



Glory Days Sports

**OFFICIAL RULE BOOK
ADULT COED INDOOR SOCCER
Revised December, 2011**

www.GloryDaysSports.net

PLAYING FIELD

1.00: THE FIELD: The field will be approximately 130 feet long with a width of approximately 85 feet.

THE PLAYING EQUIPMENT

2.00: THE BALL: GDS will provide a game ball for each game. This ball must be used unless otherwise agreed upon by both teams.

2.01: FOOTWEAR: Proper footwear should be worn. Indoor shoes, sneakers etc. NO SPIKES, BOOTS OR FLIP-FLOPS

2.02: SHINGUARDS & JEWELRY: Shin guards must be worn UNDER your socks. No shin guards, no play. NO jewelry, this includes, but not limited to, earrings, necklaces, bracelets (metal or rubber), silly bands, watches, and facial piercings including tongue and or lips. If you are found to be wearing any jewelry or no shin guards once the start of the game begins you will be issued a yellow card for dissent.

UNIFORMS

3.00: UNIFORMS: GDS will provide a shirt for each player. These shirts must be worn.

TEAMS

4.00: TEAMS: A team's roster may consist of a maximum for 12 players and a minimum of 6 players.

THE GAME

5.00: THE GAME: All FIFA laws of the game are recognized except for the noted changes. Failure to observe conduct rules according to Glory Days Sports will result in dismissal from the game and or league.

(<http://www.fifa.com/worldfootball/lawsofthegame.html>)

5.01: THE CLOCK: The game will consist of (2) twenty-two min halves. The clock will not stop unless of a time out or injury.

5.02: PLAYERS: The game will be played 6 on 6. You must have at least 2 girls on the field at all times. If a team is unable to play with (2) girls, they will only be allowed to play with 5 players (4 guys, 1 girl). If a team cannot produce at least 1 girl, that team will be forced to forfeit. (*NOTE: In this instance, the team with the proper number of players will win the game by score of 5-0. Both teams can then use the court for their allotted hour to play). These same rules apply to the opposite gender; at least 1 guy must be present for play.

5.03: SUBSTITUTIONS: Subbing on the fly is permitted

5.04: TIMEOUTS: (1) Timeout per half will be allowed, you will not be permitted to carry over timeouts.

5.05: GAME PLAY:

- (a) The game will be played with lines designating the in-touch and out-of-touch areas. If a ball leaves the field of play along the sidelines (defined as the sides of the field which contains no goal), the restart will be a "Kick-in." The ball will be placed on the touch line at the approximate location from which it left the field of play and will be restarted with an indirect free kick.
- (b) Any ball that goes out of play behind the goal will result in an indirect free kick depending on the team that last touched the ball before it left the field of play. If the defensive team last touches the ball, the offensive team will be awarded a corner kick (INDIRECT). If the offensive team last touches the ball, the defensive team will be awarded a goal kick.
- (c) If any ball makes contact with any part of the ceiling (defined as the roof or anything hanging down from the roof), play will be stopped. The ball will be placed at the location that the kicking team last touched the ball. The play will be restarted as an indirect kick.

5.06: SLIDE TACKLING: No Slide Tackling will be permitted. This is a cautionable offense (yellow card). It is considered a slide tackle if a player leaves his or her feet at any time to play the ball. **EXCEPTION:** The goalie is permitted to slide in his/her goal box.

5.07: GOALKEEPER RULES: Goalkeepers are permitted to use their hands within their designated penalty area. Goalkeepers are not permitted to punt the ball.

5.08: MID FIELD RULE: All Goal Kicks and goalie throws must touch a player or the ground before the midfield stripe. If the ball does not make contact with a player or the ground before the midfield line, the opposing team will be awarded an indirect free kick spotted at any location on the midfield line. **NOTE:** If the goalkeeper gives up his/her right to handle the ball in the penalty area by dropping the ball with the intent of playing the ball by his/her feet, the ball can be played across the midfield line.

5.09: OFFSIDE: No offside will be called. At no point can an offensive player be deemed as in an offside position.

PENALTIES AND REFEREE FEES

Referee Fees – Each team is required to pay a \$10 ref fee before the start each game.

The Referee's word is final. Yellow cards and or ejections will be issued for dissent and any form of aggression towards the ref. If you are ejected you must sit for two games. Please respect the game and the referees

Yellow Cards – If you receive two yellows in one game you will be ejected for that game and the next game. If you receive a yellow card in any two games consecutively (this only applies if a team ends up playing a doubleheader), you will sit the next game. If you accumulate 4 yellows over the course of the season you will sit for the following game. If you accumulate more than 4 yellows during the season your eligibility to continue to play will be under the review of GDS management.

Red Cards – 1 red card is ejection from the game and you will sit for two games. If you total three red cards over the course of the season you are ejected from the game and the rest of the season. You will also be under review by GDS management for permanent league suspension.