



Rules for the 2022-2023 Indoor Soccer League

Facility

1. All players must complete the kiosk waivers upon arrival in the lobby.
2. Players/teams should not come into the team area/playing area prior to the previous game/training session concluding.
3. NO FOOD, GUM, OR DRINK ON THE FIELDS. This includes halftime.
4. The St. Luke's Sports Rink/Fieldhouse allows for cleats, indoor cleats, or sneakers. **No metal cleats.**

Team Rules

5. All players must be 18 + years of age.
6. No numbers are required on jerseys.
7. Teams must wear matching colors. If both teams are wearing the same color, one team will wear pinnies.
8. **Coed: There must be 1 female on the field at all times.**
9. Roster size: Roster sizes are between 8-15 players.

Game Play

10. The referee will control the clock. Halves are 22 minutes long with a 3-minute halftime.
11. Players are not required to wear shin guards.
12. The games are full-field with 8 players (7 field players and a goalkeeper).
13. Coaches can choose to play with less than the number of players listed above but can not require the opponent to do the same.
- 14. Offsides will not be called.**
- 15. No slide tackling.**
16. The ball is considered out of bounds when it makes contact with any part of the facility not in play: netting, ceiling, sideline, and end line.
17. Throw-ins are to be taken on the sidelines. No kick-ins.
18. Defenders must be at least 10 feet from the ball on free kicks or restarts.
19. The outdoor pass-back rule to a keeper is in effect. The keeper must have one foot in the penalty area to touch the ball with their hands.
- 20.** After gaining control of the ball, the keeper must distribute the ball with a throw (no punting or drop-kicks).
21. Goal kick must touch a player or the floor before entering the goal.
22. Sub on the fly. Players should be off the field before sub enters. Keeper may hold the ball longer than 5 seconds to allow subs at referee's discretion.
23. FIFA rules apply unless specified otherwise. Calls and penalties are at the referee's discretion.
24. Penalty kicks are taken at the designated spot on the field.
25. If a player receives a yellow card, that player can continue playing. If a player receives a second yellow card, that player will be sent off for the remainder of the game and the team will play short one player for the remainder of the game. If a goalkeeper receives two yellow cards the team will play short one player but you may put in another goalkeeper.

26. If a player receives a direct red card, that player will be out for the remainder of the game and the team will play short one player for the remainder of the game. If a goalkeeper receives a red card the team will play short one player but you may put in another goalkeeper. A player who receives a red card is given a 1-match ban.

27. NO PROTESTS ALLOWED. The referee is responsible for all game decisions.

Cancellations and Reschedules

28. If a game is canceled due to weather conditions, captains will be emailed.

29. Weather-related cancellation reschedules will be made up at the end of the season unless otherwise notified.

Standings

30. Win =3 points, Tie = 1 point, Loss = 0 points

31. Tiebreaker Criteria if Needed

- a. Head-to-Head Competition (2-Team tie only)
- b. Total Goal Differential Maximum (Maximum 6 goal differential per game)
- c. Least Total Goals Allowed
- d. Least Red Cards Received/Least Yellow Cards Received

Communication

32. There will be a St. Luke's Sports Fieldhouse site manager present who can speak about facility-related issues, concerns, and/or injuries.

33. The Winter League Director has the final say over all league matters.

If you have any further questions or concerns please contact Emmett Noone via email at emmett@slsportsrink.com or phone at 484-895-9528. Thanks!