

# Freestate Sports Arena & Emmorton Rec Council

## INDOOR SOCCER LEAGUE RULES

### I. GENERAL RULES

1. Every attempt will be made to provide advance notice for games canceled due to **INCLEMENT WEATHER**. Freestate Sports Arena will render a decision two (2) hours prior to the scheduled games. For weather updates visit the website [www.freestatesports.com](http://www.freestatesports.com) "weather box", call (410) 335-6400, and website [www.emmortonrec.com](http://www.emmortonrec.com) "indoor soccer" page.
2. When the score has an eight (8) goal differential, the referee will cease putting the score on the scoreboard.
3. We encourage teams to not let the score differential in a game become too large. If a team is trailing their opponent by 4 goals (for example 5-1 or 6-2) they are permitted to add a player on the field. For each additional goal above 4 the trailing team can add another player. When the trailing team scores a goal to narrow the 4+ goal differential, they must pull one of the extra players from the field. If the trailing team does not or cannot add players, then the winning team must pull players from the field and play shorthanded in an effort to make the game more even. Coaches are encouraged to use their best judgment in trying to keep the score reasonable while maximizing playing time for the players and should use tactics with their team to prevent the score differential from becoming excessive.
4. Every coach from U8 to U15 shall report the final score to the chairperson no later than 24 hours after their game has ended.
5. Each team's coach will be responsible for the conduct of their players AND spectators.
6. No coach, assistant, or player shall use abusive or profane language towards any official, other player, other coach or spectator at any time. Any coach, assistant or player who violates this rule can be suspended. The EISL Board will review all infractions and render a decision within seventy two (72) hours of notification. Freestate management reserves the right to enforce their "house rules" regarding behavior and may assess penalties above and beyond those of the EISL.
7. Absolutely no ball playing or bouncing of soccer balls is allowed off the field. No running is allowed off the field. All children must be supervised. Smoking is not permitted in the Arena.
8. Noisemakers (e.g., air horns, cowbells, whistles, etc.) are not permitted at the Freestate facility.
9. Alcoholic beverages of any kind are strictly prohibited.

### II. UNIFORMS AND EQUIPMENT

1. All players must wear the same uniform color(s) as provided. Goalkeeper must wear a different color jersey that distinguishes them from the players of both teams.
2. No jewelry, watches, rings, etc., will be allowed to be worn by any player participating in any league game. Any player wearing any type of cast, brace, or splint made of hard substance must be padded to the satisfaction of the referee.
3. Shoes must be flat soled or other footwear designed for artificial surfaces. Indoor shoes with the soft "spikes" are not permitted for use in the Freestate Soccer Arena.

4. Shin guards are required for all players and must be worn **inside** the socks. Players not wearing shin guards will not be allowed to play.
5. Prior to the start of the season, each coach will be given an equipment bag containing balls, goalie jerseys, and goalie gloves. Clinic age groups will also receive drill cones/discs. All equipment is to be turned in after the last game of the season.
6. Clinic teams will utilize #3 sized balls. U8 through U12 teams will utilize #4 sized balls. U15 teams will utilize #5 sized balls.

### III. RULES OF PLAY

*(The rules listed here are not the complete set of rules governing indoor soccer. They do represent those that may be particular to this league.)*

1. All teams U15 and below are played 7v7, including a goalkeeper. If either team has less than the required number of players at the start of the game the team having more players will lend players to the opposing team or the lowest denominator of players will dictate the number of players on the field. No team will forfeit for not enough players.
2. No payments are made to the referee.
3. All restarts (fouls, side out, ceiling violations, restarts from a goal) result in **DIRECT** kicks, with one EXCEPTION. **Field #3:** All restarts from fouls, side outs, ceiling violations and kickoffs (start of game, or after a goal is scored) will be **INDIRECT**.
4. There is no offside in indoor soccer.
5. Controlled substitutions may be called on side outs, goal kicks, and ceiling violations. 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.
6. Each game will consist of two (2) 24-minute halves, with a break between halves (half time). Each team will be allowed one (1) time out per game. To request a time out, the keeper must be in possession of the ball (keeper request) or when there is a stoppage in play where your team has ownership of the ball (coach request).
7. There will be no overtime periods in the event of a tie.
8. Unless otherwise noted, all current rules of the AISL, Freestate, and USISA will apply.
9. For Fields #1 & 2, the three-line rule is in effect where the violation is by the goalkeeper only. For Field #3, the three-line rule does not apply.
10. The goalkeeper **cannot** use their **hands** on **any** pass-back that is delivered by their teammate's feet from anywhere on the field. The goalie may use their hands on balls which their teammates either chest or head back (much like outdoor soccer). If the goalie uses his/her hands, a handball violation will be called from the spot of the foul.
11. Goalkeeper may **not** punt the ball in U15.
12. The **over and back rule** will not be used in this league.
13. No slide tackling will be permitted for all ages.
14. For age groups U12 and below, the **NO** head ball rule is in effect. If the ball is deliberately headed, the restart is a direct free kick from the point of where the ball was touched unless in the penalty area and then it comes to the top of the arc. If the ball is **not** deliberately headed, the restart is a drop ball from the point of where contact was made except if in the penalty area then it comes to the top of the arc.

15. No more than two (2) coaches will be allowed in the player's box at one time during any game. No one other than the coaches and uniformed players are permitted in the player's box. All others must be seated or standing in the spectator's area.
16. No more than two (2) coaches for the Clinic age group and one (1) coach for the U8 age group will be permitted on the field of play. No coaches are permitted on the field during play for all other age groups.
17. Female players may protect their chest with their arms only when in a stationary position as part of a "wall" in defense of a restart after a penalty or other restart, but must not bring the arms away from the chest in such a manner as to control the direction of the ball.
18. On most free kicks, the official will blow the whistle, place the ball and blow a second whistle to restart play. (No second whistle will be blown for personal fouls). Play will resume on the referee's hand signal.
19. The concussion protocol is in effect, so if you believe a player has received a head injury, you can remove them from the game and they cannot return without a note from a doctor. **NO** exceptions, this is Maryland Law for all youth sports.
20. The Harford Soccer Officials Association (HARSOA) will be providing the referees. Feedback on referees is welcomed and can be submitted via email to "harsoa57@comcast.net".
21. Referee issuance of cards to players based on the seriousness of the violation will be as follows:
  - a. A "blue" card is a two-minute releasable penalty. The team plays down while the player serves his/her penalty.
  - b. A "yellow" card is a 5-minute releasable penalty. The team plays down while the player serves his/her penalty. If this is a player's second yellow card of the match (two yellow cards equal a red card), then this player is ejected from the game and must adhere to the "red" card game suspension directive. Under this condition (second yellow card) a team may substitute another player when the penalty time has expired.
  - c. A straight "red" card for a serious foul or misconduct will require the removal of the player from the field and the team must play down a player for the remainder of that game. Additional penalties may be applied based on review of the incident by the EISL Board.
22. Ejections from the game or the building will result in a minimum one game suspension. Additional penalties may be applied based on review of the incident by the EISL Board. Coaches **DO NOT** have to leave the building if red carded but must leave the coaching area. Only exception if there are acts of violence then they must be escorted out of the building.
23. Any player or coach involved in any pre-game, game time, or post-game altercations or implied act(s) of violence will be suspended from participating in future games. The EISL maintains a zero-tolerance policy with regard to acts of violence. No player or coach will be allowed to return until an investigation is completed and decision rendered by the EISL Board. All decisions of the EISL Board are final.