

# 2025 Winter Indoor Soccer Rules

Revised 12/25/24

## Coed Division 5v5

- Adult coed must always play with both genders on the field. Minimum of 2 females on field.
  - If not enough females, teams will play down a player for each female not on field.
- Teams must have matching jerseys with individual numbers that match their roster.
- Referees will be provided at each game. Captains will provide a roster to ref at each game. A copy of each roster will be at Lab Performance
- Games will start on the hour- clock will start. (2 -25 min halves)
- No cleats or shoes with studs on field.
- Shin guards are required (Player will be removed if not wearing)
- Walls can be used during game play
- Subs are allowed if they are rostered players of our League (RSL)
- Subbing is allowed through regular season if the sub is a paid player in that division.
  - Example: Coed subbing must use subs playing in RSL Coed division
  - Captains will check rosters
- If a team wants to use a sub from another RSL division, the player must be dual enrolled
  - Example: The subbing player must be on a roster in RSL's coed and mens
  - Captains will check rosters
- Rosters will be checked at each game.
- FIFA Laws of the game will be used accordingly except for:

- Punts by the goalie will not be allowed.
  - Goal kicks and throws must hit the ground before passing the half-way line.
  - Offsides will not be in effect.
  - If the ball hits the roof of the facility, it is considered out of bounds.
  - No slide tackling.
  - If one team is up by 8 goals, the team in the lead will have to remove their goalie.
  - Subbing- on the fly versus with referees call in.
- Must adhere to Code of Conduct within bylaws
  - Playoffs and Championships- Teams can only use their rostered players from time of registration. No subs from other teams are allowed.
  - Standing are calculated by:
    - 1> Total Wins
    - 2> Total Goals Differential
    - 3> Total Goals For
    - 4> Head-To-Head
    - 5> Total Goals Against
    - 6> Lowest Number of Forfeits
    - 7> Coin Toss
  - Follow standings at: <https://www.teamsideline.com/sites/roanokesoccer/home>

### **Men's and Women's Division 5v5**

- Teams must have matching jerseys with individual numbers that match their roster.
- Referees will be provided at each game. Captains will provide a roster to ref at each game.
- Games will start on the hour- clock will start. (2 -25 min halves)
- No cleats or shoes with studs on field.
- Shin guards are required. (Player will be removed if not wearing)
- Walls can be used during game play
- Subs are allowed if they are rostered players of our League (RSL)

- Subbing is allowed through regular season if the sub is a paid player in that division.
  - Example: Coed subbing must use subs playing in RSL Coed division
  - Captains will check rosters
- If a team wants to use a sub from another RSL division, the player must be dual enrolled
  - Example: The subbing player must be on a roster in RSL's coed and men's
  - Captains will check rosters
- Rosters will be checked at each game.
- FIFA Laws of the game will be used accordingly except for:
  - Punts by the goalie will not be allowed.
  - Goal kicks and throws must hit the ground before passing the half-way line.
  - Offsides will not be in effect.
  - If the ball hits the roof of the facility, it is considered out of bounds.
  - No slide tackling.
  - If one team is up by 8 goals, the team in the lead will have to remove their goalie.
  - Subbing- on the fly versus with referees call in.
- Playoffs and Championships- Teams can only use their rostered players from time of registration. No subs from other teams are allowed.
- Must adhere to Code of Conduct within bylaws
- Standing are calculated by:
  - 1> Total Wins
  - 2> Total Goals Differential
  - 3> Total Goals For
  - 4> Head-To-Head
  - 5> Total Goals Against
  - 6> Lowest Number of Forfeits
  - 7> Coin Toss
- Follow standings at: <https://www.teamsideline.com/sites/roanokesoccer/home>