

# *City of Lewiston Parks & Recreation*

## *Indoor Soccer League Rules*

### **PHILOSOPHY:**

The Lewiston Parks & Recreation Department provides this activity for those who enjoy indoor soccer and are interested in participating on an organized level. **This is a recreation program and good sportsmanship is expected from those who participate.**

### **SPORTSMANSHIP:**

Being competitive on the court is applauded & encouraged in all of our leagues! It is also important to understand that there is a fine line between being competitive & being unsportsmanlike. All players and field supervisors should treat one another with respect on the court & after the game. Everyone has to go to work tomorrow, so please keep safety & sportsmanship in mind out there!

### **REGISTRATION:**

1. Each team must have a manager who is responsible for:
  - a) Collection and payment of all fees.
  - b) Submitting of team roster.
  - c) Informing players of rules and games scheduled.
  - d) Attending any manager's meetings
  - e) Using only eligible players.
  
1. Roster changes will be accepted at the Parks & Recreation office between 8:00 a.m. and 5:00 p.m., Monday through Friday. Players may be added to the roster up until the start of the final week of the season with the exception of replacing injured players out for the season. Replacing injured players does require prior approval from the Recreation Coordinator and the signature of the new player.
  
2. Players must register at the Parks and Recreation office prior to participating. It is this player's responsibility to provide proof of registration to the gym supervisor at the gym. **There will be NO exceptions.** The gym supervisor may ask the player for identification.

### **General Rules:**

#### **Dimensions:**

- The Basketball gym floor will be considered the only part of the playing field.
- Side walls and back walls are NO longer part of the playing area

#### **Player Bench:**

- Located at the scorer's table.
- NO PLAYERS MAY LEAVE THE BENCH AREA FOR ANY DISRUPTIVE OR UNSPORTING BEHAVIOR. This will result in an automatic disqualification and a

minimum of a one game suspension. Any game cancellations that occur due to suspensions or disqualification will result in a forfeit

**Spectator Area:**

- Spectators are allowed to sit with teams but will be asked to leave the facility if disruptive or unsporting behavior.
- Spectators are allowed to sit on either side of the gym at their own risk.

**Game Clock:**

- Games will consist of two 20-minute running clock periods.
- A 5-minute half time period will be given between periods.
- No timeouts are given and the clock only stops when directed by the gym monitor.

**Teams:** Teams will consist of 4 field players. (No goalies) A maximum of 8 team members per team.

**Substitutions:**

- All substitutions will take place on the fly.
- Neither the player entering the field nor departing player may participate in play and or gain an advantage during a period of time when they are simultaneously on the field and the ball is in play.

**Player Eligibility:**

- All players must sign the roster
- Players are limited to one roster
- Teams can use 1 pickup player as long as he/she is on another roster. No players outside of the league.
- New players may be added up until the last week of the regular season

**League Tournament**

- All teams are eligible for the post season tournament
- Pickup players are not allowed for the end of the season tournament. ONLY roster players..
- Teams will be seeded according to their overall record. If there is a tie the following order will be the tie breaker
  - Head to head record
  - Least amount of goals against
  - Most amount of goals scored
  - If still tied, a coin flip will determine higher seed

**Game schedules/forfeits/reschedules:**

- All games will be played on Sunday afternoons at Fenton Gym.
- Game time is forfeit time. Please have your teams arrive early
- Each team will be allowed 1 rescheduled game. To reschedule a game the team manager must notify Parks and Rec before noon the Friday before the scheduled game. Reschedule

games are not guaranteed. If a reschedule cannot be agreed upon by both managers, then the teaming asking for the reschedule will take the loss.

**Player Equipment:**

- We will also provide indoor soccer balls (felt or futsal) for all games.
- Shin guards are not provided. They are highly recommended, but not required.
- Footwear needs to be gym appropriate. No cleats or outside shoes will be allowed.
- Teams may use their own ball if it is agreed upon both teams.

**Dangerous Equipment:**

- Players shall not be permitted to wear necklaces, hats, or bracelets at any time during the playing of the game.
- Anyone may ask the gym supervisor to ask other players to remove potentially dangerous equipment.

**Referees:** There will be NO referee. Players will call their own fouls. The gym supervisor can remove any player or fan for unsportsmanlike conduct.

**Playing Area:** The playing area will consist of the outer black line of the basketball court.

**Start Games:**

- Home team will kick off. Home team appears first on the schedule.
- The ball needs to be touched once to be put in play and does not need to be passed forward. A direct pass backwards is allowed.
- Teams kicking off will allow 5 seconds to put the ball in play or it will be turned over to the opposing team.

**Goals:**

- Goals can only be scored once the ball has completely crossed the half court line.
- Deflections count.
- If no touch or deflection happens before a kick beyond the half court line the goal does not count and a goal kick is awarded to the other team.

**Goal Kick Area:**

- Goal kicks are the result of a missed shot by the offensive team when the ball crosses over the back goal line.
- The opposing team will place the ball at the corner of the goal box to resume play.

**Ball out of play/Ceiling and lights-** When a ball hits the ceiling it is out of play. The play shall be restarted with a kick-in at the touch line nearest where the ball hit the ceiling.

**Kick-ins:** are indirect. The ball must be placed on or no more than 10 inches behind the line and the kick must be taken within 4 seconds. The kicker's non-kicking foot must be out of bounds or on the line. A kick-in that goes directly in the opposing goal is a goal kick for the opposing team. A kick-in that goes directly into the defensive goal is a goal for the opposing team.

**Penalty Box:**

- This is the area within the 3-point arc. Fouls that occur within the arc will result in a direct free kick by the opposing team

**Penalty Kick mark**

- All Penalty kicks will take place at the top of the three-point line on the basketball court.
- Penalty kicks are dead balls. Result is either a goal or a goal kick.

**Corner Kicks:** All corner kicks will be the corner of the basketball court. Corner Kicks occur when the ball goes behind the goal line and the defending team last touches the ball.

**Goals:**

- The Goals are 4ft tall by 6ft long.
- The entire ball must completely cross the goal line to be scored.
- Goals can only be scored once the ball is beyond the half court line.
- Offensive team CANNOT shoot within the goal box

**Goal Box:**

- The green box directly in front of the goal is a no touch area.
- If the defensive team makes contact with the ball while shot in this area, a goal will be rewarded to the offensive team.
- If the offensive team makes contact with the ball while in this area a goal kick is awarded to the defensive team.
- Defensive teams are allowed to dribble through this area when having possession of the ball.

**Overtime:**

- There is unlimited running clock overtime. The overtime is sudden death. The first team to score wins.

**Fouls and Misconduct:**

- Due to the nature of the playing surface area of the facility and safety concerns, physical contact between players will be limited during the run of play.

**Indirect Free Kick Penalties:**

- An indirect free kick will be awarded to the opposing team if a player commits any of the following infringements:
  - Kicking or attempting to kick an opponent
  - Tripping or attempting to trip
  - Jumping at an opponent
  - Charging an opponent-shoulder charge, charging from behind, or in a violent or dangerous manner
  - Striking or attempting to strike an opponent
  - Slide tackling\* (automatic yellow card and direct free kick for opposing team)
  - Pushing an opponent
  - Deliberate handball

- The indirect free kick shall be taken from the place where the foul occurred, unless the infringement occurs within the penalty box. If this occurs a penalty kick will be awarded to the opposing team at the penalty mark at the top of the 3-point line.

**Direct Free Kick:** These are taken at the top of the 3-point line. This is a dead play and no defenders are allowed in this area. If a goal is scored, the opposing team receives the ball at half court. If the goal is missed, the opposing team receives a goal kick

- Slide tackling results in a penalty kick and automatic yellow card.

**Yellow and Red card:**

- Any yellow card issued to any participant will result in that player being sent to the bench area (located next to the scorers table) for 2 minutes. The penalized team will play a man short for the 2 minutes, thereafter they will be allowed to reenter the game.
- Inappropriate language will result in a yellow card. 2 yellow cards are an automatic ejection from the game and they will have 1 minute to leave the gym. If they do not the team will forfeit the game.
- A red card that is issued will result in an automatic ejection from the game.
- Any person receiving a red card must talk with the Recreation Coordinator before playing in the next game.

**Special Rules:**

- Any altercations of any kind whether it be verbal or physical with a player or gym monitor may result in an automatic player ejection or will sit out the remainder of the half. Before the ejected player(s) may return for the next game they must first meet with the Recreation Coordinator.
- There is NO sliding allowed by any team members. Players who violate this rule will receive a yellow card, 2-minute mandatory sit (team plays man down) and the other team will be awarded a penalty kick.
- Delay of game will result in an automatic turnover. Teams need to retrieve the ball in a timely manner. If a delay occurs after a score, then the violating team will lose possession of the ball. If a defender is delaying the game the opposing team will get a penalty kick.
- All fouls are indirect free kicks at the spot of the foul with a 5-yard cushion.
- The gym monitor holds the right to determine if any rule violation is determined excessively. Players who violate any rule may be subject to ejection from the facility.
- Any rule or situation not contained herein becomes the sole discretion of the Recreation Coordinator. All games will be governed by the Recreation Coordinator. The Recreation Coordinator will have final judgement on all problems, issues and penalties.

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