



**"ALL-STAR FSEC, LLC"  
Game Rules and Regulations**

**Rules are for Regulation Indoor Field, FIFA Rules will be followed UNLESS OTHERWISE NOTED**

## ROSTERS

A maximum of 18 players will be allowed

A roster must consist of at least the amount of players required to play a game

Each player or parent/guardian of a minor player must have a signed individual registration/waiver form on file at ALL-STARS before they can participate at ALL-STARS. In addition, each coach must have each player sign the roster form supplied by All-Stars. This must be submitted in full by the end of the 2nd game.

Any team who plays with a non-registered player or under age (25+ leagues) or over age player (U18 and below leagues) will forfeit the game(s) in question upon following the proper procedures. The referee must be notified before the start of the game or immediately when the player in question enters the game. The referee will note the name(s) of the player(s) in question, stopping the game but not the clock, and notify the coach immediately that the player(s) are being questioned for roster eligibility or age requirements. That player must produce proof of age (birth certificate or drivers license) to ALL-STARS (not the referee) within two days of the game in question. If it is a matter of roster eligibility, that player(s) is to sign his/her name beside their signature on a roster copy supplied by ALL-STARS. The coach will agree that the signatures match or continue the protest to the soccer directors.

Players can not be added to a roster after the 3<sup>rd</sup> game of the season.

Players may play on more than one team. However, a player may not play for more than two teams in the same age group. **The player can not play for two teams in the same competitive division in the same age bracket in the same league. You can not be in a situation where you might have to play against yourself.**

Completed games are not subject to being protested. The protest must be made at the time of the suspected violation. All protests should be made before the game starts.

## REGULATION INDOOR FIELD TEAMS

<u>Age Group</u>	<u>Play</u>	<u>Ball</u>
U8, U9, U10, U11 & U12	7 a-side	Size 4
U13 through U18	6 a-side	Size 5
Men's Open	6 a-side	Size 5
Women's Open/O25/O35 **	7 a-side	Size 5
Co-Ed Open/O25/O35 * **	7 a-side	Size 5
Men's O30/O40 **	6 a-side	Size 5

\* See Co-Ed rule additions

\*\* 25+ leagues may roster one player aged 19-24

30+ leagues may roster two players aged 25-29

35+ leagues may roster two players aged 30-34

40+ leagues may roster two players aged 35-39

## **THE GAME**

The game in regular season will consist of two twenty-four minute halves and a one-minute half time. Post-season or playoff games will consist of two twenty-four minute halves and a one-minute half time. If the match is tied at the end of regulation five minutes of extra time will be added. If the match is still tied penalty kicks will be taken.

## **WARMUP**

Teams should be ready to go as soon as the previous game is complete. The games are scheduled consecutively and the referee will start the clock at the scheduled time. If either team is not ready, game time will be lost. Our efforts will be to keep the games as close to schedule as reasonably possible as our last game will finish around 11:00pm or midnight each day.

## **SUBSTITUTION**

Teams may sub at any time at their own risk. Players must leave the field before being replaced. Please remember the "five second" rule should be applied when the ball is in position. Also, if there is obvious delay in retrieving the ball, first a warning should be issued then a two-minute penalty for obvious delaying tactics will be given. Remember substitution is a disadvantage in indoor soccer.

## **THE CLOCK**

The clock will begin running at game time. A game may begin only when both teams have the minimum number of players required, which is two players less than the standard amount. If a team is unable to start the game after two minutes has expired; their opponent will be awarded one goal. If a team is four minutes late, their opponent will be awarded a second goal. If a team is not prepared to play after five minutes has elapsed, the game is forfeited. The clock is continuous and will not be stopped unless, in the manager's opinion, an extended delay in the game has occurred. Injuries are deemed as a part of the game.

## **INJURED PLAYERS**

If the referee stops the game because of an injury, the injured player must be replaced. This does not apply to the goalkeeper. However, the second time the game is stopped because of injury to the same goalkeeper, he/she must be replaced.

## **RED CARDS (EJECTIONS)**

Red card will result in a two game suspension. A red card for fighting will result in a suspension for eight games. If you receive two red cards in a session, you will be suspended for the rest of the session plus next session. Any suspension administered for fighting will apply to all teams that the player is affiliated with.

## COACHES

Coaches are subject to yellow and red cards. A field player will serve penalty minutes.

## PLAYER'S BENCH

Only the players, the coach, and his assistant(s) are allowed in the bench area. All personnel in the bench area are deemed part of the team and therefore are bound by the rules of the game. **A maximum of three non-playing personnel is allowed in the bench area.**

Please remove any and all trash or clothing from the bench area when your game has finished.

## FORFEITS

The results of a forfeited game, on the regulation indoor field, shall be 8-0. If the game has begun, and the forfeiting team is losing, the score at the time of the forfeit stands.

**A game shall be a forfeit if:**

- **A team does not take the field within five minutes of the scheduled time.**
- **A team uses illegal players.**
- **A team refuses to take the field to play.**
- **A team does not have enough players to begin the game or continue the game. (Two players less than the standard amount per side may begin the game)**

## PENALTY KICKS

All non-violent penalty kicks will be taken from the top of the arc. Intentional violent penalties inside the penalty box will be taken from a point inside the arc, as determined by the referee.

## FOULS-MISCONDUCTS-PENALTIES

All kicks resulting from misconduct and penalties are **direct free kicks**. All other restarts are also **direct free kicks**. A player who intentionally commits any of the following offenses shall be penalized by the referee awarding a free kick to be taken by the opposing team from the point of the infraction.

- A. Kicks or attempts to kick an opponent.
- B. Trips to an opponent, i.e. throwing or attempting to throw him/her by use of legs or by stopping in front of, or behind him/her.
- C. Jumps at an opponent.
- D. Charging an opponent from behind unless the latter is shielding the ball in an illegal manner.

- E. Charging an opponent in a violent or dangerous manner. If a player deliberately turns his back to an opponent when he/she is about to be tackled, he/she may be charged, but not in a dangerous manner.
- F. Strikes, elbows or attempts to strike, or elbow an opponent.
- G. Holds an opponent.
- H. Pushes an opponent.
- I. Handles the ball, i.e. carries, strikes, or propels the ball with his arms (does not apply to the goalkeeper in his/her own penalty area).
- J. Boarding, propelling an opponent into the perimeter wall. **A time penalty must be assessed for boarding.**
- K. Playing in a dangerous manner.
- L. Charging fairly at an improper time, i.e. with the shoulder, when the ball is not within playing distance of the players concerned.
- M. Spitting at an opponent shall result in an automatic red card, **spitting on the astro turf, a two-minute penalty.** This will result in a direct free kick from the spot of spitting.
- N. When not playing the ball, intentionally obstructing an opponent, i.e. running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent. If a player covers up the ball without touching it in an effort not to have it played by an opponent, he obstructs but does not infringe the rules because he is already in the possession of the ball and covers it for a tactical reason (i.e. shielding).
- O. Charging the goalkeeper, except when he/she is outside the penalty area.

P. **Improper handling of the ball by the goalkeeper.**

This includes; using hands to play a ball that he passed to a teammate and was passed back before being played by an opponent; or picking up a ball that was previously in their possession and not played by an opponent including bouncing the ball; handling a ball that the goalkeeper carried from outside the penalty box to inside the penalty box.

Items "K" through "P" are considered **minor fouls** and result in a direct free kick from the top of the arc. If they occur in the penalty area they do not result in a penalty kick.

All other fouls are **major fouls** and would result in a penalty kick if they occur in the penalty box: this may also result in an automatic two-minute penalty.

## UNIFORMS

All teams must wear a uniform, preferably numbered. A uniform is regarded as identically colored shirts. Grey is considered the same as white. T-shirts are fine.

In the case of a uniform conflict, the home team (listed first on the schedule) shall change uniforms.

ALL-STARS will not furnish any alternate wear. Please have players bring a contrasting color T-shirt.

The goalkeeper must wear a shirt that is a different color from both his/her opponents' colors.

## EQUIPMENT (SHOES, SHIN GUARDS, BRACES, CASTS)

- **SHIN GUARDS ARE MANDATORY** and must be covered by socks.
- Braces should have no exposed metal.
- Casts must have one and a half inches of foam covering them.

The referee may refuse entry into the game of any player who is wearing illegal and/or dangerous equipment. Please check with the referee if you have any questions before the game. Players entering the game wearing illegal and/or dangerous equipment are subject to an unsportsmanlike conduct penalty.

Padded casts are legal unless the referee judges the player is using the cast in a dangerous or unfair manner.

## GAME BALLS

The home team, listed first on the schedule will supply game balls. ALL-STARS will not supply game balls.

## ADDITIONAL RULES

- The five-second rule starts when the ball is placed on the restart spot.
- The ball must be three feet off the wall for re-started kicks. Corner kicks are to be placed on the dot.
- The distance on free kicks that a defending team has to give a re-started kick is 10 feet.
- All kicks are direct.
- No **SLIDE TACKLING**.
- No 2 point goals.....ALL GOALS will be scored as ONE POINT.
- **When the ball hits any part of the ceiling or lights, it is restarted at the point where the ball last crossed the out of bounds plane or where it hits the ceiling**. This rule applies in the same way to the goalkeeper when he/she is outside of the goal box. This is a direct kick.

## COED RULE ADDITIONS

25+ leagues may roster 1 player aged 19-24.

30+ leagues may roster 2 players aged 25-29.

35+ leagues may roster 2 players aged 30-34.

There must be a minimum of two women on the field, not counting the goalkeeper. If a woman receives a 2-minute penalty, she is deemed part of the game and need not be replaced on the field.

1. **SLIDE TACKLING IS NOT PERMITTED.**
2. A minimum of one female must be present for the game to be played. In the event there is no female able to play, due to injury, ejection, etc., the game shall be deemed a forfeit.