



Canon City Area Recreation & Park District

Adult Indoor Soccer Rules

The Manager's Responsibilities Include:

- Read and the understand league rules and District policies prior to participation.
- Obtain league information pertaining to registration deadlines, make-up schedules, league tournaments, and league awards.
- Submit all league paperwork in a legible manner on time.
- Maintain control over his/her players and spectators in all circumstances, including disputes on the field. Referees will discuss disputes on the field with managers only.
- Have all players sign team waiver/roster before playing.

The Playing Surfaces:

- All games will be played at Florence High School.
- The Basketball three-point line is the penalty area in front of each goal and the goalie box.
- The goals will be the inner pair of the blue pads on the wall under each basket.
- Each team will use the bleachers on the east side of the gym.
- All obstructions within the playing surface are considered to be live and in play except for the ceiling and backside of the basketball goals including the frame.
- If the ball does go out of play the ball will be awarded to the team who was not the last one to touch it. The ball must be kicked back into play from the spot.

The Ball: Indoor Size 5

Players:

- Must be at least 18 years of age and no longer in high school to participate.
- There will be 5 players on the court from each team at one time but teams will be allowed to start a game with a minimum of 4 players. In all cases, one of the players on the court at all times must be designated as a goalie and the only one allowed to handle the ball.
- Acceptable gender ratios are as follows:

Males to Females

3 to 2

2 to 3

2 to 2

Player Eligibility:

Protesting a player's eligibility must be based on the following criteria:

- Player playing under an assumed name

- Player not listed on a team's roster
- Player listed as a legal player on one or more rosters
- Player under the age of 18 or in high school

If a team challenges whether a player is eligible, the challenged player must provide picture identification to verify his/her name to the supervisor. If a player refuses or fails to provide proper identification they are ejected from the game immediately and the game is subject to protest.

Rosters:

If a new player is added to the roster, the player must sign and completely fill out their personal information. If a player drops from the roster they need to complete the Roster Drop form. Team rosters are limited to 12 players. There is a roster deadline approximately 60% through the season. No roster moves after the deadline.

The Game:

- The winner of the coin toss will chose a goal they wish to attack or to kick off.
- Game time is forfeit time for all leagues games.
- There are four equal 12-minute quarters
- One-minute between quarters and five minute half time.
- Each half will be started with a Kick Off at midfield. Which team kicks first will be decided at the coin toss.
- The second and fourth quarter will be restarted with an indirect kick for the team who last had possession at the end of the previous quarter.
- Referees will not officiate forfeited games. Teams will be allowed to use the court for practice. The field must be vacated 10 minutes prior to the start of the next game.

Player's Equipment:

- Footwear: Tennis shoes or soft-cleated soccer shoes, no cleats are allowed.
- Shin Guards must be worn with socks covering them.
- All jewelry, such as rings, pins, necklaces, bracelets, and watches will not be allowed during any game. The only allowable rings are smooth bands.

Referee:

- The Recreation District will hire and train all District league referees.
- The referees and staff will strive to be professional, knowledgeable and courteous.
- The referee's calls are not protestable.

The Start of play:

Opponents must be outside of the center circle before the kickoff. The player who initially contacts the ball must not be the next person to contact the ball. Goals may not be scored on the kickoff.

Scoring Goals:

- To score a goal, the ball must touch the wall pads only, unless it touches the pad and the wall at the bottom of the pad or just the wall below the pad. The inner pad of blue pads defines the goal. The referee judges the goals. To score a goal, the player and the ball must both be completely in their attacking half of the court when the ball is struck.
- A team that starts with 5 players and acquires a 5 goal lead during a game will have to play with 4 players on the field for the remainder of the game or until the lead for that team becomes less than 5 goals to 4 goals that team will be able to return to their original number of 5 players on the field.

Misconduct:

Any player who receives any kind of card or verbal warning is subject to disciplinary action in accordance with the Player Code of Conduct. Flagrant penalties result in the player getting a red card and they must sit out the remainder of the game. If a player is called for a second flagrant penalty or red card they will be ejected from the remainder of the season.

- If the ball hits the ceiling at any time, the person that contacted (kicked) the ball last will sit out for 2 minutes. At that time, your team will play down one player for that 2 minutes. If another player commits the same penalty in those 2 minutes you will play down 2 players and so on.
- To avoid damage and injury, a player who uses excessive force when kicking the ball will 1st receive a warning. If the referee feels it continues during the game that player will receive a red card. We are indoors and we need everyone to respect the space.

*** These rules were put into place to ensure the condition of the gym. The Recreation District had to do some major negotiating with the School District to be able to run the league at CCMS. We **MUST** try hard to keep the gym in good shape to continue the use of the facility***

Offsides and Penalties:

There are no offsides penalties. If a player is called for a penalty, an indirect kick will be awarded to the other team. If a player pushes, hip checks, or forces another player into the wall or any other fixtures they will be called for a BOARDING, a flagrant penalty and an indirect kick will be awarded to the other team. SLIDE TACKLING is not allowed at any time and may result in flagrant penalty.

Free Kick:

- All free kicks are INDIRECT. A goal may not be scored until the ball has been played or touched by a second player from either team.
- All defenders must be at least 6 yards from the ball on all free kicks.

- No kicks taken by the attacking team within the defending team's goal box.
- All attacking free kicks within 6 yards of the goal area will be placed at least 6 yards away from the goal area, closest to the foul, before being taken.

Goal Kick:

In Place of the Goal Kick, the goalie may distribute the ball in any way after a dead ball or after a save.

Substitutions:

Substitutions will be made on the fly without a stop in play. The person leaving the playing field must be completely off the field and tag the substitute before they can take their place on the field. The players entering the field of play must have a pinnie or shirt of similar color on to be a legal player.

Game Tie Breakers:

1. One 5-minute sudden death overtime period will be played and will end as soon as the first goal is scored or time runs out.
2. The winner of the coin toss will chose a goal they wish to attack or kick off.
3. If at the end of the overtime, there is no winner the game will end in a tie.
4. FOR TOURNAMENT or PLAYOFFS: If the game is still tied at the end of one overtime period, a shootout occurs in which 3 members from each team alternate shot on goal from the center circle. Each gender must be represented and a coin toss determines who goes first. If still tied the shootout is repeated with different players.