

**ADULT SOCCER LEAGUE  
RULES AND REGULATIONS**



**SCHEDULE**

**1. Regular Season Play**

- a. Regular season play will be round robin format with each team guaranteed 8 Regular season games.
- b. Games consist of 2 twenty-five minute halves utilizing a running clock (injuries may stop clock) with a 3-minute halftime.
- c. If two or more teams are tied for any position at the end of the regular season, the following criteria, in order as stated, determine final league standings and post-season seeding:
  - i. Any team with a forfeit during the regular season automatically loses all ties
  - ii. Point differential in head-to-head competition
  - iii. Fewest points allowed in head-to-head competition

**2. Post-Season Tournament**

- a. A single-elimination post-season tournament is played immediately following the regular season schedule.
- b. The top teams in the league will make the post-season tournament. Number of teams will be determined by the size of the league.

**TEAM ROSTERS**

**1. Rosters are limited to 13 players.**

**2. Rosters must be turned in prior to the SECOND game of the season.**

**a. Roster Changes**

- i. Roster additions or changes are not permitted after the start of the SECOND game, with the exception of a player's injury (with a doctor's note) or job transfer/shift change (with a note on company letterhead).

**b. Player Eligibility**

- i. All players must wear the provided MFH shirts as proof of eligibility .
- ii. Player eligibility must be challenged prior to the end of the 1st half and may be made by the opposing team captain or MFH staff.
- iii. The offending captain must then prove eligibility to the satisfaction of the opposing captain or staff person, remove the player from the game before play proceeds or play with the knowledge that if the protest is upheld, the game will be forfeited.
- iv. If the player proves to be eligible, the game stands as played; if ineligible, the game is forfeited. All games played with ineligible players shall be declared forfeits.
- v. Any player whose eligibility has been challenged and does not have an acceptable form of identification at the game site will be declared ineligible for that game.

**LEAGUE RESPONSIBILITIES**

- 1. The Marlton Field House is responsible for taking registration, designating rules and regulations, and providing a game ball, first aid supplies, officials and score keepers for each match. The MFH staff person responsible for league supervision reserves the right to interpret and/or change any of the league rules at his/her discretion.
- 2. The Score Keepers are responsible for score keeping and time duties.
- 3. Officials are responsible for calling and controlling the game. All officials' decisions are final. **Protests are accepted only in player eligibility cases.**

## LEAGUE PLAY/ FIELD OF PLAY

1. The Marlton Field House follows US Indoor Laws of the Game, and any changes or rules of high importance are highlighted below.
2. The playing surface provided by MFH will be used as marked. No corner flags will be used. The plexiglass doors separating the playing surface from the walkway must be closed during play.
3. The MFH will provide a size 5 ball
4. If for any reason there is inclement weather, the MFH will do their best to reschedule the game, if possible, but rescheduling is not guaranteed. No refunds will be made for any games canceled due to weather.

## PLAYERS/ DURATION OF MATCH

5. A match is played by two teams, each with a maximum of 7 players; one must be the goalkeeper. A match may not start or continue if either team has fewer than 5 players. Each team must have at least 2 female players on the field at all times. In the case of a shortage of players, the team will play down. Unlimited player substitutions can take place on the fly or at a stoppage. Substitutions cannot provide an advantage to the team making the switch.
6. Forfeit time is 4 minutes after scheduled game time. If a team does not have seven players appropriately dressed and on the turf by that time, a forfeit is declared. All forfeits will be recorded as 5-0 win for the opponent of the team forfeiting.
7. A match will last for two equal halves of 25 minutes, with a 5-minute halftime interval. The clock will “run” at all times unless stopped by the referee for an extremely unusual situation. Extra Time will be used, if needed, only for playoffs. MFH will run 1 golden-goal period of 5 minutes. If no team scores during the Extra Time period, a penalty shootout will take place
8. OT exists only for playoffs. MFH will run 1 sudden death period of 5 minutes. If no team scores during the sudden death period, a shootout will take place, with the following criteria:
  - a. Each team will select five players to start the shootout. These players must alternate gender.
  - b. Players cannot go for a second time until every player of that gender has gone.
  - c. Goalies can and will participate in shootout.
  - d. If your team does not have the required number of males or females to elect the initial five shootout participants, you will take a missed shoot for the particular player.

## PLAYER EQUIPMENT

9. Only turf or flat soled soccer shoes (or sneakers) may be worn. Cleats are NOT permitted. Shin guards are recommended, as is the removal of jewelry and/or watches.
10. Each team must have uniformly colored shirts, which are provided at the start of the session by the Marlton Field House.
  - a. The only exception to this rule is if any ordering/sizing issues occurred and MFH staff has been made aware prior to game start. Once all league shirts have been distributed, eligibility will automatically be questioned for any player not in league shirts.

## GAMEPLAY:

11. On all out of bounds, the ball must be restarted via a kick-in. There are no throw-ins. Kick-ins will be used in place of Throw-ins. The ball will be placed on the touchline, and opponents must respect a minimum 2 yard distance from the ball until it is in play. Like a Throw-in, a goal may not be scored directly from a Kick-in.
12. If the ball hits the ceiling netting at any point, **an indirect kick** will be taken by a member of the opposing team from the location where it was initially kicked. (If this location is inside the box, the indirect kick will be moved to the top of the box)
13. There is no offside offense in indoor soccer
14. During a corner kick opposing players must respect a 5-yard distance from the ball until it is in play

## FOULS AND MISCONDUCT

15. No sliding. Except for goalkeepers inside their own penalty area, players must stay on their feet. Sliding will result in a warning followed by a yellow card for a second offense. If a player's sliding changes the outcome of play, the referee may call a foul and restart with a free kick from that location. (If this location is inside the penalty area, the kick will be moved to the top of the area)
16. A free kick will be awarded to the opposing team, to be taken from the center mark on the halfway line if a goalkeeper: Punts or dropkicks the ball. Throws the ball directly beyond the halfway line
17. If the ball is kicked directly (on the fly) beyond the halfway line, a free kick will be awarded to the opposing team, to be taken from the center mark on the halfway line.

## 18. Penalties

- a. Yellow cards will result in a 2-minute man down penalty. The offending player may return to gameplay at the expiration of the 2-minute penalty, or if the opposing team scores a goal during the penalty time.
- b. Any player receiving a red card must leave the field of play immediately. The player may be asked to leave the premises or watch from the stands, but cannot go back on the field or address the official in any way. The decision on whether the player must leave will be at the Operations Managers discretion. The team receiving the red card will play short for 2 minutes or a goal is scored by the opposing team, at which time a substitute may enter.
- c. Any player receiving 2 red cards in a session will be suspended for the remainder of that league session.
- d. **With the exception of Penalty Kicks, ALL free kicks awarded will be Indirect Free Kicks. Free kicks awarded to the attacking team within their opponents' penalty area will be brought straight back to the edge of the penalty area parallel to the goal line. Opposing players must respect a 5 yard distance from any free kick.**

## REFEREES

19. The games will generally be controlled by 1 referee. At the league's prerogative and/or for the playoffs, 2 referees may be used. Referees are provided through an outside company. If for any reason a referee is a no show, players are responsible for calling their own fouls and captains will be the spokesperson for each team. No refunds are made for referee no shows.

## PLAYER CONDUCT

1. Team Captains are responsible for the conduct of their respective team members. The Team Captain (or Assistant Captain if the Captain is not present) is the only team member who may address or confer with the official or score keepers.
2. Any player showing signs of intoxication will not be permitted to play and will be asked to leave the premises.
3. Profanity will not be tolerated. Players in offense will receive a warning, followed by a yellow card if the behavior persists.
4. Fighting of any kind will result in immediate ejection from the game, removal from the premises, and result in the offending player(s) be suspended for a duration to be determined by the Operations Manager which could include banning from the league all-together.
5. The MFH Director/Operations Manager may expel any player, team, spectator, or individual from league play for any action which interferes with the orderly progress of the game (i.e. fighting, flagrant rules violations, harassment of officials, players, spectators, etc.)