

Hudson Valley Sportsdome Indoor Soccer Rules

Revised 4/7/22

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

***All players must be familiar with the boundaries of the playing field, walk off area, goals on and off the field, netting, bleachers, spectators, exit doors, and the dome perimeter. All players play at their own risk.**

NO CLEATS ALLOWED IN THE FACILITY: players wearing cleats will receive an automatic RED CARD.

1. GAMES WILL PLAY 25-MINUTE HALVES WITH A 5 MINUTE HALFTIME.

2. PICTURE ID: All players new to the facility must have their photo taken at the Front Desk and provide age verification (Driver's license, passport, etc) prior to entering the Dome.

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) **and a Yellow Card will be issued.** The goalkeeper may slide tackle within the penalty area only.

4. NO SPITTING ON THE FIELD: Spitting is 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:

- **A player, coach, or spectator may receive a yellow or red card before, during, and after the game.**

- A warning (Yellow Card) or an Ejection (Red Card) may be issued by an official to any player or coach, at any time, who conducts himself in an unsportsmanlike manner or is involved in unnecessary roughness.

- **Cautions and send-offs will be monitored. Any player receiving a caution must leave the field of play a minimum of 2 minutes. Teams must play a man down. No Substitutions are allowed.**

- Two warnings/Two Yellow Cards = a Red Card. A Red Card will result in an immediate ejection from the game and a one-game suspension. Any player or coach receiving a Red Card for violent conduct, serious foul play, foul or abusive language, will be immediately ejected from the game and must immediately leave the property. Receiving a Red Card 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. **A Team cannot substitute in a player for the suspended player; team must play a man down.**

- **Any player receiving a red card for Violent Conduct/Serious Foul Play/Foul or Abusive Language will sit out the next scheduled game, will be fined \$50, and may result in further game/season suspension based on the violation. Fine must be paid prior to their next game.**

- Any player accumulating 4 Yellow Cards in one session will be subject to suspension from the Hudson Valley Sportsdome league. Any player accumulating 2 Red Cards in any 12-month period will be subject to suspension from the Hudson Valley Sportsdome league. No refunds will be issued.

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.

- Should a fight develop, coaches are expected to react in the following manner:

- 1) secure your sideline to avoid an all-out brawl
- 2) remove your involved player(s) from the field
- 3) supply the name(s) of those involved to the head official

Failure to act as prescribed will result in your removal as coach. If your sideline empties out onto the field, the game may be ended. Bench Clearing may result in a player or team expulsion for the session. Teammates fighting with each other may be suspended. No refunds will be issued.

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. **Suspensions:** If a player or coach is suspended or expelled from the league for any reason, he may not attend the games he is suspended from.

9. **JERSEYS:** Each team must wear numbered, issued jerseys/team shirts. **All players must wear shin guards and remove all jewelry. Cleats are not allowed; sneakers or turf shoes only. Players found wearing cleats will receive an automatic RED CARD.**

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 the case of a forfeit, the forfeiting team takes a 0-1 loss. **After two forfeits, a team is automatically out of the league.**

13. GAME RESCHEDULING: The team requesting that a game be rescheduled must pay a \$50 rescheduling fee, to be paid prior to the next game (if the opposing team agrees to a reschedule).

14. **PLAYER PER LEAGUE:** A player may be **rostered** on multiple teams.

15. **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.

16. **PLAYERS:** A minimum of 4 players are 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.

17. **FREE KICKS:** Opponents are to remain 5 yards from the ball on all free kicks.

18. **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.

19. **UNROSTERED PLAYERS:** **All team coaches are responsible for ensuring that all players are listed on the official roster and giving the updated roster to the Hudson Valley Sportsdome's management. All rosters are frozen after the third game. If a team captain suspects that an unrostered player is on the field during a game he must bring his allegation to the attention of the referee immediately. If the allegation is made during the first half, the game will continue until the end of the half; if the allegation is made during the second half, the game will continue until the end of the game. At that time the referee will make a determination. If an unrostered player is discovered his team forfeits the game.**

20. **OFFSIDE:** No offside calls will be made.

21. **THROW-INS, GOAL KICKS, and CORNER KICKS** will be played as usual.

22. **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.

23. **AGE LIMIT:** Adult league players must be age 16 and older to play.

24. **Penalty Kicks:** All penalty kicks will be taken from the top of the box.

25. **Standings:** Standings and scores will be posted each week on the Hudson Valley Sportsdome website. Standings are based on wins, losses, & ties. Tiebreaker: Head to Head, points against, points for, point differential, then a coin flip. A forfeit will be scored as 1-0.

26. **Goal Differential:** A maximum of a 5-goal spread will be recorded per game; a goal spread greater than 5 will not be recorded.

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.