

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. A Team will consist of four male players, two female player, and a goalkeeper. Teams must have at least 5 players to start and finish the game one of which must be female playing in the field.
- Game will be two 25-minutes 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.
- It is the team's responsibility to make sure a roster is completed. If there is no roster on file and a roster is contested, the result will be a forfeit.
- 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.
- Teams may recruit one female player from another team as a temporary free agent. The female player must be registered as a player on a different team.

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).
- Goal kicks will be started by the goalkeeper in hands.
- All restarts have a six second time limit. *Goalkeepers will have extra time for distribution to allow for the goalkeeper to get up off of the floor (this is up to the discretion of the referee).
- 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 3-minute suspension. The accumulation of 2 yellow cards will result in a red card.
- Blue Card: Player will serve a 2-minute suspension. The accumulation of 2 Blue Cards will equal a yellow card for the player but will serve a 3-minute suspension. There will not be a third blue card, the next event will result in second yellow thus a red card. 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 opposing team will be awarded a shootout. Yellow card fouls *do not* count toward the team total. After the 6th foul accumulation will restart. Fouls carry over to the second half.

Gypsum Recreation Center

52 Lundgren Blvd
Gypsum, CO 81637
(970) 777-8888

Eagle Pool & Ice Rink

1700 Bull Pasture Road
Eagle, CO 81631
(970) 328-5277

Edwards Field House

450 Miller Ranch Rd
Edwards, CO 81632
(970) 766-5555

- 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.