



# Grand Valley Adult Soccer

TALK WITH YOUR FEET. PLAY WITH YOUR HEART

## Indoor Soccer Rules

### 1. General Rules of Play

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#### 1.1 General Rules

- Games will consist of two 25 minute halves.
- Games **will** start on time. Late starts due to unprepared teams will result in forfeit or reduced time of play.
- Games shall be 6v6, with five field players and a goalkeeper on each team 2 of the 4 players must be female.
- A team must have 4 players to begin play – 1 of the 4 must be female.
- A team must have a designated goalkeeper on the field at all times.
- Regular season games end at the end of the two halves – no overtime or shootouts.
- All players must wear shin guards and appropriate shoes (turf shoes or sneakers, **no cleats**).
- All players of a team must wear the same color jersey. For color conflicts, home team changes.
- The away team designated on the schedule gets kickoff in first half from indicated side of scoreboard.
- Home and away teams will take the benches oriented to the home/away indicators on the scoreboard.
- **No gum and no spitting on field.** Gum and spitting will result in immediate ejection (Skyline policy).

#### 1.2 Scoring

A goal is scored when the whole ball crosses the whole of the goal line (*no part touching line*), between the goalposts and under the crossbar, provided that no violation of the rules has been committed by the team scoring the goal.

- A goal cannot be scored once the horn or whistle has begun to sound at the end of the game
- The whole ball must cross the whole line before the start of the horn.
- A goal may be scored directly from a restart, including but not limited to: goalkeeper throws, corner kicks, and direct free kicks. Goals may not be scored from kickoffs.

#### 1.3 Restarts

A restart is the procedure for resuming play after a stoppage. Restarts are kickoffs, free kicks, goalkeeper restarts and any other restart initiated by the referee. Quick starts are allowed UNLESS indicated by the referee to wait for the whistle.

- The ball must be stationary for all free kicks; if it is not, the kick is retaken.
- Once the referee signals a restart, a player has 6 seconds to play the ball.
- Opposing players may not encroach.
- A player may not touch the ball again after a free kick until it has been touched by another player.

For a six second violation, the opposing team is given an indirect free kick at the same spot; for a double touch, the opposing team is given an indirect free kick at the point of infraction.

## 1.4 Free Kicks

### 1.4.1 Free Kicks Not Requiring Whistle

A whistle is not required for a restart after a foul, unless it is taken at one of the arc restart spots. A whistle is not required for a kick-off, kick-in, a corner kick, wall or ceiling out of bounds, or a goalkeeper throw.

### 1.4.2 Free Kick Requiring Whistle

The following restarts require the referee to signal the restart with a whistle:

- a) a free kick taken as a result of a stoppage or foul within the opponent's arc
- b) a shootout
- c) when a player requests that opponents are 10 feet from the ball
- d) after a time penalty is given
- e) a change of possession resulting from a double touch free kick
- f) a change of possession resulting from a free kick 6 second violation
- g) after a referee's stoppage

If the player taking the kick does not wait for the whistle, the kick will be retaken.

### 1.4.3 Indirect Kicks vs Direct Kicks

Indirect kicks shall consist of wall or ceiling out of bounds, procedural violations, or bench violations. All other free kicks are direct.

### 1.4.4 Free Kick Locations

- **Wall Out of Bounds** - When the ball goes over the wall or touches the netting above the wall, play is restarted within 4 feet of wall and even with the point where the ball went out.
- **Ceiling Out of Bounds** - A ball which hits the top netting shall be restarted directly beneath the spot it struck the netting, unless it is kicked into the netting above either arc by a defending player, when it shall be restarted at the closest arc restart spots.
- **Corner Kicks** - When the ball is last played by a defending player and crosses over the wall or hits the netting between the corner marks, the opposing team takes a free kick from the corner mark nearest to where the ball went out. Due to field markings being too close to the wall, the referee may specify that the ball may be placed within three feet of the corner mark but no closer to the goal.
- **Goalkeeper Pass Violation** - The restart after a goalkeeper pass violation shall be at the midline closest to where the ball crossed.
- **Goalkeeper Illegal Touch** – If the goalkeeper handles the ball outside arc a kick is awarded at the spot of the violation unless it is within 5 feet of the arc, in which case the kick will be awarded from the arc restart spot closest to violation. If the goalkeeper illegally handles the ball inside the arc the kick takes place at the arc restart spot.
- **Free Kick in Opponent's Penalty Arc** - When a team is awarded a free kick in the opponent's penalty arc, the kick takes place at the arc restart spot closest to the violation.
- **Referee Stoppage** - When the play is stopped by the referee's whistle for injury or any unusual circumstance, play is restarted at the place it was stopped with a free kick by the team that was in possession when the whistle was blown. If possession was not clear, a drop ball will be played.

## 1.5 Encroachment

- Defending players must provide 10 feet. Failure to comply will result in a blue card
- Continued encroachment will result in yellow card (If the player taking a free kick chooses to "*quick kick*" the ball and it strikes the defender attempting to provide the minimum space, then there is no encroachment)

## 1.5 Arc Restart

For player safety, due to the size of the field at Skyline, free kicks will no longer be taken from the arc line. Any arc violations or stoppages will be played from one of two arc restart spots on either side of the field. If these marks are not on the field, the referee shall restart play from a spot approximately five feet above the arc and 12 feet from either side wall.

## 2. Goalkeeping

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### 2.1 General Rules

- **UPDATED:** The default rule for all leagues is that the ball may no longer be played with the keeper's hands when the ball is passed back to the keeper deliberately.
- The keeper may dribble the ball back into the goal area and pick it up.
- The keeper must put the ball in play within 6 seconds of achieving full control with hands.
- The keeper may perform a body slide **not** a slide tackle (feet first) within the arc, but may not play the ball outside the arc while on the ground (dangerous play).
- The goalkeeper may play the ball with his hands and may distribute the ball by rolling, throwing, or drop kicking except for a free kick restart. The goalkeeper may drop the ball to his own feet and kick or dribble the ball. Punting is not allowed.
- A ball delivered from the keeper's hands must make contact with the ground, wall, or a player before crossing midfield.
- Once the ball is on the ground it is live and anyone may challenge the keeper. The keeper may not pick up the ball once it deliberately leaves their hands until the ball is contacted by another player.

### 2.2 Goalkeeper Restarts

When the ball goes out of bounds by hitting the netting between the corner spots above either goal, the keeper must restart play with the ball in their hands. Once the ball leaves the goalkeeper's hands, the ball is live and in play and the keeper may not take possession of the ball again in their hands until it contacts another player.

### 2.3 Goalkeeper Possession

We will protect our keepers. The keeper is considered to be in possession of the ball when they have one or more hands or body parts on the ball. Field players may not make a play for a ball considered to be in the keeper's possession. If a player does so, a blue, yellow or red card will be issued at the discretion of the referee(s).

### 2.4 Goalkeeper Handballs

To clear up any confusion about goalkeeper handballs around the arc we offer the following explanation. The key point is the location of the ball. If the ball is inside the arc (lines are inside) at the moment of contact, it is not a handball, even if any other part of the goalkeeper's body is outside the arc.

## 3. Substitutions

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### 3.1 Substitutions During Play

During the game unlimited substitutions of players may be made, provided that the player substituted for is within four feet of the door to his/her team's bench or off the field before the replacement steps onto the field. Neither the substitute entering the field nor the player leaving may play the ball while the other is on the field. If either substituting player plays the ball, a blue card is given to the player that plays the ball.

### 3.2 Shootout Substitutions

No substitutions are allowed on a shootout until the referee's whistle starts the shootout.

### 3.3 Goalkeeper Substitutions

- 1) On a goalkeeper substitution, a goalkeeper can substitute for any player on his team, including players on the field. The departing goalkeeper must receive acknowledgment from the referee when a goalkeeper change is made during a guaranteed substitution.

- 2) On any other substitution, the goalkeeper must be replaced by a player from the team's bench. The goalkeeper must enter the bench to remove his goalkeeper jersey.
- 3) When a goalkeeper receives a time penalty, the offending team must get another designated goalkeeper onto the field in a timely manner. A violation results in a two minute bench penalty to the offending team, and the team will play an additional player short.

### 3.4 Illegal Methods of Entering/Exiting Field

Players may only enter/exit for substitutions through their own bench door. Any other entry/exit will result in a two-minute penalty.

### 3.5 Injuries

The referee shall send any player off the field who requires treatment for injury or blood, regardless of whether the blood is their own or from another player. For treatments involving blood, the player must obtain the referee's approval before he may re-enter the field.

## 4. Shootouts

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### 4.1 Awarding Shootouts/Penalty Kick

A shootout shall be awarded for any of the following fouls committed by a defending player in their defensive half of the field:

- a) A foul within his defensive arc.
- b) A deliberate hand ball in the arc.
- c) Foul Accumulation - a shootout is awarded when one team has accumulated five fouls. **(Thursdays only)**

### 4.2 Conduct of a Shootout/Penalty Kick

- a) The designated shooter must set the ball at the center of the midline.
- b) The goalkeeper must have one foot on goal line and may not move off until referee's whistle.
- c) No players other than designated shooter and goalkeeper may participate in the play.
- d) When the referee blows the whistle, play is restarted. The player taking the shootout/penalty kick can play the ball forward using any legal manner to score, including direct shot, dribble and shoot, or playing the ball off the boards.
- e) The designated shooter has ten seconds from the referee's whistle to take a shot.
- f) Once a goal is scored, or the goalkeeper possess or makes contact with the ball to prevent a goal, the shootout is over & it becomes a dead ball for restart.
- g) All other players on the field other than the shooter and keeper do not participate in the shootout/penalty kick.

### 4.3 Special Circumstances

None at this time.

## 5. Conduct : Cards, Violations and Fouls

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### 5.1 General Overview of Cards

#### Blue Cards

- Offending player will serve two (2) minute penalty.
- Offending player's team will play shorthanded until penalty expires or a goal is scored against.
- Offending player cannot return to field for full two minutes.

### **Yellow Cards**

- Offending player will serve three (3) minute penalty.
- Offending player's team will play shorthanded until penalty expires or a goal is scored against.
- Offending player cannot return to field for full three minutes.

### **Red Cards**

- Offending player must leave facility.
- Team will play down one man for a full five minutes.
- Any goals scored against do not allow a replacement player to return to the field (unlike blue/yellow cards)

### **Accumulation**

Two blues = Yellow, Two Yellows = Red, Three Blues = Red

## **5.2 Procedural Violations**

Procedural violations do not result in two minute penalties, are not recorded as fouls and are not added to a team's foul count. A free kick is awarded to the opposing team.

- a) Goalkeeper illegally picks up the ball.
- b) Goalkeeper makes illegal throw (crosses midline in air).
- c) Player takes longer than 6 seconds to put the ball into play.
- d) Player double touches ball on a restart.

## **5.3 Causes for Cards**

### **Blue Cards**

- a) Committing a foul in a "careless" manner
- b) Committing a foul for the tactical purpose of interfering with or breaking up a promising attack
- c) Failing to respect the encroachment rule.
- d) Deliberate handball
- e) Making a play for a ball in the keeper's control
- f) Inappropriate celebration after a goal is scored
- g) Illegal substitutions
- h) Slide tackles
- i) Abusive language or persistent misconduct while on field.
- j) Abusive language or persistent misconduct from the bench area.
- k) Unsportsmanlike behavior
- l) Verbal abuse of referee

### **Yellow Cards**

- a) Continued violations that lead to blue cards
- b) Delaying of game
- c) Situations that would normally warrant a yellow card in outdoor play
- d) Second blue card

### **Red Cards**

Mandatory red cards include:

- a) Excessive and continued foul and abusive language
- b) Leaving the bench, or coming in to the bench or field during an altercation
- c) Fighting
- d) Touching, bumping, physically contacting or verbally abusing a game official or facility staff
- e) Second yellow card or third blue card

## 5.4 Ejections & Suspensions

Players ejected due to red card will be suspended from their team's next scheduled game. Any action after you receive a red card and your prior history will affect the length of your suspension. ALL red cards will require the player to meet with a GVAS Committee panel BEFORE they are allowed to return to the division. Reasonable accommodations will be made by GVAS to allow the player to return on schedule. If the player refuses the suspension will continue until they meet with the GVAS Committee to review the incident.

Any player, coach, spectator who is involved in fighting, or involved in official or staff abuse that is guilty of violent conduct and ejected from the facility for not less than six months and up to permanently – participation in the Grand Valley Adult Soccer League is a privilege not a right.

## 5.5 Bench and Facility Conduct

Proper conduct is required throughout your participation in the league. This includes all conduct on the bench, in the facility, and in the parking lot. Referees and league officials reserve the right to penalize a player, coach, or team for improper conduct within these confines.

# 6. THE REFEREE

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## 6.1 Referee

The referee's power to assess penalties and maintain control of the game includes violations committed during play, during stoppages, and as the players and others proceed to and from the field. The referee has the power to:

- a) Warn/Penalize/Caution/Eject - From the time the referee enters the building they have the power to penalize any player, coach, or spectator for fouls or misconduct as stated in these Rules and to give warnings or time penalties, including blue, yellow, or red cards, regardless of whether the ball is in play.
- b) Declare an Advantage - The referee allows play to continue when the team against which an offense has been committed could benefit from such an advantage.
- c) Stop, Suspend, or Terminate the Game - The referee has the discretionary power to stop the game for any violation and to suspend or terminate the game because of the elements, interference by spectators, extreme misconduct, or other situation which he deems unsafe or unacceptable. In the case of a terminated game, the outcome of the game and any necessary disciplinary action will be determined by the facility manager.
- d) Prohibit entry onto the field - the referee ensures that no unauthorized persons enter the field.
- e) Halt play due to injury - the referee may stop the game if a player has been injured and have the player removed from the field.
- f) Signal Restarts - The referee signals the restart of the game.

## 6.2 Referee's Decisions

The decisions of the referee regarding facts connected with play and interpretation of the rules are final. The referee may change a decision prior to restart, upon his own reconsideration.

## 6.3 Assistant Referee

The use of assistant referees is not standard practice. In the event that a referee requests help, or the league feels that a game needs additional control, an assistant referee may be used. Their responsibilities include:

- a) Assist the referee by watching for and indicating
  - o ball out of bounds
  - o anything else requested by the referee

- b) Monitor and inform the referee about any fouls or misconduct on the bench, by spectators, or on the field behind the referee's back.
- c) In the case of an altercation on the field, make every attempt to prevent players from leaving the bench to join in; observe and record violations which happen during the altercation.
- d) An assistant referee may also assume some or all of the tasks appointed to a timekeeper.

#### **6.4 Timekeeper**

The timekeeper shall be positioned at scoreboard controls. Their responsibilities include:

- a) Checking in players and ensuring eligibility.
- b) Start the clock at the scheduled start time and keep the time for the duration of the game.
- c) Set and start time penalties on the scoreboard.
- d) Record fouls and time penalties, goals scored and player statistics
- e) Inform a player when his time penalty will expire
- f) Sound the horn or otherwise inform the referee about any fouls or misconduct on the bench, by spectators, or on the field behind the referee's back.

***Any and all Rules and Laws of the Game not specifically covered will default to those defined by FIFA and shall be implemented at the referee's discretion.***

## 7. DEFINITIONS

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**Boarding** is pushing, charging, or crowding an opponent into the perimeter when it runs an opponent into the wall.

“**Careless**” means that the player has shown a lack of attention or consideration when making a challenge or that he acted without precaution.

**Dangerous Play** is any action that, while trying to play the ball, threatens injury to someone (including the player himself).

“**Excessive force**” means that the player has far exceeded the necessary use of force and is in danger of injuring his opponent.

“**Reckless**” means that the player has acted with complete disregard to the danger to, or the consequences for, his opponent.

A **Slide** is any deliberate movement of leaving one or both feet while going down to the carpet in an attempt to play the ball.

A **Foul** occurs if a player:

- a) Holds an opponent;
- b) Handles the ball (except legal touch by GK);
- c) Plays in a dangerous manner (e.g., commits boarding or a slide tackle);
- d) Impedes the progress of an opponent ("Obstruction"), or
- e) Prevents the Goalkeeper from releasing the ball from his hands;

and when a player commits the following in a manner that the Referee considers careless, serious, reckless, or involving excessive force:

- a) Kicks an opponent;
- b) Trips an opponent;
- c) Jumps at an opponent;
- d) Charges an opponent;
- e) Strikes or elbows an opponent; or
- f) Pushes an opponent.

**Unsporting Behavior** - There are different circumstances when a player must receive at least a blue card for unsporting behavior, these include but are not limited to, e.g. if a player:

- g) Commits a foul in a “careless” manner;
- h) Commits a foul for the tactical purpose of interfering with or breaking up a promising attack;
- i) Holds an opponent for the tactical purpose of pulling the opponent away from the ball or preventing the opponent from getting the ball;
- j) Handles the ball to prevent an opponent from gaining possession or developing an attack (other than the goalkeeper within his own arc);
- k) Handles the ball in an attempt to score a goal (irrespective of whether or not the attempt is successful);
- l) Attempts to deceive the referee by feigning injury or pretending to have been fouled (simulation);
- m) Fails to respect the encroachment rule;
- n) Acts in a manner which shows a lack of respect for the game;
- o) Verbally distracts an opponent during play or at a restart;
- p) Illegal entry or re-entry of a player onto the field;
- q) Audible obscene language;
- r) On restart, deliberately kicking the ball into a defender to draw an encroachment penalty on the defender;
- s) Inappropriate celebration after a goal is scored;

**Violent Conduct** is physical force that injures, attempts to injure, or abuses any individual or arena property. Violent Conduct is also any verbally or physically threatening demeanor towards any individual.

A **Bench Penalty** is recorded as serving the penalty. A team member, coach, or spectator may cause a bench penalty and the team must play short.