

Carroll Indoor Sports Center
Indoor Soccer

RULES AND REGULATIONS (REVISED 09/2025)

I. Player Eligibility:

- A. Age divisions are determined by a player's age as of December 31, 2018 for all youth divisions. For adult divisions, over 30 men must be born in 1989 or before, over 35 must be born in 1984 or before, and over 40 men must be born in 1979 or before. Open men and Open Coed players must be born in 1999 or before. Coed adult teams (Over 30, Over 40 and Open Coed) may use females born in 1999 or before. Younger players may participate in an older group in youth classifications: U19 and younger. **However, individuals playing in a travel division of U14 and younger who also choose to play in a co-ed or rec division must play two years up in the rec division from the players age. For example a U11 player playing U11 or U12 travel is eligible to play U13 or U14 co-ed or rec but not U12 rec or co-ed. A U10 travel player who is playing U11 travel may play in U12 co-ed rec or older.**
- B. A player may not appear on the roster of more than one team within a single age group or more than one division roster within the same age group. A coach may enter two teams in the same age division under one roster. However, only one team will be permitted to advance to the playoff round.
CISC reserves the right to combine groups or place teams at their discretion when age divisions are not represented. Females may not participate in male divisions, and males may not participate in female divisions.
- C. In order to be included on a team roster, individuals must have a current CISC player card for that team. Cards must be issued prior to the start of the team's fourth game. After the fourth game, all rosters are frozen. U6 & U8 teams must submit a team roster but are not required to have player cards for individuals. CISC reserves the right to forfeit games or suspend play to teams that are not in good standing with rosters or league fees.

II. Protests:

- A. CISC will not consider protests related to judgment calls of officials or application of rules. However, any suspected misapplication of rules may be brought to the attention of CISC
- B. Protests concerning player eligibility must be made to game officials prior to the completion of that game. The game official may require protested player and coach to provide identity of player in question. Refusal to comply with this request shall result in immediate forfeiture.
- C. All protests must be submitted in writing to the CISC within three days of the date of the game. Coaches of protested players must provide proof of age (birth certificate) to the commissioner within seven days after notification of such a protest. Protests from teams with outstanding league balances or rosters will not be considered.

III. Suspensions:

- A. CISC shall have authority to impose suspensions for any of the following reasons:
1. Unsportsmanlike conduct which causes any player or coach to be ejected from a game. Any player or coach that is ejected with less than five minutes left in a

game may not play or coach in that team's next game. Suspensions may also, at the discretion of CISC, extend to all league play for that player, not just the age appropriate game the card was given for. \Players or coaches ejected with more than five minutes remaining must contact the commissioner for approval to participate in the team's next game. Players or coaches issued a red card after any game will be suspended from that team's next game or games.

2. Any verbal or physical abuse directed towards officials, opponents, or opposing coaches during or following a game will not be tolerated. If there is **any** physical contact against an official, the offender will receive an automatic suspension for the season or longer. CISC officials may extend said suspension for up to three years.

3. Spectators are considered an extension of the team, but may not enter field. Spectators who enter the field before, during or after a game are eligible for suspension or removal from grounds and may result in disciplinary action against the team. Harassment and unsportsmanlike conduct by spectators will not be tolerated. CISC officials may take disciplinary action against teams for the conduct of their spectators.

B. CISC may level suspensions against teams, coaches, or individual players. Such suspensions may be for one game, several games, remainder of the season, or for several seasons as determined by the CISC

IV. Inclement Weather Policy:

- A. In case of inclement weather cancellation information will be on our web site at www.carroll-indoor.com
- B. CISC will attempt to make all cancellations 1½ hours prior to game time. Canceled games will be made up if possible, but if they cannot then CISC may give a 1 hour **summer practice** to the team/teams that were cooperative in trying to reschedule.

V. Scheduling:

- A. Teams having special scheduling requests must put such requests on the original registration form or notify CISC in writing at least three weeks prior to the starting date of the season. Any requests received after the schedules have been made will probably be denied. Make-up times, dates, and fields are at the discretion of CISC. Make-up games may be scheduled on weekday evenings, weekdays in which school is not in session, or teams may be scheduled two games on any given Saturday or Sunday. Make-up games may be scheduled on our intermediate field for all age divisions. If make-up games cannot be rescheduled, teams may be given a free hour of field time between April 1 and October 31.
- B. Teams choosing to forfeit a game will be assessed a fee equal to the cost of the referees scheduled for that age division (the forfeiting team will pay for both team's referee fees). This fee must be paid to CISC before the team's next scheduled game. Any team forfeiting a game or games may be denied admittance to future sessions at CISC.

VI. Equipment:

- A. CISC will provide game balls for all games. Outdoor balls- #3 for U8 and younger. #4 for U9's, U10's, U11's and for U12's, and #5 for all other age groups.
- B. Only flat soled shoes or multi-stud rubber artificial turf shoes may be worn. Positively no detachable or plastic cleat shoes permitted.

- C. All playing members of a team (except keeper) must have shirts of the same color and design. The referee reserves the right to require either team to wear pinnies supplied by CISC. Goalkeepers must wear a different color than that of either team.
- D. Shin guards are required for all players in leagues of U19 and younger or any player under the age of 19 playing in any adult division. Players wearing a hard cast will be permitted to play if it is adequately padded, approved by the head referee and the player has written approval **by a physician**. No jewelry or hats may be worn during a game.
- E. **First Aid:** CISC has a limited first aid kit. It shall be the responsibility of each team to maintain their own first-aid kit and first-aid given to their players. First-aid is not the responsibility of the officials or any CISC representative. Ice packs for injuries are available from CISC.

PLAYING RULES

I. Game Setup:

- A. **Time:** Games will consist of two twenty-four minute halves, for all age groups. Time is running except in cases of injury, or other situations deemed necessary by an official. Exception: If, during the last minute of play of a game that is tied or there is a one goal differential; there is a foul by the defense of the team that is leading by one goal or the defense of either team if the game is tied, the clock will be reset to the remaining time when the foul occurred. The clock will be restarted when the ball is put in play. If time expires after an awarded penalty kick, that penalty kick will be completed. Game times for tournaments may be different from those listed above.
- B. **Overtime** periods will not be played for regular season games. For playoff and championship games, two sudden death (golden goal) overtime periods (five minutes each) will be played if the game is tied at the end of regulation time. If, at the end of the overtime periods, the game remains tied, a third untimed sudden death period will be played with teams using no keeper. This period will start with a drop ball and will end with a score or an awarded penalty kick.
- C. **Time Outs:** There are no time outs.
- D. **The home team** will be the first team listed on the schedule and will occupy the team box furthest from the scoreboard. There will be **no pre-game coin toss**. The home team will defend the goal furthest from the scoreboard and will kick-off the first half. The visitors will defend the goal under the scoreboard and will kick-off the second half.
- E. All age divisions will play **seven players** (six plus keeper), with the exception of open men and U18 boys (five plus a keeper). Forfeits will be declared if a team has less than five players to start a game or if the team has less than four players to finish a game.
- F. All teams must have an adult (over 21) in the team box for all games.
- G. **Co-Ed Leagues:** All co-ed teams must have at least 2 male and 2 female players on the floor at all times, unless a male/female is serving his/her own penalty. If the penalty is levied against the team, the team must take off the majority gender player. If a team does not have the appropriate numbers of male or female players at the start of the game, that team must play a player down for each missing player(s).

II. Standings will be based on two points for a win and one point for a tie, and one point subtracted for a forfeit (-1). Scores will be reported by game officials. Recorded scores of winning team will be given as a maximum 10 goal differential. (10-0, 11-1, 12-2, etc.) A forfeit score will be recorded as 10-0. Ties in standings will be broken by:

- a. head to head play (wins/losses/ties/forfeits)
- b. if tie still exists then, goal differential in head to head play
- c. if tie still exists, then total goals against (allowed)
- d. if tie still exists, then total goals scored (max. 10 goal differential in any one game)
- e. if tie still exists, then comparative scores with the team immediately below the tied teams in standings, then with team that is two spots below, etc. until tie is broken.

III. Rules of the Game

- A. **Substitutions:** Substitutions are free and unlimited as long as such substitutions do not interfere with the flow of the game. However, **when making substitutions while the ball is in play, players may not enter the field until the player substituted is within the 3' substitution box in front of the team areas.** Goalkeepers may substitute only during non-foul stoppage of play (for example, not on the fly) but must be ready to go without changing jerseys or gloves to hold up the game. Officials should be notified of a change in goalkeeper. A two minute penalty may be assessed on any team making an illegal substitution. Penalty for failure to notify official of keeper substitution is loss of possession. **Substitutions may also be called for by the team awarded a free kick. While only the kicking team may call for the substitution, either team may make substitutions after the officials have granted such delay in the free kick.**
- B. Any ball touching the side netting or entering a team box is considered **out of bounds** and a direct kick will be awarded to the team that did not last touch the ball. The ball will be placed one yard off the wall from the spot closest to where the ball touched the netting or went out. Teams who fail to place the ball properly after the ball has touched a side net may lose possession of the ball (similar to illegal throw-in outdoors) Balls touching the top netting are considered out of bounds and will be put in play by a free kick directly under where the ball touched the net. Balls touching the top netting directly over the penalty box that were last touched by the defensive team will be put in play by a corner kick by the offense.
- C. All free kicks are direct except the kick-off. The kick-off may travel **forward or backward** but must touch a second player before it can be kicked a second time by the person making the original kick.
- D. A **goal kick or corner kick** will result when the ball touches the netting behind either goal. If the ball was last touched by an offensive player, a goal kick is awarded. If the ball last touched a defensive player, a corner kick is awarded.
- E. On all **free kicks**, the defensive team must remain fifteen feet from the ball until the ball is kicked. After the ball has been placed, the defensive team must retreat beyond fifteen feet from the ball within three seconds. Repeated failure to do so or failure to do so after the initial request by the kicker or official is encroachment and results in a two minute penalty.
- F. Only **one whistle** will be sounded for free kicks. Players will have **5 seconds to take the kick** after it is positioned unless the kicking team has requested a substitution following a dead ball. The referee will signal when the kick may be

made following such substitution. Failure to take such kick within five seconds results in a free kick for the opposing team.

- G. The **center line rule** is in effect whenever the keeper is in possession of the ball. Prior to crossing the center line, the distributed ball must first touch the floor outside of the box, a side wall, a teammate, or an opposing player. The center line rule will apply to drop-kicks as well as punts and throws by the keeper. Violation results in a direct free kick from the center line. If the keeper dribbles the ball outside of the box the center line rule no longer applies.

H. **Goalkeepers:** After gaining possession of a ball, the goalkeeper must release it within five seconds. If the goalkeeper kicks the ball while he is outside of the penalty area, he may not handle the ball inside the penalty area until it has been touched by an opponent. In other words, the keeper cannot dribble the ball from outside the penalty box to inside the box then handle the ball with his hands. The goalkeeper may not pick up a ball that has been intentionally passed to him by a teammate off of that teammate's foot. The goalkeeper may not bounce or hand dribbles a ball. Any goalkeeper infraction results in a free kick (direct) awarded to the opponents at the 30' mark. If there is obstruction or inadvertent charging committed against the goalkeeper, the referee will award a free kick. Violent or serious foul play against the goalkeeper may result in a two minute penalty or ejection. After the keeper has gained possession the defense must either stand still or take the closest exit out of the box. Once outside the box the defense may run one yard away for the line markings of the goal box to defend the keeper during a possible drop kick. The goalkeeper may not punch the ball across mid-field, otherwise it is a keeper distribution foul. Goalkeepers may substitute only during non- foul stoppage of play (for example, not on the fly) and declared time outs but must be ready to go without changing jerseys or gloves to hold up the game. Officials should be notified of a change in goalkeeper.

I. **CISC will not use a three line rule or off-sides rule.**

- J. **Heading:** We will follow U.S. Soccer Federation rules on headings. All leagues U11 and younger shall not head the ball directly from the air in any match or competition, nor shall these players practice heading the ball in any organized team setting. If a player U11 or younger deliberately heads the ball in a match, the referee shall award an indirect free kick to the opposing team at the spot of the infraction. If the heading occurs within the penalty area, the referee shall move the ball outside the penalty area and award an indirect free kick to the opposing team. If a league is mixed ages, for example U11 and U12, the heading rule then applies to the entire age group. So in a U11-U12 division- no one in the division would be able to head the ball.

IV. Penalties:

- A. **Two minute penalties or longer** may be given for fouls the referee considers extreme, unsportsmanlike conduct, abusive language, illegal substitution, or encroachment. The penalized team must play a man down for two minutes (or more) or until the opposing team scores. If a foul is against an individual player, that player must serve the penalty. If the foul is against the coach or team, the coach may designate which player serves the penalty. Multiple violations may result in two or more players serving penalty time at the same time. Excessive violations by a player or coach may result in ejection whereby they are required to leave the arena for the remainder of the game. Ejected players may be replaced after the time (up to five minutes) penalty levied by the official has expired. Time penalties being served in conjunction with an ejection must be served in full and do

not expire when the opposing team scores.

- B. **Additional Cardable Violations**– Spitting on carpet (2 minutes), chewing gum during play (2 minutes), profanity (2 minutes) and abusive language directed towards an official, coach or opponent (red card ejection).

- C. **Penalty kicks** will be awarded for direct free kick fouls which occur within the penalty area. The keeper must stand with heels on the goal line and may not move until the ball is kicked. The kicker may not kick the ball until the referee signals with a whistle. The kicker may not play the ball a second time until the ball touches the keeper or another player.

V. Other Rules:

- A. Any team forfeiting a game must pay all officials scheduled for that game. This payment must be made directly to the officials or to CISC prior to that team's next game. Failure to do so will result in forfeiture of all remaining games.
- B. **All CISC leagues** will adhere to special **mercy rule** if the losing team requests. On any goal differential of five or more goals, the trailing team may add an extra field player.
- C. **Slide tackling is not permitted in any age division.** In those leagues, goalkeepers cannot slide outside of the penalty box. For adult leagues (Open and older), teams may use "borrowed" goalkeepers. CISC will follow Major Indoor Soccer League rules for all situations not otherwise covered in these rules.

