

#### LAW V REFEREES

The Rochester Sports Garden will supply a certified referee for all games held at its facility. A referee shall be appointed to officiate in each game. His authority and the exercise of power granted to him by the rules of indoor commence as soon as he enters the field of play and do not end until he leaves the facility grounds. Abusive language toward a referee will result in time penalty, ejection, suspension, and/or fines. Judgments and Interpretations-coaches and players must respect the judgment regarding the violation. It is vital that the players and coaches adjust to refereeing differences, just as referees adjust to the demands of each game.

#### LAW VI DURATION OF THE GAME

The duration of the game shall be 2 equal halves. 25 min. each. A grace period of 5 min. shall be given to all teams; this shall begin at the scheduled start of play. The referee has the power to play two equal halves of lesser time due to circumstances that warrant it or delay the start as time allows or pause/add time to the end of a game/half in the event of any card able offenses or unsportsmanlike delay of game. All forfeits are recorded as 4-0.

#### LAW VII START OF GAME

The ball does not have to go forward to begin. After the referee's whistle, the ball may be put into play with a touch and may not go directly into the Goal.

#### LAW VIII BALL IN AND OUT OF PLAY

The ball hitting the net anywhere around the playing field or into the player's box is considered out of play and will be restarted with:

~ Goal kick- direct free kick in goal box

~ Corner Kick-direct free kick in corner spot

~ Ceiling- Ball will be put back into play with a direct free kick underneath the point it hit the ceiling. If it happens in the attacking penalty box, it shall be placed at the dot.

~ Youth League Only ~ The play will be declared dead if the ball enters the sideline (space between the dashed line and the wall) and quick, clear attempts are not made or are not successful at bringing the ball back out from the sideline.

The ball is in play once it has been touched. A team has 5 seconds to put ball into play after ball is in correct position and defense is 10 feet from the ball (A second whistle may apply in some cases).

#### LAW IX METHOD OF SCORING

A goal is scored when the whole of the ball has crossed the goal line, between the goal posts and under the cross bar and also has been acknowledged by the referee.

The goalkeeper may throw the ball into the net, except for overtime play.

#### LAW X OFFSIDES (This law will not be enforced)

#### LAW XI FOULS AND MISCONDUCT

All fouls are basically the same as in outdoors but result in a direct free kick. While indoors, safety and fair play will be taken into consideration at all times. The differences between indoor and outdoor at the soccer center as follows:

##### A. SLIDE TACKLES

There will be no sliding! Goalkeepers must start and finish slide inside his or her goalie box, once they leave the box, they are field players. Violation is a direct kick, and possible card. Violation in goal box is a penalty kick. Playing on the ground is also deemed a foul (player's knee or higher touching the ground).

##### B. DANGEROUS PLAY

This will be called with safety and fair play being taken into consideration at all times. Particular attention will be focused on showing of the sole above the ball while challenging or tackling for the ball and play at the boards.

##### C. SPITTING

Please use the trash bins inside the player's benches.

##### D. ENCROACHMENT

Anyone walking up to a dead ball with the purpose of delaying the start of play will get a team warning, then a blue card.

##### E. TIME PENALTIES

Time penalties are similar to hockey where they may be delayed or on the spot and are usually of a more serious manner of violation or a consistent breaking of rules.

1. BLUE CARD-This is a two-minute releasable penalty. The penalized team will play short a player for up to two minutes. Once a goal is scored against the penalized team the player may enter the field. If both teams are down a player and a goal is scored, both remain short because no one had the advantage.

2. YELLOW CARD-Any foul that requires a yellow card, the individual teams will play short for three full minutes, un-releasable.

3. RED CARD-Possible \$50.00 fine for player before next game and one game suspension. A longer or shorter suspension may be applied depending on severity of card. All ejectionable penalties will result in a five-minute un-releasable penalty. In addition, the player will be told to leave the playing field; the game will not start until this time. Each red card will be looked at for possible further action against the player and/or team. Furthermore, the conduct of the individual and team after ejection will be noted.

NOTE: - 1st Blue Card (2 minutes), 2nd Blue (Yellow + 3 minutes unreleasable) 3rd Blue (red and 5 minutes unreleasable)

Yellow (3 mins. unreleasable), 2nd yellow (red Card, 5 mins. unreleasable)

Red (5 mins. unreleasable penalty)

##### F. GOALKEEPERS RESTRICTIONS

1. Hand to Hand-A goalkeeper, having attained full control of the ball in his hands, and having released ball from his hands, cannot touch the ball with his hands again until it has been touched by a player from the other team. Bouncing is allowed. Any infringement will result in a direct free kick at circle, (FIFA Rules)

2. Five Seconds-If the goalkeeper, in the opinion of the referee, has obtained full possession of the ball, and delays more than 5 seconds putting the ball; into play, the referee shall restart play with a direct free kick at the circle. The goalkeeper has unlimited steps.

3. Punting-Goalkeepers may not punt the ball but may drop kick it. Attacking players may not interfere with drop kick unless it has bounced twice on the ground, then it is a free ball.

4. Possession-Possession will be at the judgment of the referee at the given moment. Generally, bring the ball in to the body, catching the ball or directing the ball while it is on the ground will be considered possession. Stopping a ball with open hands or arms will be acceptable.

5. Scoring – the goalie may score by kicking or throwing the ball into the ball into the goal. The Goalie may not throw the ball into the goal to score during overtime.

## G. GOALKEEPER NOTES

If a keeper is given a time penalty, someone else from the team that is on or off the field can serve it with the referee's permission. Substitution for the keeper may be done at any stoppage of play and with notification of the referee.

Breakaway rule: Anyone taken down from behind or slowed down from behind while on a clean break-away in the attacking half of the field will be awarded a shoot-out. Time is stopped, the fouler will be awarded a card of some sort. Anyone on the field will be able to take the shoot-out. They will start from the yellow line, the goalkeeper will start on their line, all other players on midfield. On the whistle all players are live.

## H. FREE-KICKS

A second whistle will not be used unless there has been a substitution or 10 feet is asked for. A team has 5 seconds to put ball into play after it has been put into proper position and people are 10 feet away. This will be used to keep the game flowing.

## I. PENALTY-KICK

All penalty-kicks will have a second whistle and kicker will be known by referee and keeper. No players will be between the top of the box and the goal being shot on. All other people will be outside of box and not along the side. A foul with the results of a penalty kick will carry a minimum of a blue card.

## ADDENDUM TO THE RULES:

A. All free kicks are direct, except opening kick-off and after a goal. Also any indirect infraction in the penalty box (i.e. obstruction, dangerous play...) will be a direct free kick from the circle.

B. A player may not play on two (2) teams in the same division i.e. Ricky plays for the Sharks in the "A" division, Ricky cannot play for the Cosmos in the "A" division.

C. Fighting: Automatic red card. Team plays shorthanded for five (5) minutes, unreleasable. Players must sit out a minimum of two (2) games and will be fined. If the offense is very serious, a harsher penalty will be assessed.

D. For Co-ed teams: Co-ed must have two of each sex on the field, if personnel do not allow for this then the team will have to play shorthanded. Players serving time penalties and goal keepers count towards the two-player requirement.

E. Injury stoppage goes to team in possession.

F. All kicks are direct except kickoff.

G. Only coaches and players are allowed in player's box, **NO SPECTATORS**. Coaches must be rostered.

H. Advanced skill level players may be asked not to play on lower skill level leagues at the facilities discretion

I. Hand(s) may not be used against boards after initial contact.

J. If any player comes off the bench in an aggressive manner the game will end and their team will forfeit.

K. Every player must be registered with The Rochester Sports Garden utilizing the online RSG software.

L. Playoff eligibility is determined by your attendance and participation in regular season games. Each player must be on team's active roster, and each player must scan in for each game they attend. You must play in at least 3 regular season games in order to be playoff eligible.

M. Forfeits will carry a \$40 fine. This fine must be paid by your next scheduled game.

N. Playoff Overtime is golden goal and starts 6v6. Each minute play is reset with a kickoff and one player from each team leaves the field (min. is 2v2, kickoff possession alternates). For Coed, if play becomes 3v3 or lower, only 1 female player must be on the field at a time. If a team receives a card when play is 2v2, that team does not lose a player. Instead, the opposing team gains an extra player for the duration of the card to make play 3v2.

O. Teams losing by 5 goals or more will be allowed to add an extra player to the field until the deficit is reduced to 4. \*Women's league only.

## LAWS OF THE GAME



### LAW I THE FIELD OF PLAY

Field # 1 & 2

175 x 75

Both fields are fully turfed with MISL goals, dasher-boards and electronic scoreboard.

### LAW II THE BALL

Size 5 ball

### LAW III NUMBER OF PLAYERS ON FIELD (Including Keeper):

ADULT- 6 players

### ROSTER SIZE

All teams - 18 players \* All players must be 18yrs of age and be on team roster at main desk. A player must have signed the main roster and have played 3 (three) regular season games to be an eligible player in the playoffs.

\* No changes on roster after start of 6th game of season, unless an extraordinary exception, please check with soccer director.

\*\* Number of players needed to start game (including keeper):

Adult: 4 players (Co-ed must have at least 1 player of each sex).

### SUBSTITUTIONS:

Substitutions are unlimited and may be made on the fly. If so, the player must be inside white line or touching boards next to the bench and may not be involved or interfering with play during switch. Substitutions are guaranteed on goal-kicks, after goals and after an injury. All substitutions are at your own risk. Ball must be put into play 5 seconds after ball is set. (No subs on a penalty kick unless an injured keeper)

### GOALKEEPER SUBSTITUTION

Any player may change place with the goalkeeper provided that the Referee is informed and it is done during a stoppage of play.

### LAW IV PLAYERS EQUIPMENT

#### SHINGUARDS

Shin guards must be worn by **ALL PLAYERS** on the field with socks over the shin guards.

Shoes, only flats or turf shoes, **NO CLEATS**. Players wearing cleats during game play will receive a blue card. Braces and casts must be padded and are to be allowed only with permission from the referee and/or directors. No watches or anything else deemed dangerous by the referee or director. All team uniforms must be of the same color. Keepers wearing long pants will need to be checked for shin guards prior to the match.