

LEXINGTON/LOUISVILLE INDOOR SOCCER LEAGUE



Simplified Rules

ALL PLAYERS (OR PARENT IF PLAYER IS UNDER THE AGE OF 18) MUST SIGN THE TEAM ROSTER/WAIVER FORM PRIOR TO THE FIRST GAME.

NUMBER OF PLAYERS:

- U5 and U6 Teams play 4V4 - four (4) field players without a goalie. (No referee or scorekeeping)
- U5 and U6 Teams can begin and play the game with three (3) players without forfeiting the game.
- U5 and U6 maximum players on roster = 10.
- U8 through Adult Teams play 5V5 - four (4) field players and one (1) goalkeeper.
- U8 through Adult Teams can begin and play the game with four (4) players without forfeiting the game.
- U8 through Adult maximum players on roster = 12.
- A grace period of five (5) minutes is allotted for each team.
- If a team does not have the minimum number of players, which is listed above, present after five minutes, the game will be counted as a forfeit. For U8 through Adults, forfeits will count as a 9-0 score.
- Dropping below the minimum number of players, which is listed above, (by injury or ejection) will constitute a team disqualification (forfeit).
- A coin toss shall determine which team shall take the kick off and which goals each team will defend.

FIELD DIMENSIONS:

100 feet in length by 60 feet in width.

GOAL DIMENSIONS:

All goals are 6.5 feet by 10 feet.

FIELD MARKINGS:

Halfway Circle - All players must be outside the halfway circle on their defensive half of the field on all kick offs.

Penalty Arc – At each end line from the outside edge of the goal, a penalty arc will be marked at a 15 foot radius.

Penalty Kick Dot - The penalty kick dot will be marked at a 20 feet distance out from the middle of the goal.

Corner Kick – A corner kick arc will be marked at a 1 foot radius on all four corners of the field.

BALL:

Our leagues will use a regulation low bounce ball. U5 through U12 will use a size 3 and U13 and above will use a size 4. Lexington Indoor Soccer League will provide the game ball.

TIME PERIODS:

- U5 and U6 games will consist of four (4) eight (8) minute quarters. There will be two (2) minutes between quarters.
- U8 through U12 games will consist of four (4) ten (10) minute quarters. There will be two (2) minutes between quarters.
- U13 through Adult games will consist of two (2) twenty-two (22) minute halves.
- Half time will last for five (5) minutes in all age groups.
- The clock will run continuously during all games.

OVERTIME:

- There will not be overtime in any games except during the playoff game at the end of the season.
- In the event of a tie score at the end of regulation during the playoff game, the game will be decided by a 4-person shootout (rotating between teams after each shot).
- If the game is still tied after the shootout, there will be a sudden-death shootout that will decide the game. Only players on the floor at the end of regulation play are eligible for the shootout.

GENERAL:

- A goal will be awarded to a team that legally propels the ball completely across the plane of the opponent's goal line, within the limits of the goal.
- **There is absolutely no slide tackling permitted. This will result in a yellow card.**
- Players may be added to a team's roster up to the second game of the regular season.
- Players must play at least one game during the regular season to be eligible for the playoff game.

EQUIPMENT:

- Only low bounce soccer balls may be used for warming up, outdoor soccer balls are not permitted.
- A game ball will be provided, and may not be used by teams for warming up.
- Team must wear matching colored T-shirts or Jerseys.
- No jewelry, hats, or shorts with pockets are allowed.
- Molded soccer cleats, soccer turf shoes, indoor soccer shoes, or tennis shoes are allowed.
- No screw-in cleats allowed!!
- Shinguards are required on all players.

SUBSTITUTIONS:

- Substitutions may be made on the fly or during dead ball situations.
- Substitutions may also be made for injured players.
- Substitutions may **not** be made for ejected players.
- Unlimited substitutions are allowed.
- A substitution for the goalie **cannot** be made on a shootout.

GOALKEEPERS:

- One player from each team shall be designated as the goalkeeper.
- The goalie must wear a different colored shirt from the other players so that the officials can clearly identify him/her.
- The goalie may use his/her hands within the penalty arc to trap, catch, or hold the ball.
- The goalkeeper may change positions with any other player on the field when there is a stoppage of play.
- Anytime the goalkeeper is changed the official shall be notified.
- The goalkeeper has **five (5)** seconds to put the ball into play once he/she has possession.
- Failure to put the ball in play in the allotted time will result in an Indirect Free Kick to the opposite team at the penalty kick dot.
- The goalkeeper may not punt or drop kick the ball at anytime. An Indirect Free Kick will be awarded to the opposite team at the penalty kick dot.
- Goalie throws must hit the floor or a player before crossing the centerline. An Indirect Free Kick will be awarded to the opposite team at the penalty kick dot.
- The goalkeeper may not handle the ball that has been kicked back by a teammate. If the ball is played back to the goalie by a teammate from below the waist, the goalkeeper may not handle the ball with his/her hands. A Penalty Kick will be awarded.
- A goalkeeper may not touch or pick up a ball that he/she has dribbled into the penalty arc.

Goal Clearance - The keeper throws the ball into play after the ball goes over the end line after last being touched by an opponent. This replaces the goal kick in outdoor soccer. The throw must leave the penalty arc. The opposing team must stay out of the penalty arc during the throw. If a player from either team plays the ball before it leaves the penalty arc, the keeper retakes the throw. The keeper cannot touch the ball a second time until another player touches it.

PENALTIES:

- The following infractions will result in a **Direct Free Kick**:
 - Handling the ball
 - Holding, pushing, or striking an opponent
 - Jumping at an opponent
 - Kicking or using the knee on an opponent
 - Charging an opponent violently
 - Handling by the goalkeeper outside the penalty arc
 - Violently or intentionally fouling the goalkeeper while in possession of ball in the penalty arc
 - Goalkeeper intentionally striking an opponent with the ball.
- The following infractions will result in an **Indirect Free Kick**:
 - A player touching the ball a second time, before another player touches it during a kick-off or free kick
 - Goalkeeper taking more than four steps, or delays in getting rid of the ball
 - Charging illegally (not violent or dangerous)
 - Interfering with the goalie
 - Obstruction (other than holding)
 - High Kicking.
- The Following infractions will result in a **yellow card**:
 - Attempting to kick the ball while in possession of the goalkeeper
 - Encroachment
 - Slide-tackling
 - A player (on the floor) *wearing jewelry* after the game has started
 - Failure to comply with the directions of game officials

The Following infractions will result in a **red card**:

- Serious foul play
- Violent conduct
- Spitting at an opponent or any other person
- Denying the opposing team a goal or an obvious goalscoring opportunity by deliberately handling the ball
- Denying an obvious goalscoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick.
- Using offensive or insulting or abusive language and/or gestures
- Receiving a second caution (yellow card) in the same match

Player Ejections:

- Two yellows on a single player during any one game will result in an ejection from the game and that player may not be substituted for.
- An official shall disqualify, without caution, any player who flagrantly fouls the goalkeeper in possession of the ball.
- Players receiving red cards will be ejected and disqualified for the rest of the game **and the next game.**
- Players who are ejected from the game *may not be substituted for*; the team must play shorthanded for the remainder of the game.
- Ejected players must meet with the Director of Soccer Development before being allowed to play again.
- A team that receives four (4) yellow cards –OR– two (2) red cards will be disqualified from the game; and receive an automatic forfeit regardless of the score.

PENALTY KICK:

- A penalty kick is awarded for fouls committed by the defense within their own penalty arc.
- The penalty kick is taken from the dot that is marked 20 feet out from the center of the goal.

DANGEROUS PLAY:

- Dangerous play is any act that an official considers likely to cause injury to any player.
- This includes playing in such a manner, which would cause injury to oneself or another player.
- Penalties for dangerous play include at minimum an Indirect Free Kick, and a maximum of a player ejection.

SPECTATOR RULE:

- Spectators will not be allowed on the soccer field during play.
- The referee will monitor the playing area.
- All spectators must observe play from the designated spectators area.

MERCY RULE:

- If after the expiration of ten (10) minutes in the 2nd half, a team is up by 10 or more goals over their opponent, they will automatically receive the win and the game will be stopped.
- At any time during the final ten minutes of the 2nd half the scoring differential becomes ten or more, the game will be called in accordance with the mercy rule.

CO-ED RULES:

- A team must consist of at least the following combinations:
 - 1 Women and 4 Men (five players)
 - 1 Women and 3 Men (four players required to avoid a forfeit)

MISCELLANEOUS:

- If the ball is played completely over the touchline, the opposite team will receive a kick in. All kick ins must be done within four (4) seconds.
- If the ball is hit into the ceiling, the ball will be rewarded to the opposite team for an indirect kick from the spot where it hit the ceiling.
- On the kick-off to start each half or after every goal, the defending team must stand behind the center circle on their defensive half of the field.
- Defenders MUST be ten (10) feet from the ball on any awarded direct or indirect kick; failure to comply with directions given by the referees may result in a yellow card (after warning).
- During a penalty kick all players must be behind the centerline of the side of the field not being used.
- High kicking is a judgment call by the officials. Generally, a high kick is described as playing the ball with the foot above the level of the waist, with another player within one-to-two steps. Because there is a higher risk of injury to another player, a call will be made (i.e. a player attempting to “head” a ball while an opponent is trying to kick the ball). If there is not inherent danger to another player (i.e. no other player within the immediate area), the play will continue with the referee noting “Play-on Advantage”.
- Players continuing to play dangerously after being warned may be ejected from the game.

BLOOD RULE:

- If and when an official observes a player is bleeding, or has an open wound, or has an excessive amount of blood on his/her uniform (clothing), the player must leave the game.
- In an instance when a substitute is not available, the official may allow time for the player to receive medical attention, but the time may not be excessive in the judgment of the official. The clock will run.

EJECTION:

In the case of an ejection, the player not only must leave the premises but also needs to meet with the Director of Soccer Development, Garrett Stark, before she/he may play again.