

Lakefront Soccer Club Indoor Complex

League Rules

1. **Playing Time**
 - a.) The normal match will consist of two twenty- five (25) minute halves.
Time will be running time.
There will be a two-minute rest period between halves.
Time may be stopped at the referee's discretion for situations that are beyond the control of the referee or either team.
 - b.) There is no overtime for ties.
 - c.) The clock will start at the scheduled game time. Game play may start any time after that once the teams and referee are ready.
 - d.) The referee will declare a forfeit ten (10) minutes after the scheduled start of play if a team fails to field a minimum of five (5) field players and a keeper.

2. **Players**
 - a.) Matches will be played with a minimum of five (5) and a max of seven (7) field players including keeper for U9 to adult matches
 - b.) Players not on the official roster are not permitted to play.
 - c.) Players may not be roster to more than one team per league.

3. **Equipment**
 - a.) Player equipment includes a jersey (numbers are optional but preferred), shorts, socks and shin guards, and turf shoes or flats. **NO CLEATS WILL BE ALLOWED**
 - b.) Players jerseys of the opposing teams shall be of contrasting colors
 - c.) The goalkeeper's jersey shall be distinctly different from the jerseys of the referee, teammates and the opposing team
 - d.) Players shall not wear jewelry or other equipment that is in the opinion of the referee is dangerous or confusing. Referee may permit hard cast if in the opinion of the referee they are not dangerous (safely padded) and the player does not use the cast in a dangerous manner.

4. **Substitutions**
 - a.) Field players may substitute on the fly. Players leaving the field must not be involved in the play and should be near the bench (five feet) before substitute can enter the field of play. Players must enter from middle field.
 - b.) Goalkeeper substitutes must occur on a stoppage of play.
Anytime a goalkeeper change is made the referee must be notified. Failure to notify referee will result in caution to both players.
 - c.) Any number of players may substitute at half time, when a goal is scored or when a player is cautioned (blue or yellow card) or sent off (red card).

5. **Ball Out of Play**
 - a.) The ball is out of play when it completely crosses the sideline or touches the ceiling structure or any fixtures attached to the ceiling.
Play restarts with a sideline throw in where the ball went out of play or an indirect free kick to the opposing team whose player last touched the ball. The ball is placed at middle field when the ball hits the ceiling, no matter where it hits inside the field boundaries.
No whistle is required to restart play.
Balls intentionally put out of play may result in a card for delay of the match.

Lakefront Soccer Club Indoor Complex League Rules

6. Goalkeeper Rules:
- a.) The GK may throw the ball no farther than midfield. Ball must bounce before midfield line. **NO PUNTS OR DROP KICKS ARE PERMITTED.** Penalty is an indirect kick from the opponent's penalty mark.
A drop kick is defined as kicking the ball on the first bounce after the GK releases the ball from his/her hands. If the ball bounces two or more times it is considered to be released into play by the GK.
Once released, the ball may not be touched by the GK with the hands until an opposing player has played the ball. The penalty for this infraction is a free indirect kick from the penalty mark.
 - b.) If the GK receives a caution (blue or yellow card), a field player may serve his penalty. The team coach may designate the player to serve the penalty. If the cautioned GK remains in the match, the GK must play as a GK and not as a field player until penalty time expires.

7. Rules of the Match

- a.) Benches
Home team is first team listed on the league schedule.
Home team occupies the bench area west of the midfield.
Visiting team occupies the bench area east of midfield.
- b.) Start of Play
Period 1 – visitor kicks off toward the west end
Period 2 – home kicks off towards the west end.
The ball must be kicked and move in any direction.
- c.) Corner kicks are taken from the corners of the field; no whistle is required to restart.
- d.) Goal Kicks may be taken from anywhere in the penalty area in play when a second offensive player touches the ball.
- e.) Free Kicks
On all free kicks opponents must be ten (10) feet from the ball.
The ball must be put into play within five (5) seconds.
Indirect free kicks against the defending team inside the defending team's penalty area shall be placed at the top of the penalty area on the white spot.
Penalty shots shall be taken from the white spot at the top of the penalty area.
- f.) Fouls
The **TEN FIFA PENAL OFFENSES** are in effect. The Penalty for these offenses is a **direct free kick or Penalty Kick** if the offense occurs in the penalty area.

IF ANY OF THE OFFENSES ARE DEEMED BY THE REFEREE TO BE OF A SERIOUS NATURE OR INVOLVE EXCESSIVE FORCE, RECKLESSNESS OR VIOLENCE, THE REFEREE MAY CAUTION OR SEND THE PLAYER OFF.

1. **Kicking or Attempting to Kick** an opponent,
2. **Tripping or attempting to trip** an opponent,
3. **Jumping at** an opponent,
4. **Charging** an opponent,
5. **Striking** or attempting to **strike** an opponent,
6. **Pushing** an opponent,
7. **Tackling** and making contact with the opponent before touching the ball,
8. **Holding** an: opponent,
9. **Spitting** at an opponent,
10. **Handling** the ball deliberately

Lakefront Soccer Club Indoor Complex League Rules

The following additional offense is punished by a direct free kick:

Sliding Tackles are not permitted.

For the following offenses an indirect free kick is awarded:

1. Offside
2. Keeper releasing the ball into play and touching it with his hands before an opponent has touched the ball.
3. Goalkeeper touching the ball with his hands when deliberately kicked to him by a teammate.
4. Wasting time.
5. Playing in a dangerous manner
6. Impedes the progress of an opponent. (Obstruction)
7. Prevents the keeper from releasing the ball from his hands.
- 8.) Commits any other offense for which play is stopped to caution or dismiss a player.

CAUTIONS AND SEND OFFS: CAUTIONS INCLUDE BLUE AND YELLOW CARDS.

BLUE CARD

Results in a two (2) minute time penalty to be served by the player committing the offense (exception for goalkeeper). If the opponents score a goal during the penalty period, the penalized player is released from serving the remainder of the penalty time.

YELLOW CARD

Results in a three (3) minute time penalty to be served by the player committing the offense, (exception for the goalkeeper). The player must serve the full three (3) minute period.

CAUTIONABLE OFFENSES INCLUDE:

1. Unsporting behavior
2. Dissent by word or action
3. Persistent Infringement
4. Delaying the restart of play
5. Failing to respect the required distance when play is restarted from
6. Illegal substitutions
7. Too many players on the field

SENDING OFF -- RED CARD:

RED CARD

Results in the offending player being sent off the field. He/she may not return to that game. The player may not remain on the bench and may be asked to leave the facility (depending on the referee's discretion).

A five (5) minute time penalty is to be served by a teammate of the player committing the offense.

Lakefront Soccer Club Indoor Complex League Rules

SEND OFFS (RED CARDS) include:

1. Serious foul play
2. Violent conduct
3. Spits at an opponent or any other person.
4. Denies a goal scoring opportunity by deliberately handling the ball or by the commission of an offense punishable by a free kick/penalty kick.
5. Uses offensive, insulting or abusive language
6. Receiving three blue cards. Two blue cards and one yellow card or two yellow cards. 7. Being the first player to leave the bench during an altercation.

In all instances the penalized team will play "one down" during the penalty time.

Penalty time begins when the referee whistles for the start of play after the penalty is imposed.

No more than two players may be penalized at the same time. If this occurs the third player to be penalized will begin serving the penalty time at the time the first penalized player's penalty time expires.

ADDITIONAL PENALTIES FOR SENT OFF PLAYERS IN LEAGUE COMPETITION:

FIRST RED CARD

The player serves a one game suspension

A team fine of \$50.00 is payable to Lakefront SC before playing the next match.

SECOND RED CARD

The player serves a three-game suspension.

A team fine of \$100.00 is payable to Lakefront SC before playing the next match.

THIRD RED CARD

The player serves a one-year suspension.

A team fine of \$150.00 is payable to lakefront SC before playing the next match.

COACHES AND BENCH PERSONNEL are expected to demonstrate good sportsmanship in all their dealings with players, officials, parents, other coaches and management. Comments about officials should be addressed in writing to the referee assignor and/or Lakefront SC Management.

Coaches and bench personnel may be carded for actions consistent with those actions, which would be penalized, were they done by a player. The team plays one down. The penalized coach designated a player to serve the time penalty.

MANAGEMENT AUTHORITY: Lakefront SC reserves the right to add, modify or change the rules of play/league at any time to insure fair play and the safety of all teams and players.