

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 of the same division (i.e. players rostered with other teams in the league of the same division). 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. This rule does not apply to goalies. Only goalies are permitted to play in both divisions.
4. Shin guards are not mandatory but highly recommended.
5. No outdoor soccer style cleats are allowed on the field.
6. 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.
7. Each team will provide a Size 5 game ball.
8. Home team (i.e., first team listed on the schedule) will kick-off.

Substitutions/Duration of Game

9. 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.
10. Adult Summer League: Duration of play is 60 minutes: 30-minute halves with 5-minute break. Electronic scoreboard will track time.
11. All other Adult Leagues: Duration of play is 50 minutes: 25-minute halves with 5-minute break. Electronic scoreboard will track time
12. Youth Summer League: Duration of play is a single 40 minute period. Electronic scoreboard will track time.

In-Game

13. No off-sides.
14. Pass backs cannot be handled by the goalkeeper.
15. 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.
16. 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.
17. Defenders must stand at least 5 yards away from the ball during free kicks.
18. No punting by the goalkeeper.
19. 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.
20. There are 3 colors for card infractions: Blue, yellow, and red card. Blue card infractions will result in

the offending player being on the sideline for 2 minutes or until a goal is scored. The 2 minutes start counting when the ball is played. Blue carded players are allowed to be substituted by any of their teammates. In the event the blue carded team does not have a substitution, the carded player still needs to remain off the game field until the 2 minutes have past or until a goal is scored. Players are only allowed to get 4 blue cards during the course of the game. After two consecutive blue cards, a yellow card must be shown on the third infraction meritorious of a blue card. You may have multiple offenders' sitting out. A goal scored by the team with the blue-carded player will only allow one person to re-enter. In addition to standard Soccer blue card infractions, you may receive a blue card for:

- a. Light derogatory comments about the opposing team or the referee.
 - b. Light profanity.
 - c. Slide tackles.
 - d. Obstruction of a clear advantage of the opposite team.
 - e. Use of unnecessary force.
 - f. Spitting on the field.
21. Yellow card infractions result in the offending player being on the sideline for 2 minutes or until a goal is scored against the carded team. During the penalty period the offender's team is a person down, no substitution of the yellow carded player is allowed until the 2 minutes have past or until a goal is scored. You may have multiple offenders' sitting out. A goal against the carded team will only allow one person to re-enter. In addition to standard Soccer yellow card infractions, you may receive a yellow card for:
- a. Continued derogatory comments about the opposing team or the referee.
 - b. Continual profanity.
 - c. Slide tackles with malicious intent.
 - d. Obstruction of potential score opportunities.
 - e. Repeat incidence of spitting on the field.
22. Red card infractions result in player expulsion. Team cannot substitute red carded players for the rest of the game. Two yellow cards result in an automatic red card.

Points System

23. 3-point system is used: win is 3 points, tie is 1 point.
24. 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. Goal differential with a cap of 5 per game
 - d. Total number of cards (Blue = 1, Yellow = 2, and Red = 4)
 - e. Date of Signup

Play-Off Games / Overtime (if needed)

25. 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. This rule only applies if the captains, referee, league commissioner, and the Sports IA representative have acknowledged that the game qualifies for a championship final; otherwise, rules 23 and 24 apply for most of the adult leagues.

Protests

26. No protests are allowed. All referee decisions are final.
27. The league commissioner and/or referee assistant may perform recommendations to the referee during the course of the game; however, the referee has the final word.
28. The commissioner and the referee have the authority to show cards after the game has ended in the event of fighting or retaliation to the referee and those cards will be tracked.
29. Even though all referee decisions are final, team captains can bring issues to the commissioner and the commissioner will try to resolve issues in the best interests of all involved parties.

Other

30. 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*

Frequently Ask Questions

- a) During an indirect free kick if the ball hit the post and entered the goal, is that goal valid?

NO, the post does not count as a player touch. Indirect free kicks need a player's touch to be valid. A goal is valid if the goalie intends to stop the ball and touches it before crossing the goal line otherwise a goal kick is awarded.

- b) If the Goalkeeper scored straight from a goal kick, is the goal valid?

NO, goal kicks are considered indirect free kicks.

- c) A player played an indirect free kick back to the goalie and the ball entered to their own goal without anybody touching it, is the goal valid?

NO, in this scenario a corner kick will be awarded. The goal would be valid if any player touched the ball before crossing the goal line.

- d) One of my authorized guest players needs to leave the game can I request an additional guest player?

Yes, team can use guest players when they have less than 9 players total. If a guest player needs to leave another guest player can take his place; however, the guest player who left is no longer authorized to go back into the game.

- e) Some of my roster players were late and I had to use guest players at the beginning of the match, can the guest players continue to play?

NO, once your team has 9 players total, no more guest players are allowed.

f) The referee showed a card to a player who was outside the field, what is the penalty?

The carded player won't be allowed to substitute or enter the field during the penalty period established by the card color.

g) Can a division 1 player fill the roster for a division 2 team and vice versa?

NO, players cannot appear in two rosters during the course of a season. They can only play as a guest player for when the occasion allows. The league commissioner will assign free agents to teams who are not able to register the mandatory 9 players.

h) Are goal keepers allowed to play on different teams?

YES, however, they can only register with one team.

i) If my player got a yellow card at the beginning of the game is he allowed to receive the 4 blue cards during the remainder of the game?

NO, because technically after two blue cards the only option would be to receive another yellow card which results in a red card.