



The NC Fusion Indoor Soccer League, Co-Ed Recreational Division is defined as teams consisting of players 18+ years old, both male and female. This division is recommended for beginning to average skilled players with 7-10 players per team.

Rules Overview: All matches will be played in accordance with FIFA Laws of the Game except where noted below.

Field: Field of Play will be defined by venue hosting. See director for specific venue.

Ball: Size 5 ball will be used. Futsal ball may be used if both teams agree

Players:

-Only registered players may play. The league may check rosters and ID at the league's discretion.

-A match is played by two teams, each consisting of not more than five players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than four players.

-A team should have at least one female player on the field at all times. *If a team cannot field a female player, the opponent may add a player if they wish.

-Substitutions may be made on the fly. If the referee judges a substitute is involved in play before the substituted player is off the field, a restart for the opponent may be awarded.

Equipment: Metal studs are prohibited.

Referee: Each match is controlled by one referee who has full authority to enforce the Rules and Laws of the Game. There is no assistant referee.

Duration: A match consists of two 25 minute halves with no stoppage time added for normal circumstances. The referee has discretion to add time due to lengthy stoppage. i.e. serious injury, etc. Halftime will not exceed 5 minutes.

Ball Out Of Play: Any ball out play will be result in an indirect free kick from the spot closest to where it went out. If the field has walls, the ball may be moved one yard (3 feet) from the wall to restart. A corner kick will be taken one yard from the wall in the corner. At the SportsPlex, any ball that touches the net is out of play and a restart should occur.

Offside: There is no offside.

Fouls and Misconduct:

-Slide tackling is prohibited.

*If a player commits this offense, a direct free kick will be awarded to the opposing team.

-When the goalkeeper makes a save or controls the ball using his/her hands, the goalkeeper must distribute the ball within his/her defensive half of the field. If the keeper leaves the penalty box with possession of the ball at his/her feet, he/she may then distribute the ball to the entire field. There is no punting allowed.

*If a player commits this offense, an indirect free kick will be awarded at midfield to the opposing team.

-A player who is cautioned and shown a yellow card must leave the field of play, or be substituted off. The player may return to play when the referee waves the player back on the field.

-Sending Off (Red Card) Offenses:

-Any player that has been sent off must leave the vicinity of the field of play for the remainder of the match and will serve an additional minimum 1 match suspension. -The NC Fusion Adult League Director will review all red card offenses and has the ability to extend suspensions depending on the offense and circumstance.

Free Kicks: Opponents must be 5 yards from the ball.