

INDOOR TURF SOCCER RULES

The Official Rules of Stephen C. West Ice Arena

Revised August 19, 2023

The Rules

Rule 1 - The Field of Play: All league games will be played at the Stephen C. West Ice Arena outdoor field. The field is turf with perimeter walls and glass that are considered a part of the playing surface. A net surrounds the top of the field connecting down to the glass, the entire net is considered out of bounds. Each team will have a box to stand in and sub in/out from.

1.1 Field Marking:

(a) Field Lines and Center Spot: A half way line is marked across the file of play. A center spot is marked in the middle of this line. All players must remain behind the circle on all kick offs. Along with the halfway line, the field of play is divided into 3rd's. With each team's side having a 3rd line for off sides and free kicks.

(b) Goal Keeper box: The goal keeper box is marked by a gold arc encircling each goal. The goal keeper may use his hands within this gold arc. The goal keep will be penalized if they use their hands outside of the arc. The goal keeper will be given right-of-way to collect the ball within this gold arc and to protect the goal keeper from collisions. Goal kicks will be place within the smaller white line box within the gold arc box. Any common foul that happens within the goal keeper box will result in a penalty kick. The penalty kick will be taken at the top of the white line arc. Goalie will stand on his goal line and all other players will stand outside of the gold arc line.

(c) Corner Kick Mark: Any ball that goes out of bounds and off a defender who is behind his teams 3rd white line will result in a corner kick. A corner kick is taken from whichever side the ball went out of play, at the red line marked on the wall.

(f) Kick in Sideline: If a ball goes out of bounds off a player, the other team will take a kick in from the sideline of where that ball went out of bounds no more than 3 feet from the sidewall. If a ball is kicked into the net directly above the field a kick in will take place at the spot of where the ball touched the net. If a ball goes off a defender straight up to the net in that players 3rd then the ball will be played at the 3rd white line.

1.2 Three-Line Violation: Instead of a traditional offside rule, the following will be considered an off side offense, If a player has the ball in their teams defensive 3rd they cannot pass the ball directly to a team player in the other team's defensive 3rd. The ball may touch the sideboard of the other teams 3rd and then onto a team player without being a three line violation.

Rule 2 – Equipment and cards

2.1 Specifications: A standard size 5 ball will be used with extras on standby in case any ball becomes unplayable.

2.2 Uniform: Players should wear their team's uniform, consisting of similar color, shorts, and socks. Goalkeepers should wear jersey color that distinguishes them from all other field players and the ref. Shirt pennies will be required for any player or team whose uniform does not meet requirements.

2.3 Equipment: Players are encouraged to wear shin guards and footwear with rubber tread. Any footwear with metal spikes will not be allowed.

2.4 Disciplinary cards: For any infraction or rule breaking the ref may assess a yellow card or red card to the player. A yellow card results in the player having a 2 minute sit out and their team must play a man down for the 2 minutes. If a player gets a second yellow card that player must sit out for 5 minutes. A third yellow card will result in a red card which is a 10 minute sit out and that player cannot play the rest of the game. Players can receive a straight red card resulting in a 10 min player sit out and ejection from the game. Teams will be able to replace red carded players once the 10 minute penalty is up.

Rule 3 – Teams and forfeit

3.1 Teams: Each team will field 6 outfield players and 1 goalie for a total of 7 players on the field. A team only needs 6 players minimum to play an official game. If a team cannot field 6 players that will result in a forfeit for that team. A team may have unlimited players on the roster, the league does ask each team not to bring more than 15 players on game day as to not crowd the teams bench area. To be eligible to play in the league each team player must sign the waiver. After the 3rd league game each team's roster will be frozen and no more players can be added. Roster will be checked as the league continues into playoffs to assure valid players are on each team.

3.2 Forfeit: A forfeit will occur for any team who has less than 6 players available to play on game day. Both teams will be allowed to use their game time as a scrimmage if they want. It is the responsibility of the forfeiting team captain to let the opposing captain and the Ice Programs Coordinator know when your team doesn't have at least 6 players on any given week for game day.

There will be a \$40 forfeit fee if you do not contact the opposing captain and the Ice Programs Coordinator.
Ice Programs Coordinator: Randy Gill
Office: 970-547-3147

3.3 Substitutions: Each team may substitute players freely without notifying the ref. The player coming on the field must wait for the exiting player to be within 3ft of the team's bench before stepping onto the field of play. Both the exiting player and entering player cannot make a play on the ball while the other is on the field. If a team wishes to change their goalie they may notify the ref for a time stop.

3.4 Substitution Violations: The Ref issues a Team Penalty for having too many players on the field.

3.5 Player Requiring Treatment for Injury: The Ref sends any player to his Team Bench who requires treatment for injury or blood (regardless whether the blood is his own or another's, or is on his body or uniform). This occurs at the first opportunity recognized by the Ref, whether at the game's next stoppage or his order when (i) the injury is deemed critical, (ii) by the location of the injured player, he is likely to interfere with play, or (iii) the injured player's team has control of the ball. Any player sent off for treatment may not reenter until fit to return. The Ref shall approve any blood treatment prior to allowing the player to reenter the field. If allowed by the Ref and permitted by administrative policy, a player whose uniform is stained with blood and untreated may wear alternative clothing.

Rule 4 - The Ref

4.1 Refs: One (1) Ref officiates each game.

4.2 Decisions of Fact and Rule: The decisions of the Ref regarding facts connected with play and interpretation of Rules are final. The Ref may change any decision prior to a Restart upon their own reconsideration.

4.3 Powers: The Ref's power to assess infractions, and otherwise assure fair play and maintain control of a game, extends to violations of these Rules committed during play, during stoppages, and as players and other team personnel proceed to and from the field of play. This includes the power to: Interpret fouls and gameplay. Award or disallow a goal. Issue penalties and disciplinary actions like yellow cards or red cards. Stop the game clock due to unusual play. Suspend or terminate the game due to unforeseen reason.

Prohibit Field Entry: The Ref ensures that no unauthorized person enters the field of play during a game.

Summon Security: The Ref asks facility security guards to prevent any spectator, including team personnel, from interfering with the play of the game.

4.4 Game Report: Subject to administrative policy, the ref files a Game Report, including information on any disciplinary action and other incident (e.g., serious injury) or circumstance occurring before, during, or after the game.

Rule 5 - The Duration of the Game

5.1 Periods: All games will consist of two halves of 25 minutes each. The clock will run at all times except at ref's discretion for injury or delay. There will be no overtime. Regular season games can end in a tie and playoff games will go to a penalty shoot-out for a tiebreaker.

5.2 Period Intervals: There will be a 5-minute warm-up before each games and a 5 minute half time break.

Rule 7 - The Start and Restart of Play

7.1 Start of Play: A “Kickoff” from the Center Mark starts play at the beginning of each Half and after every goal. Immediately prior to the Kickoff, all players remain in their respective defensive halves, and all defending players are outside of the Center Circle. Once the Ref signals the Kickoff, a player of the team having the Kickoff has 5 seconds to play the ball. The same player may not again play the ball until it touches another player.

7.2 First Possession and Defensive End: The Home team is the team to take the First Half Kickoff. The end of the field each team will defend is indicated by the Player’s Benches in the First Half.

7.3 Start of Second Half: The teams will change defensive ends, and the team that did not kick off to start the game will kick off to start the second half.

7.4 Free Kick: ALL FREE KICKS ARE DIRECT. The ref will spot that ball at the location of the infraction. The defending team must stand at least 7ft from the spot kick. The team taking the free kick must stop the ball and wait for the ref’s whistle before the kick is taken. The free kick must be taken within 5 seconds of the refs whistle. Any infraction that happens in the defensive 3rd the given spot kick will be taken at the 3rd white line on that side.

7.5 Penalty kicks: A penalty kick will be reward if a defensive player fouls the opposing team within the gold arc of the goal keeper’s box. The penalty kick will be taken at the top of the white line arc. Goalie will stand on his goal line and all other players will stand outside of the gold arc line. The penalty kick must be taken 5 seconds after the ref’s whistle. After the kick is taken normal play resumes.

7.6 Ball In Play/ Out of Play: Once the game has started the ball is in play at all times unless indicated by the ref. The ref will whistle each time the ball goes out of play. The team who has possession of the ball may restart play with the appropriate action without a whistle from the ref. If a team is taking too long to restart play, the ref will whistle indicating play needs to resume immediately. Time will not be stopped for a team retrieving an out of bounds ball.

Rule 8 - Method of Scoring

8.1 Goal: A team scores a goal when the whole of the ball passes over the Goal line, between the goalposts and under the crossbar.

8.2 Scoring: The team scoring the greater number of goals during a game is the winner. Games can end in a tie. For league scoring 3 points are awarded to the winning team and 0 to the losing team. In a tie both teams are awarded 1 point each. League scoring will be used to determine playoff spots for teams.

Rule 9 - Fouls and Other Violations

9.1 Penal Fouls: A foul, resulting in a free kick, is assessed to a player who commits any of the following offenses in a matter that the Ref considers careless, serious, reckless or involving excessive force:

- (a) Kicking or an attempt to kick an opponent;
- (b) Tripping an opponent;
- (c) Jumping an opponent;
- (d) Charging an opponent from behind;
- (e) Striking or elbowing an opponent;
- (f) Handles the ball (except by a Goalkeeper within his Penalty Arc);
- (g) Holding or pushing an opponent;
- (h) Playing in a dangerous manner;
- (i) Intentionally obstructing an opponent when not playing the ball.

9.2 Unsporting Behavior: The Ref stops play for Unsporting behavior, resulting in a free kick for the following offenses:

- (a) Leverage: Using the body of a teammate to propel oneself to head the ball;
- (b) Encroachment: Entering the protected area of an opposing player taking a Free kick (after initial warning);
- (c) Ref Abuse: Directing any vulgar language or actions toward the ref will not be tolerated. Players will be issued cards or asked to leave the game.

9.3 Caution-able Offenses: The ref issues a yellow card for serious violations of Rule 9.1 and for the following: Deliberate handball; Endangering a goalkeeper within his penalty arc by sliding or charging into him, regardless whether he is in control of the ball; Slide-tackling: Due to the widespread restrictions on slide-tackling and the potentially dangerous nature of the tactic in proximity to dasher boards, slide-tackling is not permitted; Propelling an opponent into the perimeter walls, whether or not intentionally; Provoking altercation: Making physical contact with an opponent, pushing or poking, short of fighting.

9.4 Ejection-able Offenses: The ref issues a red card for infractions they deem beyond reckless and deserving more than a yellow card. A red card can also be given to a player who has accumulated 2 yellows.

Please note: If a player receives 1 Red Card, they are suspended for 1 game and must pay our \$40 reinstatement fee before allowed to play in the game following their suspension.

9.5 Goalkeeper Violations: For the following violations by a Goalkeeper, the opposing team receives a Free Kick:

- (a) Illegal Handling: The goal keeper cannot pick up a deliberate back pass from a team mate unless their team mate uses any other body part besides the foot. The goal keeper cannot self-pass a free kick to themselves and pick up the ball.
- (b) Pass Back: Handling the ball, having been passed deliberately and directly to him from a teammate by any body part.

Rule 10 - Shootouts during Playoff and Championship Games

10.1 Tiebreaker: During playoffs and championship games if teams are tied after regulation time then the winner will be decided with a penalty shoot-out.

10.2 Penalty shoot-out format: A coin toss will decide which team takes which side to start with. The shoot-out is a best of 5 shots with teams alternating shots. The ball will be placed on the PK spot and the goal keeper will remain on the goal line until the player taking the shot has kicked the ball. The player taking the PK shot must do so within 5 seconds of the ball being spotted, the player cannot stop during his run up and can only kick the ball once. If the score is tied after best of 5 kicks then the shoot-out will continue 1 PK at a time unless a winner is declared.