

LIVINGSTON SOCCER CLUB
INDOOR PROGRAM RULES AND REGULATIONS
2010

I. TEAMS

Each team shall field players as follows.

7v7 (INCLUDING GOALIE)

The goalkeeper must wear a pinney.

NOTE: The number of field players can be increased by one by mutual agreement among the coaches if each team will still have at least two subs

II. FORFEITS

A minimum of four players must be fielded by each team in order for a game to be played. A coach may borrow one or more players from another team within its own division or from a team from a younger division so that a team can play with a full side plus one substitute.

III. DURATION

Each game shall consist of two twenty-five minute halves separated by one two minute break. **Please note that games shall always end at five minutes prior to the hour – no exceptions.** The clock is not to be stopped for any reason including injuries.

IV. TIME-OUTS, MANDATORY PLAYING TIME AND POSITION RULES

No time-outs are permitted.

Teams are required to abide by the following playing time and position rules:

No player may play in excess of one quarter (12 ½ minutes) greater than any other player on the team. No player may ever play less than half the game during any single game.

V. STARTING THE GAME

The team kicking off shall be determined by the referee without a coin toss. Teams will change goals at the end of the first half.

VI. FREE KICKS

The penalty for any of the following fouls is a DIRECT KICK:

- 1). Kicking or attempting to kick an opponent
- 2). Tripping
- 3). Jumping at an opponent
- 4). Charging from behind (except if obstruction)
- 5). Charging in a violent or dangerous manner
- 6). Striking or attempting to strike an opponent
- 7). Spitting at anyone or using foul or abusive language
- 8). Holding
- 9). Pushing
- 10). Hand ball – Hand ball is defined as deliberate (in the opinion of the referee). On a goalkeeper hand ball, the position of the ball shall determine whether it is a hand ball, not the position of the goalkeeper.
- 11). Any other physical behavior deemed inappropriate by the referee.

ON ANY DIRECT KICK FOUL OR #1 AND #7 INDIRECT KICK FOUL LISTED BELOW, THE REFEREE MAY ASSESS A TWO MINUTE BENCH PENALTY AGAINST THE VIOLATOR. NO SUBSTITUTION IS PERMITTED AND THE TEAM PLAYS SHORTHANDED. IF THE VIOLATOR IS THE GOALKEEPER, ANOTHER PLAYER WILL BE ALLOWED TO PLAY GOALKEEPER DURING THE PENALTY.

SHOULD THE REFEREE JUDGE THAT THE FOUL WAS INTENTIONAL AND FLAGRANT, HE WILL EXPEL THE PLAYER FROM THE GAME.

FOR DISSENT (LISTED BELOW), OFFENDING PLAYER (OR CLOSEST PLAYER IF DISSENT BY COACH) WILL BE ASSESSED A TWO MINUTE BENCH PENALTY. A COACH CALLED FOR DISSENT A SECOND TIME DURING A GAME WILL BE EXPELLED FROM THE GAME AND MUST IMMEDIATELY LEAVE THE FACILITY.

IF A PLAYER (OR COACH) IS EXPELLED, A TWO MINUTE BENCH PENALTY WILL BE ASSESSED TO THE TEAM, SERVED BY ANOTHER PLAYER.

IF A PLAYER IS EXPELLED FROM THE GAME, HE WILL NOT BE PERMITTED TO PLAY THE FOLLOWING GAME. A COACH EXPELLED FROM A GAME WILL NOT BE PERMITTED TO ATTEND THE FOLLOWING GAME. THE REFEREE MUST COMPLETE AND FILE AN INCIDENT REPORT.

IF A GOAL IS SCORED DURING A TWO MINUTE BENCH PENALTY, THE BENCH PENALTY IS NOT SHORTENED.

DECISIONS MAY NOT BE APPEALED OR OVERRULED.

All direct kicks will be taken from the point of the foul, no closer than 10 yards from the goal.

The penalty for any of the following fouls is an INDIRECT KICK:

- 1). Dangerous play
- 2). Obstruction
- 3). The same player playing the ball twice on a kick off (even on a rebound) unless it first touches another player. The same holds true on a free kick.
- 4). Centerline foul (**see * below**)
- 5). Delay of game.
- 6). Improper substitution (**see ** below**)
- 7). Dissent by player or coach, arguing against a call or lack of call.

Fouls #1, #2, and #3 are to be taken from the point of the infraction.

Foul #4 is to be taken from any point along the Centerline.

Fouls #5, #6 and #7 are to be taken from the location of the ball when the infraction is called.

Foul #7 is to result in an indirect kick only if called while play is in progress. Otherwise, applicable restart applies.

PENALTY KICK:

No penalty kicks are to be awarded in the indoor program. Free kicks will take place no closer than ten yards from the goal. Defending team may line up along goal line.

* CENTERLINE FOUL

The player taking a goal kick or a goalkeeper releasing the ball into play by either throwing, punting or drop kicking the ball shall not send the ball in the air over the Centerline without the ball having first touched either another player or the floor before the Centerline.

** SUBSTITUTIONS

There are free substitutions on the fly. However, a substitute may not enter the field until the player he is subbing for has reached the bench.
A goalkeeper substitution must be done with the attention of the referee.

*** GOALS

Cannot be scored from beyond midfield, off the kickoff or off the centerline foul kick – unless having first touched another player.

VII. BALL IN AND OUT OF PLAY

OUT OF PLAY

- 1). If the ball goes out of play on the spectator side of the field.
- 2). If the ball gets trapped behind either net.
- 3). If the ball becomes lodged in a place where continued play may be dangerous to the players, or if the ball gets caught in any equipment.

TO PUT THE BALL BACK IN PLAY

Restart with an indirect kick – ref alternates possession – there are NO drop balls.
For #2, treat as a goal kick.

