

SportsIowa INDOOR LEAGUE RULES

1. 13 is the limit for team roster. All players must be registered by the team captain. You may start with a short roster and add up to 13 as the league progresses, however, no replacement (dropping and adding) after reaching 13. All players must have SportsIowa membership
2. 7 players on the field (including goalkeeper). A team must field at least 5 players to start a game. If a team cannot field 5 players within 15 minutes of start time, the game is a forfeit. In the event of forfeiture the score is recorded as 6-0.
3. If needed, a team may use guest players (i.e. players rostered with other teams in the league). Game day roster can be brought to 9 using guest players (i.e., if you have 8 from your roster you may use 1 guest; you have 7 from your roster you may use 2 guests etc.). No exception to this rule; violation will result in forfeit. The maximum number of guest players is 2.
4. All players must wear shin guards.
5. Same color jersey (preferably with a number on the back) must be used by a team; goalkeeper must use a distinguishable color. Referee may ask teams to change jersey in case both teams have similar colors.
6. Each team will provide a Size 5 game ball.
7. Home team (i.e., first team listed on the schedule) will kick-off.

Substitutions/Duration of Game

8. Substitutions are unlimited and on the fly. Player being replaced must be off the field before substituting player can enter. Substitute must enter from midfield line.
9. Adult Summer League: Duration of play is 50 minutes: 25-minute halves with 5-minute break. Electronic scoreboard will track time.
10. Youth Summer League: Duration of play is a single 40 minute period. Electronic scoreboard will track time.

In-Game

11. No off-sides.
12. Pass backs cannot be handled by the goalkeeper.
13. If the ball goes out of play from the sideline, restart will be a kick-in. This is an indirect free kick; goal cannot be scored.
14. If ball hits the top net (i.e. ceiling), indirect kick is taken from the sideline closest to the point where the ball hits the net.
15. Defenders must stand at least 5 yards away from the ball during free kicks.
16. No punting by the goalkeeper.
17. No slide tackling/no lunging within two yards of an opponent; only exception is the goalkeeper. However, goalkeeper cannot go feet first; feet must be sideways. Opponent is awarded a free kick; depending on the nature of the slide the free kick may be direct or indirect at the discretion of the referee.
18. All yellow card infractions will result in the offending player being on the sideline for 3 minutes or until a goal is scored. During the penalty period the offender's team is a person down (works like hockey). You may have multiple offender's sitting out. The goal only allows one person to re-enter. In addition to standard Soccer yellow card infractions, you may receive a yellow card for

- a. Derogatory comments about the opposing team or the referee.
- b. Continual profanity.
- c. Slide tackles

Points System

19. 3-point system is used: win is 3 points, tie is 1 point.
20. If any of the teams have the same points total the following criteria will be used for tie-break:
 - a. Head-to-Head competition (not used if more than two teams are tied)
 - b. Most wins
 - c. Fewest goals allowed.
 - d. Date of Signup

Play-Off Games / Overtime (if needed)

21. If a playoff or final game of a championship game is still tied following regulation play, the winner is decided by shootout from the penalty spot. Each side is given 3 kicks. If it is still tied sudden victory shootout is applied.

Protests

22. No protests are allowed. All referee decisions are final.

Other

23. Organizing committee has the right to modify the rules any time during the season. Captains will be notified in advance.

** FIFA RULES APPLY IF NOT MODIFIED WITHIN*