

Indoor Soccer Rules

Revised 04/15/09

ALL GAMES WILL BE PLAYED ACCORDING TO MODIFIED FIFA LAWS WITH THE FOLLOWING EXCEPTIONS:

1. **FULL FIELD GAMES WILL PLAY 25-MINUTE HALVES WITH A 5 MINUTE HALFTIME.**
2. **PICTURE ID:** All players must present their PICTURE ID at the Front Desk prior to entering the Dome. NO PASS = NO PLAY!
3. **NO SLIDE TACKLING:** Slide tackling is defined as leaving your feet and going to the playing surface in order to play the ball with an opponent within playing distance of the ball. Penalty is a direct free kick at the spot of the infraction (If infraction occurs within the penalty box, a penalty kick is awarded). 1st slide receives a warning, and 2nd slide the player receives a caution(yellow card), and the 3rd slide by the same player will result in a send-off (red card) from that game. The goalkeeper may slide tackle within the penalty area only.
4. **NO SPITTING ON THE FIELD:** Spitting can be unsanitary, unsightly, and potentially dangerous, please refrain or spit into trash cans on the side of the field. Spitting on the field will be penalized with a YELLOW CARD.
5. **OUT OF PLAY:** If the ball hits the roof and falls into the field of play it is considered to be in play.
6. **YELLOW & RED CARDS:**
 - Cautions and send-offs will be monitored. Any player receiving a caution must leave the field of play for 2 minutes.
 - Any player accumulating 2 yellow card cautions in a single game will be issued a "SOFT" red card and will sit out the remaining time of the current game and may result in further game/season suspension. Hudson Valley Sportsdome Management will make the final decision. Coach/Captain will be contacted on suspension duration.
 - Any player receiving a red card for Violent Conduct/Serious Foul Play/Foul or Abusive Language will sit out the next scheduled game and may result in further game/season suspension based on the violation. Hudson Valley Sportsdome Management will make the final decision. Coach/Captain will be contacted on suspension duration
 - Any player accumulating 2 or more red cards in any 12-month period will be subject to suspension from the Hudson Valley Sportsdome league at the League Commissioner's discretion.
 - Any player accumulating 4 yellows in one season will be subject to suspension at the League Commissioner's discretion.
 - Teams with players receiving 2 yellows resulting in an ejection from the game, will not continue to play a player down if a sub is available. The game will remain 7v7 or 6v6 depending on league rules. If no sub is available, team will play down a player for the duration of that game.
7. **FIGHTING:** Any form of fighting and physical altercations will result in immediate ejection from the game and league suspension up to and including lifetime suspension and/or legal charges. Hudson Valley Sportsdome Management will make the final decision
 - a. **Fighting is a flagrant act that can occur when the ball is live or dead.**
 - b. **Includes, but is not limited to:**
 1. **An attempt to strike an opponent with the fist, hands, arms, legs or feet.**
 2. **An attempt to punch or kick an opponent regardless of whether or not contact is made.**
 3. **Attempting to instigate a fight by committing an unsportsmanlike act toward an opponent that causes the opponent to retaliate by fighting.**
8. **Unsportsmanlike Conduct:** Unsportsmanlike actions before, during or after games may result in suspension from the league up to and including lifetime suspension and /or legal charges. Hudson Valley Sportsdome Management will make the final decision

9. **JERSEYS:** Each team must wear similar colored jerseys. All players must wear shin guards and remove all jewelry. Cleats are not allowed; sneakers or turf shoes only.
10. **ROSTERS:** Each team roster will be frozen after the 3rd game.
11. **GAME TIME:** All games will start at the appointed time regardless of teams' readiness, and end at the appointed time. A team will be given a 5-minute grace period before a game is forfeited, however the clock will start and run for the 5-minute grace period. In the event of a serious injury requiring substantial time for treatment, the game clock will be stopped.
12. **FORFEITS:** In case of a forfeit, the teams that are scheduled will be allowed to use the field for scrimmage up to the next scheduled game time. Referees will not work forfeited games.
13. **ONE TEAM PER PLAYER PER LEAGUE:** A player may only play on one team per league. A player may play on two different leagues at the same time, but they must be on the teams' roster.
14. **CO-REC RULES:** Co-Rec games: Minimum of 3 females on the field at all times. In the event of one or both teams not having a full complement of women they must drop (1) one male player until both teams have 3 females on the field.
15. **PLAYERS:** A minimum of 4 players is needed to start the game. The team that has the correct amount of players may ask for an immediate forfeit, or they may give the opposing team (5) minutes to reach the 4-player minimum. The clock will start and run for the (5) minute grace period.
16. **FREE KICKS:** Opponents are to remain 5 yards from the ball on all free kicks.
17. **SUBS:** can be made on the "controlled fly" (during the run of play) provided they exit and enter within (7) yards of the halfway line. The exiting or entering player may not play the ball until the exiting player is off the field. Penalty is a direct free kick at the point the player touched the ball. The only guaranteed sub opportunity (where the restart is delayed until the substitutions are completed) is after a goal is scored.
18. **ILLEGAL PLAYERS:** Players may play on only the (1) one team they are rostered for. (Players can only play for the team they are rostered on). An opposing coach may only protest a suspected illegal player at the first time the player enters the playing field with the official or duty manager. The coach/captain may not protest the game after play has started or after game conclusion. The official's or duty manager's ruling is final on player eligibility. *Illegal players may be suspended from their next scheduled game, and they may be suspended from the league for the entire season.
19. **OFFSIDE:** No offside calls will be made.
20. **THROW-INS, GOAL KICKS, and CORNER KICKS** will be played as usual.
21. **GOALKEEPER:** The goalkeeper must throw or play the ball from the ground. Goalkeeper must release the ball from possession within 6 seconds, while in the penalty box.
22. **AGE LIMIT:** Adult league players must be age 16 and older to play.
23. **Penalty Kicks:** All penalty kicks will be taken from the top of the box.
24. **Standings:** Standings and scores will be posted each week on the Hudson Valley Sportsdome website. Standings are based on wins, loses, & ties. Tiebreaker: Head to Head, points against, points for, point differential, then a coin flip. A forfeit will be scored as 1-0.

ELASTIC POWER:

The Hudson Valley Sportsdome reserves the right to establish guidelines for any and all rules or infractions not covered in the league rules and to refuse participation to any individual or coach if they do not obey the rules and regulations and keep within the spirit of sportsmanship.

COMMENTS OF THE RULES:

These rules are intended to create a balance of play; to create an atmosphere of sportsmanship and fair play; and to emphasize cleverness and skill without limiting freedom of individuals or team play. It is important to know the intent and purpose of a rule so that it may be intelligently applied in each play situation. A player or team should not be permitted an advantage which is

not intended by a rule. Play will not be permitted to develop which may lead to placing a player at a disadvantage not intended by a rule.