

Futbolfit Soccer League

Official Rules

The Ball

The ball is size 4 for U6 to U12 and size 5 for U13 and above.

The Players

Number: All leagues from U6 and above will be playing 5 on 5 (4 + goalkeeper) You may start a game with no fewer than 4 (3 + goalkeeper).

Substitutions: Each team may substitute players freely; provided that, during play, players must substitute off the field of play before the substitute enters the field of play.

The Players' Equipment

Players wear their team's jersey, consisting of the same colors, shin guards, and athletic footwear. Jewelry and other accessories are prohibited. The Goalkeeper wears jersey colors distinguished from all other field players and from the Referees. If teams do not have uniforms, then pinnies must be used.

The Referee

The decisions of the Referee regarding facts connected with play and interpretations of the Rules are final.

The Duration of the Game

A regulation game consists of two Halves of 20 minutes, totaling 40 minute games. There will be a STRICT 2 minute halftime. The Clock will start at the game time, and start for the second half whether the teams are ready or not.

The Ball In And Out Of Play

When the ball goes out of bounds on the side lines, there will be a throw in. Balls that go over the end line will result in a goal kick or a corner. A player will have 4 seconds to get the ball back into play once they are set to throw it in or take the corner kick. The purpose is to play quickly and keep the game flowing. If a player takes longer than the 4 seconds, it is automatically turned over to the opposing team.

Heading – U12 and younger

No player in U12 or younger age groups is allowed to head the ball. If the ball is headed by a player, then an indirect free kick will be awarded in the spot of the header for the opposing team.

Penalty Area/Box

The penalty box for each side will be the full width of the field marked by cones. It will be 6 yards out from the goal line. If a foul occurs in the penalty area, it will result in a penalty kick from the 10 yard PK spot. Any foul or handling of the ball by

the goalkeeper around the penalty area line is at the full discretion of the referee. Referees will not respond to any argument about the judgment call of inside or outside of the penalty area. Please respect the judgment by the referee and have good sportsmanship.

Goalkeeper – Using Hands

The Goalkeeper/Penalty Box will be the total width of the field. It will be marked with cones. The goalkeeper can pick up the ball any where in this area. The goalkeeper will have 4 seconds to release the ball once picked up/handled. If taken longer than the 4 seconds, it will result in an indirect free kick for the opposing team. There are no punts allowed.

Scoring

A team scores a goal when the whole of the ball legally passes over the Goal Line. You may not score directly off a kickoff or indirect free kick. Goalkeepers cannot score by throwing, punting, or drop-kicking it in the opposing teams goal.

If a team gets up by 7, the opposing team puts on another player (making it 6v5). If a team gets up by 10, the opposing team puts on a second additional player (making it 7v5). If the game gets back below 7 difference or between 7-9, then the normal amount of players will be allowed on the field, respectively. A game score will not be posted more than 10 difference (if the score of a game is 15 to 2, it will be recorded as 12-2).

Fouls and Other Violations

All fouls are the same as FIFA outdoor soccer rules. Differences are listed below:

(a) Goalkeeper may only hold the ball in their hands for 5 seconds – if longer, the referee may reward an indirect free kick for the opposing team.

Pass back to goalkeeper is not allowed, just as outdoor rules. This results in an indirect free kick for opposing team.

When a free kick is awarded, the opposing team is to respect the distance needed for the ball to be played.

****Cautionable Offenses:** The Referee issues a Yellow Card for reckless Fouls and for:

- (a) Unsporting Behavior by any non-player personnel;
- (b) Provoking Altercation: Making physical contact with an opponent (e.g., pushing or poking), short of fighting, or using the ball in so doing.
- (c) Continuous fouling
- (d) Foul language
- (e) Not Respecting the Distance on Free Kick or Delaying a restart
- (f) Spitting on the field

****Ejectionable Offenses:** A person receives a Red Card for Fouls, which the Referee considers violent or committed with excessive force, and for:

- (a) Second Yellow;

- (b) Elbowing: Intentionally elbowing an opponent above the shoulder;
- (c) Vicious Slide Tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him;
- (d) Fighting;
- (e) Leaving Team Bench or Penalty Area to engage in a fracas or confrontation with the opposition or a Game Official;
- (f) Extreme Unsporting Behavior

Adult League Additional Rules

There will be fines for Yellow and Red Cards

3rd or more Yellow Cards - \$25 fine each time

1st Red Card - \$25 fine

2nd or more Red Cards - \$35 fine each time

Yellow Card accumulation

5 yellow cards = 1 game suspension

This is for the full season, playoffs included. Meaning the accumulation never starts over, it does not start over for the playoffs. If you have 4 yellow cards and get a 5th in the semi-final, then you will be suspended for the final!