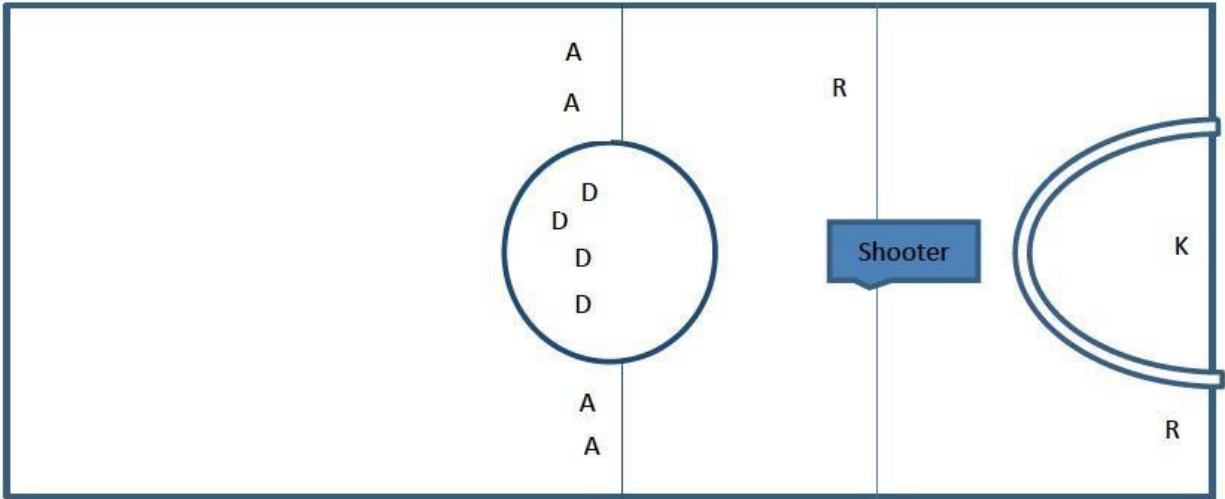
8. It is at the sole discretion of the Referee to play the advantage rule and not stop play for an infraction even if that infraction was severe enough to draw a two-minute penalty. This "delayed time" penalty will be signaled by the Referee by the raising of the Blue Card above his head, thereby acknowledging that the foul has been committed while at the same time communicating to the players to continue with play. No whistle shall be blown by the Referee during this action. The Referee may issue the two-minute penalty once the offending team has touched the ball, any other stoppage has occurred or a goal is scored during the blue card advantage. If a goal is scored as a result of the advantage call, no time penalty shall be issued to the offending player.

## Shootout

1. A Shootout is awarded for the following fouls committed by a Defender in the Defensive HALF of the field:
  - a. A foul within the Penalty arch or goal for which they receive a Time Penalty;
  - b. A foul from behind against an attacking player, having control of the ball and one or no defensive players between the attacking player and the goal;
  - c. Any foul where the defender is the last player on their team between the attacking player with the ball and the goal.
2. All players of the attacking team will stand on or behind the Halfway line and outside the Center Circle.
3. All players of the Defending team will stand behind the Halfway line and inside the Center Circle.
4. The referee shall place the ball at the restart mark nearest the attacking goal.
5. The goalkeeper must have at least one foot on his (her) Goal Line and may not move off of it until after the Referee whistles the Shootout to begin.
6. Once the referee whistles the Shootout to begin, the ball is "live and in play"—there is NO FIVE SECOND RULE.
7. A foul by the keeper against the shooter anywhere will result in a PENALTY KICK.

### Positions for Shootout:

1. Keeper one foot on goal line.
2. Shooter at red line.
3. Defenders inside circle behind halfway line.
4. Attackers outside halfway circle behind halfway line.
5. At whistle play is live-no 5 second rule.
6. Foul by keeper against shooter anywhere-penalty kick.



### Penalty Kicks

1. Any foul committed by the Goalkeeper on the player taking the Shootout at any time during the sequence, results in in a Penalty Kick and Blue Card.
2. AND WHEN SHOOT OUT FOUL OCCURS WITH LESS THAN 5 SECONDS ON THE CLOCK.
3. Time shall **NOT** be extended at the end of a period to allow the taking of the penalty kick.
4. The ball is placed at the Free Kick mark (top of the arch) nearest to the attacking goal.
5. The Goal Keeper must keep both feet on the Goal Line and must not move off the line until the ball is kicked.
6. Once the referee has whistled the start of the PK, the player taking the kick has (5) five seconds to strike the ball.
7. The player taking the kick may not touch the ball again until another player has touched it.

For questions, contact Parks & Recreation at 916-461-6650.