

# NetSports Indoor Soccer Leagues

## Indoor Soccer Rules & Regulations

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*These rules and regulations have been created in accordance to the NetSports policies and procedures. Calls on the field will be left to the discretion of the referee. Please carefully read through these rules, so that all parties participating in the NetSports indoor soccer leagues will be up to date with all of the changes to the rules and regulations.*

### **Section 1: Player Eligibility**

#### **Section 1.1 - WAIVER & ELIGIBILITY**

- 1.1.1 All players must be registered in the system and rostered on each team and league that they are playing in prior to participation.
- 1.1.2 All players must sign the waiver prior to participation.

#### **Section 1.2 - YOUTH AGE REQUIREMENTS**

- 1.2.1 Youth age divisions are determined by the player's age based on the birth year system. All youth league players under the age of 18 years old must have a waiver signed by a parent or legal guardian prior to participation.

#### **Section 1.3 - ADULT AGE REQUIREMENTS**

- 1.3.1 All adult open league players must be 18 years or older to participate.
- 1.3.2 To register in an adult age-defined league, the player must meet the required age of that league within the calendar year of the start of that season.  
*Example: Over 30, players must be 30 years old or older within the calendar year of the start date for that season.*

#### **Section 1.4 - TEAM ROSTER**

- 1.4.1 Team managers are responsible for ensuring that all players are registered on their team's roster prior to the start of the first game.
- 1.4.2 Adjustments to the rosters must be completed prior to the start of the third game. After the start of the third game, rosters will be considered frozen.
- 1.4.3 The maximum roster size is 16 players.
- 1.4.4 The only patrons allowed to sit on the bench during the duration of a game are the participants/players that are registered and listed on the team roster.
- 1.4.5 Team managers and/or coaches of any youth league team are required to remain on the bench during the entirety of a game and must also be registered on the team's roster.

#### **Section 1.5 - TEAM FEES**

- 1.5.1 Netsports Indoor Soccer Leagues are based on team registration only. Therefore, the entire roster of a team is held responsible for the entire team for that given season. Any failure to pay a team balance in FULL with result in the suspension of the entire roster until the balance is completely paid. The suspension is regardless of any individual payments made towards the team balance.
- 1.5.2 All team fees are required to be paid in FULL no later than the team's second game.

### **Section 2: Equipment**

#### **Section 2.1 - SHOES**

Flat soled shoes and turf shoes only. No studs allowed. No cleats allowed.

#### **Section 2.2 - BALL**

- \*Size 4 – U8 through U12
- \*Size 5 – U13+
- \*The ball must be provided by the home team.

#### **Section 2.3 - SHINGUARDS**

- 2.3.1 All players are required to wear shinguards and must be covered by socks.

**Section 2.4 - JERSEYS**

- 2.4.1 Teams must wear matching colored shirts.
- 2.4.2 In cases where opposing teams are wearing similar colors, the home team will be required to change into an alternate color. Referees reserve the right to make a team or certain players change into alternate colors.
- 2.4.3 No cut-offs or crop tops are allowed.

**Section 2.5 - GOALKEEPERS**

Goalkeepers must wear a different color than either team on the field.

**Section 2.6 - MISCELLANEOUS ITEMS**

No hats, jewelry or other accessories (excluding wedding bands) will be permitted during games. Referees reserve the right to decide what is appropriate for game play.

**Section 2.7 - HARD-CASTS**

Players wearing hard casts will not be allowed to participate in a game unless safety wrapped and approved by the referee.

**Section 3: Rules****Rule 1 – Duration of the Game**

- 1.1 **Periods:** A regulation game consists of two 23-minute halves.
- 1.2 **Period Intervals:** There is a one-minute interval between halves.
- 1.3 **The Clock:** All games will be played with a running clock with the exceptions for certain injuries and other situations deemed necessary by the referee.

**Rule 2 – Players on the Field**

- 2.1 U8-U12 leagues will play with six (6) players plus a goalkeeper on the field.
- 2.2 U13-adult leagues will play with five (5) players plus a goalkeeper on the field.
- 2.3 Each team must have a minimum of four (4) players to start the game. If a team is unable to fulfill this requirement within the first five (5) minutes of the game, the game will be recorded as a 3-0 forfeit.
- 2.4 **Adult Coed:** Adult co-ed league games are to be played with no less than two (2) females on the field (excluding the goalkeeper).
  - (a) Teams may play with one less male or female, but cannot play the game with only males or only females.
  - (b) Penalties must be served by the players who commit the foul, unless the goalkeeper commits the foul. If the goalkeeper is male, a male field player must serve the penalty.

**Rule 3 – The Start and Restart of Play**

- 3.1 **Start of Play:** A “kickoff” from the center mark starts play at the beginning of each half and home team has the rights to the opening kickoff. The home team must provide a game ball.
- 3.2 **Kickoff after Goal:** Except at the end of a half, play restarts after each goal with a kickoff by the opposing team.
- 3.3 **Start of Second Half:** For the start of the second half, the kickoff is taken by the away team.
- 3.4 **Restarts:** A “Restart” is the manner of resuming play after a goal or other stoppage. Restarts take place by either a Kickoff or Free Kick. The team opposing that which is responsible for the stoppage takes the Restart. Other than for kickoffs or as provided below, Restarts occur within three feet (3’) from the spot of the ball at the moment of stoppage.

**Rule 4 – Free Kicks**

- 4.1 On all free kicks, the defensive team must remain a minimum of 5 yards away from the ball until it is kicked. Once the ball is placed, the defensive team must immediately retreat a minimum of 5 yards from the ball.
  - (a) Repeated failure to do so after initial request from a referee will be considered encroachment and may result in a blue card.
- 4.2 The team who was awarded the free kick has 5 seconds to take the kick. Before the team takes the free kick, the ball must be stationary.

**Rule 5 – Substitutions**

- 5.1 Substitutions are free and unlimited as long as they do not interfere with the flow of the game. When making substitutions while the ball is in play, players may not enter the field until the player being substituted is completely off of the field.
- 5.2 Goalkeepers may be substituted only during non-foul stoppage of play. The referee should be notified of a goalkeeper change.
- 5.3 A blue card may be issued to a team making an illegal substitution.

**Rule 6 - Boundaries**

- 6.1 Any ball touching the netting, ceiling or leaving the field of play is considered out of bounds.
- 6.2 A free kick will be awarded to the team that did not touch the ball last. The ball will be placed no more than one yard from the wall closest to the point where the ball touched the side netting, leaves the field of play or at the appropriate colored line when the ball hits the top netting.
- (a) The ball will be placed on the advanced line if it hits the net between two lines, and will be put back on the yellow line above if the defensive team clears the ball into the top net in their defensive area.

**Rule 7 – Corner Kicks**

- 7.1 A corner kick will be awarded when the ball touches the netting behind the goal and was last touched by a defensive player. The goalkeeper will be awarded the ball for a goal kick when the ball touches the netting behind the goal and was last touched by an offensive player.
- 7.2 The corner kick must be taken from the yellow or white dot in the corner that the referee specifies and the defending team must be at least 5 yards away from the ball.

**Rule 8 – Penalty Kicks**

- 8.1 Penalty kicks are awarded for fouls that are committed inside of the penalty area.
- 8.2 The goalkeeper must stand with their heels touching the goal line and may not move forward until the ball has been kicked.
- 8.3 The kicker has one (1) step and may not kick the ball until the referee has blown the whistle.
- 8.4 Any call for non-physical fouls (i.e. obstruction, pass back, etc.) inside the box will be awarded a free kick right outside the penalty box, but within 1 yard of the penalty box.

**Rule 9 – Pass-Back Rule**

- 9.1 A field player cannot intentionally play a ball back to their goalkeeper's hands with their feet. If done so, the referee will award a free kick at the top of the circle.
- 9.2 If the kicker violates the one-step rule, the defending team will receive a free kick on the penalty mark.

**Rule 10 – Three-Line Rule**

- 10.1 A player who plays the ball in the air over both yellow lines without the ball touching another player, the wall or the floor between the yellow lines, will be a violation. The opposing team will be awarded a free kick on their attacking yellow line.

**Rule 11 – Offsides**

- 11.1 There are no offsides, see three-line rule.

**Rule 12 – Ties**

- 12.1 Games ending in a tie will be recorded as such; there is no overtime or shootout.

**Section 4: Goalkeepers****Section 4.1 - GOAL KICKS**

Goal kicks can be taken anywhere in the big box but the ball must be stationary.

**Section 4.2 - DISTRIBUTION**

Once the goalkeeper has gained possession of the ball with their hands, the goalkeeper must release the ball from their hands within six (6) seconds.

**Section 4.3 - SLIDING**

Goalkeepers may slide within their goal box, if they are outside they will be considered a field player and there will be a foul at the spot of the slide.

**Section 4.4 - PASS BACK**

Goalkeeper cannot pick up an intentional pass-back from their own teammate's feet, but can pick up a pass from any other part of a teammate's body.

**Section 5: Fouls and Misconduct**

A player who commits any of the following offenses shall be penalized by the referee awarding a direct free kick to be taken by the opposing team from the point of infraction, at the referee's discretion. There will be no whistle to restart. All calls are at the discretion of the referee.

**Section 5.1**

Any player who intentionally/unintentionally trips, slides, jumps at, pushes, holds, obstructs, plays dangerously, violently charges, or charges from the backside of an opponent, or who intentionally handles the ball shall be penalized by a free kick.

**Section 5.2 – Kicking**

5.2.1 Inadvertently kicks an opponent while attempting to strike the ball.

**Section 5.3 - Sliding**

5.3.1 No sliding is allowed, except for the goalkeeper (see Section 4).

5.3.2 A slide is defined as a player leaving their feet or touching their knee to the turf.

**Section 5.4 – Boarding**

5.4.1 No boarding of any type will be tolerated, and could ultimately be considered a bookable offense of any color.

**Section 5.5 – Tripping**

5.5.1 Inadvertently trips an opponent while attempting to play the ball.

**Section 5.6 – Charging**

5.6.1 Inadvertently charges into an opponent while attempting to play the ball.

**Section 5.7 – Obstructing**

5.7.1 When not playing the ball, intentionally obstructs an opponent by standing between the opponent and the ball so as to form an obstacle.

5.7.2 Obstruction is not called when a player has a ball and is shielding so as to prevent an opposing player from stealing the ball or if the ball is kicked down the field and a player attempts to run through an opponent who has established position.

**Section 5.8 - Pushing**

5.8.1 Pushes a player in an attempt to prevent them from getting to the ball.

**Section 5.9 – Dangerous Play**

5.9.1 Playing in such a manner as to be out of control.

**Section 5.10 – Charging the Goalkeeper**

5.10.1 Charging into the goalkeeper.

**Section 5.11 – Playing Ball While on the Ground**

5.11.1 Except for the goalkeeper in his own goal box, playing the ball, offensively or defensively, while on the ground or while having a part of your body, other than your feet (3-point rule) on the ground.

**Section 5.12 – Hand Ball**

5.12.1 Intentionally plays the ball with the hand and gains control or an advantage from the hand ball.

**Section 5.13 – Holding**

5.13.1 Holds an opponent to prevent them from playing the ball or defending.

**Section 5.14 – Jumping**

5.14.1 Jumps at an opponent

**Section 5.15 – Spitting**

5.15.1 No spitting.

5.15.2 Spitting could result in removal from the game, and/or a booking.

**Section 5.16 – GK Handball**

5.16.1 The goalkeeper may not reach outside of the goal box and use their hands, even if they are standing inside the goal box.

**Section 5.17 - Foul or Abusive Language**

5.17.1 Any foul or abusive language will not be tolerated, and may result in a red card and removal from the facility.

**Section 5.18 - Physical or Verbal Abuse**

5.18.1 If directed towards NetSports referees and/or employees will not be tolerated and may result in removal from all league play for a time to be determined by the NetSports management.

**Section 5.19 - Blue Cards**

5.19.1 If the above offenses are judged by the NetSports referee to be serious, a blue card may be issued, resulting in a two-minute penalty. The two-minute penalty must be served by the player who was issued the blue card, excluding the goalkeeper. If a goalkeeper receives a blue card, another player may serve the time penalty.

#### **Section 5.20 - Yellow Cards**

5.20.1 A player guilty of committing a second cautionable offense within the same game may be awarded a yellow card, resulting in a four-minute penalty.

5.20.2 The entire four-minute will be served, regardless of goals being scored.

5.20.3 Players may receive a yellow card without receiving a blue card, depending on the severity of the infraction.

#### **Section 5.21 - Red Cards**

5.21.1 A third cautionable offense shall result in a red card being issued and shall result in a mandatory ejection of the player/players from the facility, for the remainder of the day, as well as the team serving a five-minute penalty.

5.21.2 Red cards can be issued without a blue or yellow card being issued, if the infraction deems necessary.

5.21.2 The red carded player may be replaced by a substitute after the full five-minute penalty is served.

5.21.3 Red carded players will serve a minimum of a one-game suspension (Length of suspension will be determined by NetSports Management) in addition to the removal of the current game.

#### **Section 5.22 – Intent**

5.22.1 Any foul defined in section 5, which in the referee's judgement was intentional may result in a Blue, Yellow or Red card.

#### **Section 5.23 – Unsportsmanlike Conduct**

5.23.1 Unsportsmanlike conduct includes, but is not limited, to the following:

- (a) Persistent Disregard: Persistent disregard for the rules.
- (b) Dissent: Any dissent by word or action regarding a referee's decision.
- (c) Taunting: Taunting another team/player in a manner so as to cause a confrontation.
- (d) Encouraging Harm: Encouraging players by word or action to foul, harm or retaliate against an opponent.
- (e) Intentionally Distracting: Making a loud noise or action intended to distract and opponent.

#### **Section 5.24 - Non-Playing Personnel**

5.24.1 Coaches, spectators, parents, etc. are considered to be an extension of the team and may also be found guilty of unsportsmanlike conduct- this will not be tolerated. NetSports referees or management on duty may take disciplinary action against these individuals, up to and including removal from the facility. No time penalties will be enforced to the teams for non-player misconduct.

#### **Section 5.25 - Power Play Return**

5.25.1 If one team is reduced by a blue card penalty to fewer players on the field, and the team having more players on the field scores a goal, then the player who has served the most of his penalty can return to the game. Only one player may return for each goal.

### **Section 6: Protests**

#### **Section 6.1**

NetSports will not consider protests related to judgement calls of officials or application of rules. However, any suspected misapplication of the rules may be brought to the attention of the NetSports manager or League Director(s), but is not guaranteed to be reversed and/or changed.

#### **Section 6.2**

All protests must be submitted by email to the NetSports management within one (1) week of the incident and can only be submitted by the designated team manager.

#### **Section 6.3**

Protests concerning a player's eligibility in an age-defined league must be made to the referee or NetSports management prior to the completion of that game. Management may require adults to provide identity of the player in question. If their age cannot be verified, the player may be asked to leave the field of play. Referees reserve the right to forfeit a team because of an ineligible player. NetSports holds the right to verify youth ages by their birth certificates.