



**Iowa Soccer Club**  
**Adult Over 30/35 Coed Indoor League - Rules**

**Rule 1 - The Field Of Play** - The field of play is 25 (W) x 40 (L) yards.

**Rule 2 - The Ball** - A size 5 ball will be used for all games.

**Rule 3 - The Players**

**3.1 Roster Size** – Teams are allowed a maximum roster of 8 eligible players.

**3.2 Playing Numbers** - 5v5 (4v4 + keepers).

**3.3** If your team uses more than 8 players in any given game or uses players not on the roster, your team will forfeit the match.

**3.4** Teams must have five players dressed and ready to play, with shin guards and jerseys on by the time the referee blows the whistle to start the game. . If your team does not have 5 players ready to play at the start of the match, your team will forfeit the match.

**3.5** If your team starts the game with five players but at some time during the match you play with less than five players due to an injury, the game will not be counted as a forfeit as long as the injured player is able to return to the match and play for at least half of the match.

**Rule 4 – Forfeited Matches**

**4.1** If a team does not have enough players to play a scheduled match and forfeits the match, the league will still allow the game to be played as a “friendly.”

**4.2** A team may use guest players from other teams in the league in order to play the scheduled match as a “friendly.” A team may only use players already registered with the league. If a team uses a player that is not registered in the league, the offending team will forfeit its next match as well the current match.

**4.3** A forfeited match will be recorded as a 0-8 loss to the forfeiting team.

**4.4** In the rare event that both teams must forfeit a match, both teams will be awarded 0 points and the score will be recorded as a 0-8 loss for both teams.

**Rule 5 - The Players' Equipment**

**5.1 Uniform:** Players, other than Goalkeepers, must wear the t-shirt/jersey provided by the league.

**5.2** The Goalkeeper must wear a jersey color distinguished from all other field players and from the Referees

**5.3** Players are NOT allowed to wear cleats on the HTRC surface.

**5.4** All players must wear shin guards.

**5.5 Dangerous Equipment:** A player may not wear any jewelry or other accessory. If a player is unable to remove a necklace or ring, it is taped to his chest or finger. Casts, splints, or body braces made of a hard substance must be padded to the satisfaction of the Referee.

**Rule 6 - The Start and Restart of Play**

**6.1 Start of Play:** A “Kickoff” from the Center Mark starts play at the beginning of each Half and after every goal.

**6.2** The ball may be put into play in any direction-indirect kick. The kick-off is an indirect kick.

**6.3** Kick-ins are used for restarts when the ball crosses a touchline. Kick-ins are indirect.

**6.4** Corner Kicks are direct.

**6.5** Goal kicks are direct free kicks.

**6.6** All restarts (including free kicks) with the exception of the kick off, must be taken within 6 seconds. Failure to put the ball back into play in 6 seconds will result in a loss of possession.

**6.7** If a ball hits the roof or any fixture attached to the roof, the ball will be placed directly below the place of contact and the team not in possession of the ball will be awarded an indirect free kick.

**6.8** The opposing team must immediately and automatically be 12 feet (4 yards) away from any restart.

**Rule 7 - The Duration of the Game** - Games will be 45 minutes in duration, with a running clock and no half-time.

**Rule 8 - Fouls**



**8.1** A foul, resulting in a Direct Free Kick, is assessed to a player who commits any of the following offenses in a manner that the Referee considers careless, serious, reckless, or involving excessive force:

- (a) Kicking an opponent
- (b) Tripping an opponent
- (c) Jumping at an opponent
- (d) Charging an opponent
- (e) Striking or elbowing an opponent
- (f) Pushing an opponent
- (g) Holding an opponent
- (h) Handling the ball (except by the Goalkeeper within his Penalty Box)
- (i) Slide tackling – **Slide tackling is not allowed** - Players must stay upright and “on their feet.” This does not stop players from sliding to stop/intercept a ball but NO contact can be made with opposing players.

**8.2** A foul, resulting in an Indirect Free Kick, is assessed to a player who commits any of the following offenses

- (a) Playing in a dangerous manner e.g. high kicks or playing the ball while on the ground.
- (b) Impeding the progress of an opponent (“Obstruction”)
- (c) Preventing the Goalkeeper from releasing the ball from their hands
- (d) Goalkeeper handling the ball, having been passed deliberately and directly to him from a teammate; except that he may handle a ball which a teammate passes to him by the head, chest, or knee.

## 9 Other Violations

**9.1 Cautionable Offenses:** The Referee issues a Yellow Card for serious or reckless violations of Rule 8.1 .1 and for the following

- (a) Deliberate Handball: Handling the ball deliberately (or by a Goalkeeper outside of his Penalty Arch)
- (b) Goalkeeper Endangerment: Endangering a Goalkeeper within his Penalty Box by sliding or charging into him, regardless whether he is in control of the ball;
- (c) Provoking Altercation: Making physical contact with an opponent (e.g., pushing or poking), short of fighting.

**9.2 Ejectionable Offenses:** A person receives a Red Card for violations of Rules 8.1 and 8.2, which the Referee considers violent or use of excessive force, and for:

- (a) Receiving a second Yellow Card;
- (b) Elbowing: Intentionally elbowing an opponent above the shoulder;
- (c) Vicious Slide Tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him;
- (d) Fighting: Striking or attempting to strike an opponent with intent to injure;
- (e) Extreme Unsporting Behavior:
  - (i) - Spitting at an opponent or any other person;
  - (ii) - Persistent use of extremely abusive language or behavior toward a Game Official.
  - (iii) - Bodily contact with a game official.

**9.3 Red Card Penalty** - Any player or coach who is red carded must leave the HTRC turf area before the game will restart. This means that the player or coach must exit the turf area completely until the game is completed.

**9.4** Players or coaches receiving a red card or ejection before, during, or after a game are prohibited from playing or coaching in their team’s next match.

**9.5** A player or coach who is serving a suspension is not permitted to participate or coach ANY TEAM for the duration of the suspension.

**9.6** Each Red Card will result in a \$25 fine for the team. Fines must be paid in full before the team will be allowed to participate in their next match. Even if the player chooses not to attend the next scheduled match, the fee must be paid before the team will be allowed to play its next match.

**9.7** Referees will give ALL players only one warning regarding the use of inappropriate or foul language and players may be yellow carded if the use of bad language persists following the warning from the referee.

## 10 - Substitutions

**10.1** Substitutions are unlimited and “on the fly”.



**10.2** Each team may substitute players freely; provided that, players must substitute off the field of play or within the Touch Line in the area of their Team Bench, For substitutions within the touch line, neither the player entering the field nor the player being substituted may play the ball while the other is on the field. If a player does play the ball the referee will award an indirect free kick.

### **11 - Goalkeepers**

**11.1** A goalkeeper has possession any time he/she has a part of his/her body covering the ball unless he/she is using his/her feet as a field player.

**11.2** Once in possession of the ball, the goalie has 6 seconds to release the ball into play. Infringement Indirect free kick.

**11.3** The goalie is NOT allowed to punt the ball. Infringement Indirect free kick.

**11.4** Goalkeeper handling the ball, having been passed deliberately and directly to him from a teammate; except that he may handle a ball which a teammate passes to him by the head, chest, or knee. Infringement Indirect free kick.

Please Note - The penalty area is the 6 yard box and very small.

**12 Off-Sides** – there is **NO** offsides.