

Lost Nation Sports Park Indoor Soccer Playing Rules



Rules

*FIFA outdoor rules apply with some modifications

- General:** No chewing gum, no spitting, no drinks, no cleats (only small rubber turf shoes or flats), and shin guards are mandatory.
- Roster:** 18 player maximum. Players are only to be rostered on one team within a division.
- Field Players:** 5 field players and a goal keeper for ages 13 and up and 6 field players and a goal keeper for 12 and under.
- Coed Leagues:** 2 women must be on the field at all times, but not in the goalie position. Women may replace a man, but a man is not to replace a women. Guys can score a maximum of 4 goals and girls unlimited, but all goals are worth one point. All free kicks are indirect unless it is a PK and women must then take it. All fouls committed in the offensive half a women must take the kick. There is absolutely no slide tackles in Coed play.
- 30+ Coed: all guys must be 29 and over and turning 30 in the playing season and all women must be 26 and older.
- Uniforms:** All players on each team shall wear jerseys of the exact same color except the Goalkeeper shall wear a jersey which distinguishes him from all other players and the referee. All uniforms shall be numbered. Home team must change jerseys if both teams are the same color (team listed first is the home team).
- Fouls:** All fouls are indirect and the wall is set 10 feet from the spot of the ball. Any foul awarded in the box is an automatic PK and the ball is placed on top of the box for 13 and under and on top of the arc for 14 and over.
- Out of Bounds:** The ball will be placed where the ball goes out and an indirect kick will be taken.
- Player Equipment:** All players must wear shin guards and there will be no spikes allowed on field turf. Rubber turf shoes or standard indoor soccer shoes only permitted.
- Goalkeepers:** FIFA rules apply with pass back rule. GK's must wear a different color uniform to distinguish from the field players. No punting the

ball. Punting the ball is an automatic indirect kick from the center of the field for the opposing team.

Substitutions:

Substitutions on the fly and unlimited. Guaranteed substitutions on all dead balls except fouls. A 2 minute penalty (man down for the full 2 minutes, no matter if the opposing team scores) will be awarded for the 2nd offense and thereafter for too many players on the field and a warning for the 1st time. Play shall be restarted as a free kick from the center of the field.

Forfeits:

There will be a 5 minute grace period for a team to field enough players (5 players total). After 5 minutes, the team without enough players will forfeit the game. Forfeited games will have a 4-0 result.

Length of Games:

2 x 27 minute games with a 1 minute half time break.

Playoffs/Overtime:

If play is tied at the end of regulation there will be a 5 minute 3 v 3 sudden death period. If still tied another 5 minute 3 v 3 period will be added

Ejection's:

If a player receives 2 yellow cards or a red card during the same match he/she will be ejected from the match and will have to sit out the following match. In result of a red card any player or manger/coach, etc must leave the soccer area or face further disciplinary action. Also, the team receiving the red card will play 5 minutes short no matter if the opposing team scores. Any ejection will result in a minimum of a one game suspension, with such game being the game immediately following the game where the ejection took place.