



Adult Indoor Soccer Rules and Regulations

The FIFA “Laws of the Game” will be followed with the exception to the following:

1. Start and Restart of the Game

- Clock will start at scheduled game time. Game will be considered a forfeit if late team does not have enough players (at least 4 to play) after 10 minutes. **Forfeits will be scored 3-0.**
- Team occupying the East bench will start with ball in the first half
- **A goal may be scored directly off the kickoff.**
- If the ball strikes a light fixture, the ball will be placed directly below where it hit. The opposing team will get an **Indirect Free Kick** from that spot.
- Failure to put the ball in play after 5 seconds will result in a change of possession.

2. Substitutions

- **Unlimited and on the fly (including goalkeeper changes)**
- Any roster disputes must be made to the field supervisor **BEFORE HALFTIME**

3. Injuries

- The referee may stop the clock for injuries. If the clock is stopped the injured player must leave the field and cannot return until the next substitution
- Any player with an open wound must substitute out immediately.

4. Gameplay

- If both teams are wearing the same color jersey, the **AWAY** team will change
- **There is no offside penalty**
- Game will be played 7 vs 7(1 goalkeeper and 6 field players)
 - **Women’s Only:** If the goal differential is between 5-7 the losing team may add another player. If 8 or above a 2nd player may be added to the game
- The goalkeeper will **NOT** be allowed to punt or drop kick the ball
- **Game will consist of two 25 minute halves with a running clock.**
- If tied after regulation, games will end in a tie
- Fouls inside the penalty area will result in a penalty kick (taken from top of penalty BOX – (not ARC):
- **NO SLIDE TACKLES:** All slide tackles result in DFK, with following exception:

- **Clean Slide Tackles** in the penalty area (Clean means no foul committed) will result in a direct free kick from the top of the box. The defense will be allowed to make a wall inside the box.

- On all free kicks the defense must be **5 yards** from the ball

5. Fouls/Infractions/Misconduct

- **YELLOW CARDS** – Yellow Carded player must serve a five (5) minute time penalty; this is not a team penalty so a team would not play short. (Adult, U15, U17 and U19 Leagues only). If the team does not have a sub, then they will have to play short for those 5 minutes.
- **RED CARDS** - Red Carded player is immediately ejected from the match. The offending player is suspended for a minimum of 1 additional match. The team must play for the remainder of the game at a disadvantage regardless of the number of goals scored by the other team. Any player who receives a yellow card must immediately serve a 5-minute penalty. A sub may be brought in for the player who committed the infraction, and therefore, the team will not play down a player for those 5 minutes. If the team does not have any subs, then the team will have to play down a player for those 5 minutes.
- Schaumburg Park District staff reserves the right to review all red card situations and extend the suspension by a number of games appropriate to the offense. Any team receiving 3 red cards during the course of the season will forfeit their next game, Any team receiving 4 or more red cards during the course of the season will be removed from the league without refund and be suspended from future participation for 1 calendar year.
- The referee will stop play and eject any player or team (including bench personnel) that attempts to strike or does strike any player, official, or staff. Management will have final decision upon an investigation. Player/Team may be ejected from the session without refunds.
- Any player, coach, or spectator red carded, sent off, or otherwise ejected from the field of play by a referee or Sport Center staff member must immediately leave the facility. Participants will be allowed a minimal period of time to gather personal belongings and will be escorted from the facility by Sport Center staff. Police authorities will be contacted regarding any individual not leaving the facility in a respectful and expeditious manner.
- Any player attempting to play in a match they are suspended for will be deemed ineligible for the rest of the season and any game that they participate in illegally will be forfeited.
- Players and/or teams that cause disturbances within the Sport Center including the lobby and parking lot or conduct themselves inappropriately towards Sport Center Staff will be asked to leave immediately. Inappropriate behavior may lead to a participant or team being suspended from future participation.