



**LAW I: THE FIELD OF PLAY** 1. Dimensions: Length of the field is 145 feet. Width of the field is 75 feet.

**LAW II: THE BALL**

1. Size 5 soccer balls will be used for all adult games as well as U-13 through U-18 boys and girls.
2. Size 4 soccer balls will be used for all youth games U-12 and younger.
3. Each team must provide their own soccer balls for warm-up. Boulder Indoor Soccer will provide a game ball. If a game ball is not provided by Boulder Indoor Soccer, the home team must provide the ball.

**LAW III: NUMBER OF PLAYERS**

1. Six players, one of whom shall be a goalkeeper. (See age group chart)
2. Minimum of FOUR players needed to start and continue a game
3. Unlimited substitutions allowed as outlined:
  - a.) Player must be within the touchline at his team box door or off the field before a substitute player can come on.
  - b.) After a goal is scored.
  - c.) After a time penalty is awarded.
  - d.) On an injury time out.
  - e.) When the ball leaves the field of play.
4. Any player may change places with the goalkeeper, provided that the referee is informed before the change is made, provided also that the change is made during the stoppage of the game, and provided the new goalkeeper is wearing colors that are distinguished from the other players and the referee.
5. Only players, substitutes and coaches (no more than 2 coaches) are allowed in the players' box. A team having a nonparticipating person in the players' box will be awarded a two-minute penalty.
6. Once the goal differential reaches five, the winning team must take off one player until the difference becomes less than five.

**LAW IV: PLAYER EQUIPMENT**

1. Must be registered and be part of the team roster. This includes but is not limited to a player having a player's card and is current on team dues.
2. Flat soled shoes or others designed for artificial turf must be used (no screw-in shoes). Youth players do not have shoe type restrictions.
3. Teams must wear matching colored jerseys.
4. Goalkeepers must wear colors which distinguish them from all other players and referees.
5. Shin guards are mandatory (no exceptions) and must be totally covered by socks.
6. Braces, casts, etc. shall be padded and must be approved by the referee before the player is allowed to play.

7. Any player with an open wound must leave the playing field and may not return until his/her wound is bandaged.

#### **LAW V: REFEREES**

1. At least one official will be present during play.
2. They shall keep a record of the game.
3. Any ejection must be filed before leaving the facility.
4. Referees shall play the advantage rule anytime it applies.

#### **LAW VI: OTHER GAME OFFICIALS**

#### **LAW VII: DURATION OF THE GAME**

1. Adult games: (16 or older)
  - a.) Adult Games shall be two periods of 22 1/2 minutes each.
  - b.) The half time interval shall be 1:30 minutes.
2. Youth games: (U16 or under)
  - a.) Games shall be two halves of 22 1/2 minutes each for adults and two halves of 22 1/2 minutes each for youth games.
  - b.) There shall be a 1:30 minute interval between halves.
3. The clock shall be stopped for serious injuries and the injured player must be replaced.
4. Within the final two minutes of the first and second halves, the referee may stop and/or restart the clock if a team and/or player is deemed, in the referees judgment, to be detrimentally affecting the outcome of the game.

#### **LAW VIII: START OF PLAY**

1. The home team shall kick off.
2. Teams will change ends after each period and alternate kick offs.
3. A kick off will start the game and restart the game after a goal is scored.
4. Kick offs may be put into play in any direction.
5. A goal can be scored directly from a kick off.

#### **LAW IX: PLAY OF BALL**

1. The ball is out of play when the whole of the ball crosses the perimeter wall or makes contact with the safety netting. A DIRECT free kick shall be awarded to the opposing team from the touchline at a point closest to where the ball left play. The ball shall be placed no more than three feet from the wall when restarting play.
2. The ball is out of play when the ball makes contact with the building superstructure or lighting. A DIRECT free kick shall be awarded to the opposing team from the location directly below where the ball made contact with the supers structure, netting, or lighting.

#### **LAW X: METHOD OF SCORING**

1. A goal is scored when the whole ball has passed over the goal line, between the goalposts and under the crossbar, provided it has not been thrown, carried, or intentionally propelled by hand or arm by a player of the attacking side, except in the case of a

goalkeeper who is in his/her own penalty area. The ball must cross the goal line prior to the time buzzer sounding. A goal will not be rewarded if the ball scores after the buzzer.

2. The team scoring the greater number of goals during the game shall be the winner.

#### LAW XI: **THREE-LINE VIOLATION**

1. When the ball is played across three lines in the air towards an opponent's goal, without being touched by another player or touching the perimeter wall. A DIRECT free kick is awarded to the opposing team anywhere on the first white line the ball crossed.

#### LAW XII: **FOULS AND MISCONDUCT**

1. All free kicks will be DIRECT free kicks. There will be no indirect free kicks.

2. Fouls

- a.) Kicking or attempting to kick an opponent
- b.) Tripping or attempting to throw an opponent
- c.) Jumping at an opponent
- d.) Charging an opponent in a violent or dangerous manner
- e.) Charging an opponent from behind
- f.) Striking or attempting to strike or spitting at or on an opponent
- g.) Holding an opponent
- h.) Pushing an opponent
- I.) Intentionally handling the ball (except a goalkeeper within their own penalty area)
- j.) Charging or checking an opponent into the perimeter wall
- k.) Playing in a dangerous or reckless manner
- l.) Fair charging an opponent when the ball is not in playing distance
- m.) Obstructing an opponent
- n.) Charging a goalkeeper except when:

- I. The goalkeeper is obstructing.
- ii. The goalkeeper has passed outside his/her penalty area

o.) Slide tackling (knee touching the turf) - exceptions for goalkeeper

3. Misconduct

a.) A player shall be cautioned (Yellow Carded) if he/she:

- I. Persistently infringes the laws of the game.
- ii. Shows by word or action dissent at any referee decision.
- iii. Guilty of unsporting behavior.
- iv. Receives a second 2-minute penalty.

b.) A player shall be ejected if he/she:

- I. Guilty of violent conduct or serious foul play.
- ii. Uses foul or abusive language.
- iii. Persists in misconduct after being cautioned.
- iv. Receives a third 2-minute penalty.

c.) Receiving a yellow card will result in an automatic four minute penalty. Player receiving the yellow card must serve the full four minutes and will not be allowed back onto the field of play if a goal is scored.

d.) The referee may eject a player or coach for any of the above actions.

e.) Any player(s) ejected will be reviewed by referee and managers to decide penalty and/or suspension.

f.) Any player or team that fights before, during, or after the game will be expelled from the league and will lose their registration fees.

#### 4. Goalkeeper Restrictions

a.) Once a goalkeeper has gained control of the ball with his/her hands, he/she must release the ball into play within 5 seconds.

b.) Once the ball has been released into play, the goalkeeper cannot handle the ball again until it has been touched by an opponent, or stoppage in play occurs.

c.) At no time may a goalkeeper handle a ball that is intentionally played to him/her by the foot of a teammate.

d.) A goalkeeper is not permitted to slide outside of the penalty area.

e.) A DIRECT free kick from the top of the penalty area will be awarded to the attacking team if any of the above occurs.

f.) A time penalty assessed against a goalkeeper may be served by a teammate that is already on the field.

g.) A caution or ejection assessed against a goalkeeper will be served by the goalkeeper.

h.) A goalkeeper cannot pickup the ball if he/she has brought the ball into the goalkeeper box from the field of play. This includes touch from the thighs, head etc.

#### 5. Delay of Game

a.) If the referee feels a player is intentionally delaying the game, he/she may award a 2-minute penalty.

#### 6. Time Penalties

a.) Time penalties fall into three categories: 2-minutes, 4-minutes, and 5-minutes.

b.) A 4-minute penalty is awarded for a yellow card or a second blue card (see above 3. Misconduct).

c.) A 5-minute penalty is awarded at the time of an ejection. A teammate must serve the entire penalty regardless of goals scored. The player card of an ejected player will be withheld by the referee at the end of the game. Most ejections will result in a minimum of a one game suspension. Arrangements must be made with management for the players return to the facility.

d.) When a coach is ejected, he/she must leave the players box and have no further contact with the player. A teammate must serve the 2-minute penalty.

e.) If a player from each team is ejected in a single incident, there will be no 2-minute penalty served by a teammate.

#### 7. 2-minute time penalties (blue card) can be assessed (at referees discretion) for any of the following:

a.) Jumping the wall

b.) Illegal equipment

c.) Any major foul (see XII 2.)

d.) Whenever a penalty kick is awarded (MANDATORY)

e.) Delay of game

f.) Unsportsmanlike conduct

g.) Encroachment

h.) Bench misconduct

i.) Breach of any house rules (i.e. chewing gum, chewing tobacco, spitting, etc.)

j.) Intentionally shooting on goal after the whistle has blown

b.) Six (6) fouls by one team

8. Breakaway foul is when the last defender fouls a player who is on a clear breakaway towards goal (in the judgment of the referee). A 2-minute penalty and a shootout are awarded for this offense.

10. Release of players from the penalty box

- a.) When they have served the full time penalty
- b.) When a goal is scored against their team (only if they are short-handed). Recipients of a yellow card must serve the full time penalty of four minutes regardless of whether a goal(s) is scored.

I. Only one player can come out per goal.

- c.) When 2 or more players from the same team are in the penalty box the time for the third player begins when the time for the first player expires because there must be at least 4 players on the field.
- d.) When a bench penalty is awarded, one player on the field at the time must serve the full penalty.

**LAW XIII: FREE KICKS**

1. The following applies to all restarts:

- a.) Ball is in play when it moves from foot contact from the initial player.
- b.) The player taking the free kick may not touch it again until it has been touched by another player.
- c.) Opposing player must be 7 feet from all free kicks. If opponent refuses to give 7 feet on the referee's request, he/she may be given a 2-minute penalty for unsportsmanlike conduct.
- d.) A player has 5 seconds to put the ball into play after it has been judged ready by the referee. Failure to do so will result in a free kick for the opposing team at the point of the original kick.

**LAW XIV: PENALTY KICKS/SHOOTOUT**

1. If a shootout is awarded a 2-minute penalty must be given.

2. The ball shall be placed at a spot on the third line of the offending team. Players from the defending team shall be behind the midfield line and inside the center circle and the attacking team shall be behind the midfield line and outside the center circle. The goalkeeper must have at least one foot on the goal line and may not move until the referee signals the shootout to begin. Once the player taking the shootout touches the ball all other players may begin to attack and the game will commence and all rules apply.

3. If an offense occurs in the penalty area but is not judged by the referee to be severe, a free kick shall be awarded at the top of the penalty arch and no 2-minute penalty will be given.

**LAW XV: KICK-INS**

1. Kick-ins must be taken from behind or on the perimeter (touchline) line at a point nearest to where the ball left the field of play. The ball is considered to be out of play when it makes contact with the safety netting.

**LAW XVI: GOAL KICKS**

1. When the whole of the ball passes over the end perimeter wall or hits the safety netting between the corner marks, having last been touched by the attacking team, it shall be kicked into play by the goalkeeper within the penalty area.

**LAW XVII: CORNER KICKS**

1. When the whole of the ball passes over the end perimeter wall or hits the safety netting between the corner marks, having last been touched by the defending team, it shall be kicked into play on the corner spot nearest where the ball went out by a member of the attacking team.

**LAW XVIII: SPECIAL YOUTH RULES (AGES 12 AND UNDER) / (Ages 12 and Over)**

1. For ages 12 and under once the goal differential reaches five, the losing team must add a player until the difference becomes less than five. For ages 12 and over once the goal differential reaches five, the winning team must drop one player until the difference becomes less than five.

2. Once the goal differential reaches ten, the losing team will add a player to make six field players and a keeper. The winning team will drop one player to make 4 field players and one keeper.

**LAW XIX: SPECIAL ADULT COED RULES**

1. All players must be at least 18 years of age.

2. Teams are comprised of 2 women on the fields at all the time. A female goalkeeper counts as a one of the two females. Teams short of females can play short of players until the teams females arrives. For example a team with only one female can play with four players on the field and not forfeit the game.

4. In the event that only 1 woman is fielded and is issued a 2-minute penalty, a man must serve her penalty. If a red card is issued the team will play with only one female on the field.

5. All bench penalties must be served by a male player.

6. Shoulder tackles and charges around the boards are discouraged.

7. MACHO RULE - If the referee feels that a man attempts through action or words, to threaten or intimidate a woman, the macho rule will be called and a free kick awarded.