

MSA SPORTS SPOT

INDOOR SOCCER LEAGUE RULES

ROSTERS/AGE REQUIREMENTS

- Age Requirements: Youth players may play up an age bracket, but not down.
- Players must be age 18 or older to participate in adult leagues.
- All players must be at least 40 years of age to participate in Men's 40+.
- MSA reserves the right to require players to show a proof of age in the event that a player's age is brought into question.
- Female players may play in male leagues.
- Youth teams (U19 and younger) must have an adult over the age of 21 on the sideline at all times. Failure to do so will result in a forfeit.
- Only players on the team roster, one head coach, and two assistant coaches are allowed in the bench area.
- All teams must submit a roster either (1) electronically through the MSA Sports Spot website or (2) by submitting a paper roster turned to the front desk.
- We emphasize the importance of planning ahead by making sure your roster contains enough players to cover for injuries, vacations, etc. Teams are permitted up to 18 players on the roster.
- All players must be on the team roster in order to play. To be on a roster, the player must be listed on the roster, all required contact information filled out, and sign the waiver for that team (parent/guardian must sign if under age 18).
- For youths under 18 years of age, a signature on the waiver must be submitted by a parent or legal guardian who assumes responsibility for the player's conduct.
- Pregame Check-In: There will be periodic random pre-game checks to ensure all participants have signed the MSA roster/waiver form.

GAME FORMAT

- The Ball: Size 4 (U7-U12), Size 5 (U13-Adults)
- Duration: Games will consist of two 24-minute halves and a two-minute halftime break. Clocks are continuous and will only stop when referee sees fit. Management reserves the right to change the duration of a game due to circumstances beyond our control.
- Kickoff Time: Games will start at their designated times, or a 5-minute grace period will begin for enough players to show. There will be no warm-up time before games to keep games on time. Please arrive early and

be ready to play at the assigned game time.

- Kickoffs: The ball may be played backward or forward. A goal may be scored directly from kickoff.
- Substitutes: The game will not be stopped for substitutions, which are on-the-fly and permitted at any time. A player leaving the field must be out of play before the player's substitute may enter the playing field. An indirect kick will be given for too many players on the field to the opposing team.
- Late Arrivals: Players arriving after the start of a contest may not enter the field until there is a dead-ball and they receive permission from the referee.
- Lopsided Score: A 6 or more goal differential will result in the losing team adding one player until the game expires and/or the goal differential becomes less than 4 (optional, a team does not have to add a player).
- Completed Games: All games are considered official one second into the second half. All games that end before becoming official may be rescheduled at management's discretion.
- Heading (Youth U7-U11): MSA will follow US Soccer's Rule in not allowing youths, participating in our U11 leagues and below, to intentionally or non intentionally "head" the soccer ball.
- Forfeits: The scoreboard will begin running at the designated kickoff time. If a team cannot field a team within 5 minutes of the start time, the game will be considered a forfeit. The team(s) may use the field for a friendly match for this game slot (referee not required to ref the friendly match.)
 - A forfeited game will be recorded as a 3-0 win.
 - U12 teams and younger must be able to field 5 total players.
 - Adult Coed teams must have at least 1 female player and a total of 4 players.
 - All other teams must be able to field 4 total players in order to play.
 - In the event of a "no-show" forfeit, players from teams scheduled for that hour may scrimmage or practice for the remainder of the scheduled time.
 - Forfeited matches will NOT be rescheduled and MSA Sports Spot does not issue refunds nor proration of fees in the event that an opponent does not show up.
- Reschedules: Given the amount of time we spend on meeting scheduling requests and

the fact that open field time during our peak season is rare, it is our policy to limit reschedules. Reschedule requests must be submitted in writing at the front desk no less than 7 days prior to the game. Reschedule requests must be accompanied by a rescheduling fee of \$30.

- Judgment Calls: All judgment calls are the referee's discretion and his/her interpretation of the rules. All calls are final and there will be no protests based on a referee's call. Referees, in situations where play has been blown dead, have the right to change a call up until the ball has been put back in play. MSA Sports Spot has the right to assign any referee to any game.

NUMBER OF PLAYERS

- U7 through U12: 7v7 (6 field players and a goalkeeper)
- U13 through Adults (excluding Men's 40+): 6v6 (5 field players and a goalkeeper)
- Men's 40+: 7v7 (6 field players and a goalkeeper)
- Adult Coed Gender Requirements: Adult coed teams will play with 4 male players and 2 female players (includes goalie). A team missing a female player will play with 4 male players and 1 female player (includes goalie).

EQUIPMENT/UNIFORMS

- Footwear: Players may **NOT** wear cleats, turfs OR flat-soled shoes only.
- Shinguards: Shinguards are required for all players in all leagues.
- Uniform Numbers: Uniform numbers are not required on team shirts.
- Uniform Colors: Each team is responsible for bringing a light and a dark shirt to all games. In the event of a color conflict, the home team (listed first on the schedule) is responsible to change shirts. Scrimmage vests may not be available.

BALL OUT OF PLAY/ FREE KICKS

- Wall Nets: A ball that passes out of bounds by hitting the netting above the boards will result in an indirect kick from within 3 feet of the boards directly below where it hit the net structure.
- Ceiling: A ball that hits the facility ceiling shall result in an indirect kick taken from a spot directly below the point of contact. A ball that touches the ceiling directly above the goalie box shall be taken from the top of the arc.
- Goal Kick/Corner Kick: Any ball passing over the end line by hitting the net will result in

either a goal kick or a corner kick. The end line is defined as any point at the end of the field between the corner kick dots. All corner kicks must be taken from the corner dots and all goal kicks may be taken from anywhere inside the penalty box.

- Lodges: If a ball gets lodged between players and/or the boards, the referee may award a drop-ball at his discretion.
- Free Kicks: All free kicks are direct and shall be taken from the spot of the foul, with the exception of goalkeeper infractions and penalty kick situations (see goalkeeper infractions and penalty kick rules). All defending players are required to be 5 yards from the ball; 5 yards is mandatory and does not need to be asked for. Any player closer than 5 yards is guilty of encroachment.
- 6-Second Rule: Players will have 6 seconds to play the ball in from the determined free kick position. Referees will begin to count once he/she has determined the spot of the kick to be correct and the player has established placement of the ball.

GOALKEEPER RESTRICTIONS: Infringement of these will result in an indirect kick from the top of the restraining arc.

- Goalkeepers may hold the ball for a maximum of 6 seconds.
- Goalkeepers may not pick up an intentional pass from the foot of a teammate.
- Goalkeepers may not set the ball down with their hands and then pick it up again.

SLIDE TACKLING/SLIDING

- Slide tackling: Slide tackling is defined as an attempt to tackle the ball from an opponent by sliding. Slide tackling is not permitted.
 - A deliberate slide to try to dispossess an attacker may result in a yellow card and a 2-minute penalty.
 - Goalkeepers may slide in their box, but are considered a field player outside of the box. Calls for sliding are at the referee's discretion.
 - The general rule for sliding is if a player's hip and/or knee makes contact with the playing surface.
- Sliding: Players may slide (not slide tackle!), in situations that do not create a dangerous environment for those around or near them.
Examples are: sliding to block a shot (given reasonable distance between players as to prevent injury), sliding to control the ball, etc.

PENALTY KICKS

- Placement: All penalty kicks will be taken from the dot just inside the penalty box. All players must be behind the ball and outside the goalie box and arc while a penalty kick occurs.
- Double-Touch: The shooter may not touch the ball again until another player has touched it (the wall/post is not a player).
- The Shot: The ball is live as soon as the shooter has touched it. Penalty kicks will start on the referee's whistle.
- Goalkeeper Movement: Goalkeepers may move side to side but not forward and have at least one foot on the line until the kick is taken. Infringement will result in a re-kick.
- Encroachment: Encroachment by other players may affect the legitimacy of the kick: encroachment by a defender will result in a scoring shot standing and a non-scoring shot retaken, while encroachment by an attacker will result in a scoring shot retaken and a non-scoring shot standing.
- Expiration of Clock: If a penalty kick is awarded as time expires, the penalty kick shall be taken and will be the final play of the period. In the event of a save in this instance, the play is immediately dead and a rebound shot will not be allowed.

YELLOW/RED CARDS

- Yellow Cards:
 - o Unsporting behavior or persistent infringements of the rules by any player/team may result in a yellow card.
 - o Players who receive a yellow card must serve the full 2-minute penalty, regardless of whether the opposing team scores. Team will be allowed to substitute the player with the yellow card.
 - o Two yellow cards equal a red card. Red cards may also be issued based on the severity of these incidents.
 - o There is no foul accumulation (old school "blue" card).
 - o Unsporting conduct including, but not limited to: jumping over boards, spitting, and cursing, will result in a 2-minute penalty in the bench area. Red cards may be issued based on the severity of the incident.
 - o If a yellow card is given to a goalkeeper: the first two-minute time penalty assessed to a goalkeeper does not have to be served. If a goalkeeper receives a second yellow card, he/she will be ejected.

- Red Cards:

- o A player who receives a red card is ejected from the game and must leave the facility immediately (Player has 2 minutes to leave the field or the game will be forfeited at referees' discretion)

- o The team may substitute for the red-carded player after 3 minutes of being down by one player regardless of the score. The red-carded player must also sit out the next team game (referee discretion)

- o Any player who receives 2 red cards in one session will not be allowed to play for the remainder of the session (referee and facility manager discretion)

- o Players participating in multiple leagues, may not participate in any leagues while serving out a suspension in one league. This rule will be strictly enforced.

- o RED CARDS IN ADULT COED LEAGUES: If a red card is given to a male player, the team must play short one male player for 3 minutes regardless of the score. The same is true for a female player.

- o In the event that a game is stopped due to red cards/fights, the instigating team will automatically forfeit the game.

- o Fighting of any nature may result in a lifetime ban from the facility. Referee assault will result in criminal prosecution and a lifetime ban from the facility. The game will be cancelled and forfeited.

- Restart: In the event that disciplinary action is taken (yellow card, red card, warning issued), play will begin again after the referee whistles for the ball to be put back into play.

At MSA Sports Spot, soccer leagues are provided for fun, recreation, and exercise.

Please treat referees and your fellow players with respect.