

Mountain Recreation Adult Soccer Rules

All rules follow [US Indoor Soccer's Laws of the Game](#) unless otherwise specified

Game Format:

- Game play is 7v7. Teams must have at least 5 players to start and finish the game.
- Game will be two 25-minute halves. Running clock unless stopped at the referee's discretion.
- Ball is a size 5.
- Games will start no later than 5 minutes after they are scheduled.
- If a team does not have enough players to start within 5 minutes of the start time, they will start down a goal. The game will be a forfeit 10 minutes after the listed start time.
- Forfeit games will be a score of 5-0.
- Overtime for playoff games (with advancement after, not 3rd place games, etc.) will be two 3-minute periods, followed by 3 shootouts and then sudden death shootouts. Regular season games will end in a tie.
- All players should be aware of the Mountain Recreation Sportsmanship Policy. This includes, but is not limited to, a one-game suspension and \$50 reinstatement fee for any red card.

Team Format:

- Players must be at least 18 years old. Players may be 17 years with a parent-signed waiver and Mountain Rec approval.
- Co-ed: there is a maximum of 5 men on the field at one time.
- Teams will fill out a roster of eligible players. Rosters will be locked after the team's third game.
- Players must play in 3 league games to be eligible for playoffs.
- Players may only play for one team per division.
- If league is split upper and lower, lower teams may have a maximum of three upper players on their roster.
- If a team has any player playing who is not on the team roster and is not given the OK to play by the opposing team captain, the result will be a forfeit. It is the captain's responsibility to report any suspected ineligible player *before the start of the game*. If the player being reported starts playing after the start of the game, the opposing team has until the start of the second half to contest it.

Game Play:

- Firm ground cleats are not allowed. Only turf shoes or indoor shoes are allowed.
- Shin guards are recommended, but not required.
- Substitutions are on-the-fly, but the player being subbed must be inside the white line before the sub enters play, otherwise a yellow card will be given for too many players on the field.
- The ball is out if it touches the side or top netting. Play restarts on the side (side netting) or nearest restart mark (top netting).
- Slide *tackling* is not allowed and will result in a yellow card.
- Any handball in the penalty arch results in a shootout.
- Yellow card: player will serve a 2-minute suspension. (Blue cards will not be used.)

- Red cards: player is ejected and team plays down for the entire game.
- Red card time exceptions: player is still ejected, but team will only play down a player for 5-minutes instead only for a player receiving a red card for two yellow cards or a DOGSO (unless the offence is one which is punishable by a red card wherever it occurs on the field of play.)
- The clock will stop for any time penalty until the player leaves the field. If a player does not leave the field in a timely manner, the referee may award a forfeit.
- If the team playing down a player due to a *yellow* card (not red card) or cumulative-foul suspension gives up a goal (powerplay goal), they get a suspended player back (in order of sending off).
- Time suspensions carry over between halves.
- If a player gets 4 cumulative yellow cards in a season, they will serve a one-game suspension.

Seeding Tie-Breakers (in order):

- Head-to-head record (for 3-way ties, a team must beat both other teams)
- Goal differential, with a 5-goal/game cap
- Least goals allowed
- Record vs other teams in their playoff division bracket
- Coin toss

Other notable US Indoor Rules:

- There are no penalty kicks, only shootouts (like hockey).
- The referee(s) is considered part of the playing field (unlike US Soccer where a dropped ball would be awarded).
- Three-line rule: if the ball crosses all 3 lines, the opposing team receives a free kick at the restart mark near the opposing goal.
- In the event of the ball hitting the top netting (superstructure), the ball will be placed at the red dot nearest where the ball was *first kicked*.
- After a team's 6th cumulative team foul (*which includes handballs*), the player who make the 6th foul will receive a 2-minute suspension. Yellow card fouls *do not* count toward the team total. Fouls carry over to the second half.
- There are no throw in's.
- Goalkeepers cannot punt the ball. This includes drop-kicks that bounce off the ground first.
- Goalkeepers cannot dribble the ball into the box, then handle it.
- Players must have a minimum of 5 players on the field. If two players are on time suspensions and a third is suspended, his or her suspension does not start until after one player returns. If a team only has 5 players (no subs) and receives a yellow card, the opposing team will receive a goal en lieu of the player serving the 2-minute penalty.