



**AYSO Region 65 Adult League Rules
Combined/edited MASL and Adult GOALS, plus 2.12.1 & 2**

Constitutional Rules

Playing Rules

Key Changes:

No more ball height rules. Ball may be played off boards, cage, and netting at any height.

Exception will be if ball travels into netting behind goal line. Restart will be a goal kick.

Headers are permitted.

Ball must never go from keeper to player back to keeper at any point.

2.1 Each team may have four outfield players and a goalkeeper on the field at any time.

2.2 Open Substitution, player must be 5 feet from door in order for substitution to take place. Illegal substitutions will be penalized with blue card for illegal substitution and indirect free kick from where play is stopped.

2.3 The match will consist of a single 25 minute period – no quarter or half time breaks.

2.4 Each half will begin with one team kicking off at midfield. After a goal has been scored the game will be re-started at midfield again. **The ball must go backwards off a kickoff**

2.5 The ball is in play as long as it remains inside the field of play. Balls may be played at any height and can be played on rebounds off boards, cage, and netting.

2.6 Headers are permitted.

2.7 No slide tackles are allowed. Infringement of this rule will lead to an indirect free kick being awarded against the offending player's team.

2.8 Only the defending goalkeeper is allowed to play the ball inside the goal area and only he may handle the ball in this area.

2.9 An outfield player that enters his own goalkeeper's area and **plays the ball** will have a **PENALTY KICK** awarded against his team.



2.10 A goalkeeper gaining or seeking to gain an advantage by **playing the ball** when it is outside the area will cause a **PENALTY KICK** to be awarded against his team.

Team mate receiving the ball directly from the goalkeeper may not return the ball back to the goalkeeper - the ball must first make contact with another team mate or an opponent. Infringement will lead to a **PENALTY KICK** being awarded against the offending team.

2.11 An outfield player entering his opponent's goal area to seek advantage will be penalized by the award of an indirect free kick against the offending team from where the infringement took place.

2.12 **Free kicks for fouls are direct. All other free kicks are indirect.** Observe the referees signal. Opposition players must be at least five feet from where any free kick is taken.

2.12.1 On a free kick, a player will have five seconds, as determined by the referee, to put the ball into play. Failure to accomplish this will result in an opposing team free kick, at the same spot

2.12.2 On a free kick, a defending player must be a minimum of five feet from the ball, as determined by the referee. Failure to respect the distance will result in a blue card.

2.13 Teams may not change their goalkeeper more than once during the course of the game. A change of goalkeeper must be authorized by the referee.

2.14 **NO screw-in studded footwear** is permitted to be worn by any player on the fields. Only training shoes, blades (not metal), molded studs and turf shoes may be worn. **All Players must wear shin guards** (dependent on organizer). The wearing of any jewelry is not permitted during play.

Disciplinary Rules

3.1 Players may be sent to the 'sin bin' at the referee's discretion (Blue Card/Yellow Card) for minimum 2 minutes. Teams must play short handed for the extent of the 2 minutes. A player may only be sin binned once per game as a second offence would involve a sending off.

3.2 Players sent off for any reason will be suspended the remainder of the evening. Players sent off for serious foul play, foul or abusive language will be suspended for further games at the discretion of the referee and management.

3.3 If a player is sent off whilst off the field of play (for unacceptable conduct on the sideline), the team must correspondingly reduce the number of players on the field.



3.4 If a team is given a 3rd red card the game will end.

3.5 – removed

3.6 The decision of the referee in all matters pertaining to the playing rules of an individual game is final.

3.7 The decision of Goals management in all matters pertaining to the administration of the league is final.

3.8 Goals Management may overturn any rule if they feel a team is deliberately using an interpretation of the rules to gain an unfair advantage.

3.9. Players who are not on the field can never enter the field without substitution or ref's permission.





MASL Rules Review

Arena soccer is a fast-paced game with lots of action from end to end. Although very similar to the outdoor game, arena soccer does have a few slight modifications.

- **Out of Bounds** – Arena soccer is played within walls and the ball is live at all times it is in the field of play. It is very common for players to bounce the ball off the wall as they pass to teammates or create attacking opportunities.
- If the ball goes over the wall and into the stands or netting, the ball is considered out of bounds and will be kicked in from the spot nearest where it went out of bounds.
- **Penalties** - Fouls committed during MASL games are penalized with a direct kick, if the foul is severe enough, the referee may show the player who committed the foul a blue, yellow or red card.
- **Blue Card** - A Blue Card indicates a two-minute timed penalty. The committing player will have to spend two minutes in the penalty box. His team will not be able to replace him on the field during those two minutes, resulting in a 'Power Play ' man advantage for the opposing team. If a goalkeeper receives a Blue Card, his team can choose another field player to serve his penalty for him. If his team is scored on before the two minutes expire, the player is excused from the remainder of the timed penalty
- **Yellow Card** - A Yellow Card indicates a Misconduct Penalty and results in the committing player spending five minutes in the Penalty Box. A player serving a Misconduct Penalty can be replaced on the field and his team will not be short-handed.
- **Red Card** - Violent conduct, serious foul play and penalty accumulation are some of the reasons a referee might show a Red Card, resulting in the committing player's immediate ejection from the game. Following the ejection, the committing team will send a different player to serve a two-minute timed player and his team will not be able to replace him on the field during those two minutes, resulting in a 'Power Play ' man advantage for the opposing team.

DISCIPLINE

List of Penalties which apply towards Accumulation:

BLUE CARD POWER PLAY PENALTIES

- Four Fouls by a player in a half (12.4)
- Any foul committed by Goalkeeper on Shootout PENALTY KICK
- Goalkeeper striking by throwing the ball at or violently pushing opponent while in control of the ball
- Kick (Severe, tactical, or blatant in nature)



- Trip (Severe, tactical, or blatant in nature)
- Reckless Tackle (Severe, tactical, or blatant in nature)
- Two-Footed Tackle
- Charging from behind or Charging Violently or Dangerously (Severe, tactical, or blatant in nature)
- Striking (Severe or blatant in nature)
- Contact Above the Shoulder/Elbow (Severe or blatant in nature)
- Push (Severe, tactical, or blatant in nature)
- Boarding (Severe or blatant in nature)
- Shootout: Denies an Obvious Goal Scoring Opportunity (14.7)
- Unsportsmanlike Conduct (misconduct during mass confrontations or deadball situations)

YELLOW CARD 5-MINUTE MISCONDUCT (NON POWER PLAY)

- Dissent
- Bench Misconduct (not identifiable) assessed against coach (no one serves 5-minutes)(12.8b)
- Delay of Game after Time Penalty - failing to immediately report to the penalty box (12.8.f)
- Diving, Embellishing, or Faking a foul after Team Warning (12.8h)
- Referee Crease Violation (7.3b, 12.8i)
- Penalty Box Decorum (12.11f)
- Delay of Game Violation (Restarts) (following Team Warning) 12.9(1)
- Encroachment (following Team Warning) (13.4m2)
- Severe Unsportsmanlike Manner

RED CARD EJECTIONS

- Violent Conduct or Serious Foul Play
- Offensive, insulting, obscene or abusive language and/or gestures
- Headbutt



- Third man into an altercation
- First off bench joining an altercation
- Leaving the penalty box to engage in an altercation or dissent
- Spitting on or at opponent or official
- Accumulation of 3rd penalty
- Automatic one game suspensions. All red cards reviewable by office of the commissioner and subject to additional suspension

