

FREESTATE SPORTS ARENA

ADULT SOCCER RULES AND REGULATIONS

League Rules:

- Six (6) players on the court (including goalkeeper)
- Each roster is limited to 13 players
- All players must sign roster/waiver
- Players may not play for more than one team in the same division except substituting goalies.
- Home team provides game ball.
- The officials will use a 2-card system (blue & red)
- Forfeiting teams must pay both officials.
- Forfeits are recorded as a score of 5-0

Player Equipment:

- Tennis shoes or Indoor flats must be worn; NO CLEATS.
- Teams are responsible for their own jerseys/shirts. Numbers are not required.
- Jewelry will not be allowed to be worn by any players (earrings, watches, rings, etc.)
- Shin guards **MUST** be worn; anyone without shin guards will not be allowed to participate.
- The referee and/or Freestate staff shall be the judge of improper equipment.

Duration of play:

- All games will have two (2) 24-minute halves; running clock.
- NOTE:** The clock will stop on all injuries.
- Each team will be allowed one (1) timeout **per game**.
 - To request a time-out, the keeper must be in possession of the ball (keeper request), or your team must have ownership of the ball when there is a stoppage in play (coach request).

Coed Rules:

- Two Females on the field at all times
- Ball must be touched by a female in the offensive zone before a goal can be scored. Ball remains "live" until it crosses back over the center line.
- Females are NOT required to take the kick on a restart.

Over 30 Rules:

- Teams may carry up to two players ages 25 to 29.

Substitutions:

- Substitutions "on the fly" can occur at any time as long as it does not result with too many players on the field at one time.
- Players must substitute within the touchline area of their bench (3 feet).

- Controlled substitutions may be called anytime the ball goes out of bounds. There are no controlled substitutions on a foul, only when the ball is out of play or after a goal where restarted with a whistle.
- There are **no guaranteed** controlled substitutions in the final 2 minutes of the game. Violation of this rule will cause the clock to be stopped and delay of game penalties apply. Teams may still substitute on the fly during the final 2 minutes of the game.
- All controlled substitutions are restarted with a whistle.

Restarts:

- **Fields 1 & 2:** All restarts (fouls, side out, ceiling violations, restarts from a goal) result in **DIRECT** kicks.

Goalkeeper Distribution:

- Goalkeeper has 5 seconds to distribute the ball.
- The ball may be bounced prior to distributing.
- The ball may be drop-kicked.

Goalkeeper Pass Back:

- Goalkeeper may not handle the ball, having been passed deliberately and directly to him by a teammate; except that he may handle a ball which a teammate passes to him by the head, chest, or knee and without “trickery” (the use of a wall or foot to flick the ball to a head, chest, or knee before making the pass).

Three-Line Violation:

- A Three-Line Violation occurs when the **Goalkeeper** propels the ball in the air across the three center lines without it first touching the perimeter wall or another player or Referee on the field of play.

Advantage Rule:

- The Referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an existing offensive advantage.

Penalties:

- **Blue Card:** 2-minute penalty (releasable if a goal is scored). Goalkeepers receiving a blue card must serve it.
- **Red Card:** 5-minute penalty plus ejection (not releasable if a goal is scored) – Minimum 1 game suspension
- **Dissent Penalty:** Dissent by a player or team personnel will result in a blue card and the team will play shorthanded.
- **Slide Tackling:** No slide tackling is permitted. Field players may go to the ground to stop/intercept the ball if no opponent is in playing distance. Goalkeepers may slide tackle inside the penalty area.
- **Handling:** For a handling foul to be called the ball must be played by a **deliberate** act with the hand or arm.

Playoff Rules:

- Seeding in the playoffs will be determined by the regular season standings in the division. In case of a tie for the regular season, playoff seeding will be based on (ranking order):

1. Head to Head
2. Goal Allowed
3. Goals Scored

- A tied match at the end of regulation will be handled in the following manner:

- One SUDDEN DEATH 5-minute overtime period (first team to score, wins) - if still tied...
- 3 team member shootout - if still tied...
- Sudden death shootout (head to head shots until one team outscores the other)

****No goalkeeper substitutions can be made once the shootout begins****

