



CNYFSC Adult Indoor Soccer Rules

BALL SIZE:

For Men's, Women's & Coed Leagues the ball size shall be a regulation size 5.

FOULS AND VIOLATIONS:

The most current "FIFA laws of the game" shall govern all soccer competition, unless stated otherwise in these Indoor Soccer Rules.

FREE KICKS:

All free kicks are direct, except for the kickoff. Opposing players shall be 10 feet away and shall not move towards the ball until the ball has been put in motion.

KICK OFFS:

Ball may be put into play in any direction. A goal may not be scored directly. Guest team gets the first kickoff and the Home team gets the kickoff in the beginning of the second half.

SLIDE TACKLES:

There shall be no slide **tackling** by field players. Goalkeepers shall be allowed to perform a slide tackle save but only in the penalty area. A free kick may be awarded at the point of infraction. A field player may slide to play a ball if an opposing player is not in a challenging radius.

5 GOAL ADVANTAGE RULE:

When a team is ahead by 5 or more goals, the opposing team may put an extra player on the field. The extra player may remain on the field until the losing team is down 2 goals. Once the losing team is behind 2 goals they must take their extra player off the field. The losing team may only add the extra player back once they are down 5 goals again.

CAUTIONS:

A blue card shall be a 2 minute releasable penalty. A Yellow card shall be a 3 minute releasable penalty. A red card is an ejection for the player and that team plays one player short for 5 minutes non-releasable.

RED CARDS:

The red carded player must sit for the remainder of the game and will be suspended for a minimum of one game. The adult player must then leave the building for the remainder of the game. Each Red Card will be reviewed by the CNY Indoor Soccer Referee Association & CNYFSC Management to determine whether the penalty deems longer than a one game suspension. The team manager will be responsible for reporting the players name to the referee and CNYFSC Management.

EQUIPMENT:

All players must wear shin guards at all time on the field and they must be fully covered for the safety of the other players. The only shoes allowed are Turfs or Flats. Cleats shall not be allowed. Hard plastic or metal jewelry shall not be worn during the game under any circumstances. Players with hard casts are not permitted to play unless determined safe and granted permission by the referee.

SUBSTITUTIONS:

Substitutions for field players and goalkeepers may be made at anytime during the game on an unlimited basis. The substitute player may not enter the field of play until the player being substituted for is within the dashboard and substitution line at his or her own Team Bench area or off the field of play before the substitution is made.

NUMBER OF PLAYERS:

Men's & Women's Leagues will play 5 plus a Keeper
- Minimum number of players is 4 players

Coed Leagues will play 6 plus a Keeper, 3 of the players must be female.

- Minimum number of players for Coed is 5 players
- If a team has only 2 girls they play down a player, you can not sub a guy for a girl
- Maximum number of male players is 4
- If a team has zero girls the game will be a forfeit

MENS OVER 30 RULE:

Each team may have ONE player 28 or older. The player must turn 28 before the start of the session. Any questions on any player ID will be checked.

ADMINISTRATION RULES: All teams must be paid in full by before the 3rd game; Referees will hold games until paid; Team managers will be held responsible if not paid; All rosters are to be turned in at 1st game; Changes can be made up until 3rd game; Rosters require signature by all players; Players can only play for 1 team per division.