

2024/25 MAC Indoor Soccer League Rules

GENERAL

We expect all participants to treat all coaches, players, referees, spectators, and Staff with respect during league games.

Any questions regarding the Recreational and High School Leagues, please contact acappello@clsf.org.

Any questions regarding the COPA Youth Premier League or Adult leagues, please contact Info@themaccl.com.

RULE 1 – FIELD OF PLAY: Please see the office if you have any questions on the size of the fields.

RULE 2 – THE BALL: Size 4 for all games for ages 11 and younger. Size 5 for all games for ages 12 and up.

RULE 3 – NUMBER OF PLAYERS: Maximum of 18 players on a roster. Players not on the roster before play begins shall not be permitted to play. Each team must have at least 4 players on the field for the match to continue, and shall never more than 6 depending on division rules. One of the players must wear a goalkeeper jersey, which clearly distinguishes him or her from all other players and the referee(s).

RULE 4 - NUMBER OF COACHES: Minimum 1 Adult Coach, Maximum 2 Adult Coaches. No other people are to be on the bench with the team. From start to conclusion of the game, no manager, coach, trainer or any other non-player with either team, either during play or between periods, may enter the field of play unless specially beckoned on by the referee. Penalty: blue card, 2 minute time penalty.

RULE 5 - SUBSTITUTIONS: Unlimited, and on-the-fly (including goalkeeper changes) provided both players are within the touch line and no more than a yard from the bench door. Neither the player entering nor the departing player may participate in the current play. An infraction of this rule by any player while the ball is in play shall result in a 2 minute blue card. If play is stopped to apply the penalty, the opposing team will start play with a free kick from where the ball was when play was stopped.

RULE 6 - INJURED PLAYER: In cases where the referee must stop the time clock for an injured player and either team's trainer is requested onto the field by the referee to attend to an injured player, that player must be removed from the field and may not rejoin play until the next substitution opportunity as elected by the team's manager after the referee restarts the game.

A player shall not be allowed to continue to play while he/she has an open wound, or blood is evident. Player(s) sent off the field for blood shall not return without first reporting to the referee. Referees are advised that they inform the player sent off for blood, that they must report to a referee before returning. An infraction of this rule by any player shall result in a two minute blue card.

RULE 7 - INJURED GOALKEEPER: If play is suspended more than once as a result of a team's trainer being signaled to enter the field by the referee to attend to a particular injured goalkeeper, that injured goalkeeper must be removed from the field of play and shall not be permitted to rejoin play until the next substitution opportunity as elected by the team's manager after the referee restarts the game.

RULE 8 - TEAM CAPTAIN: A captain shall be appointed by each team and the captain alone will be informed by the referee of answers to any questions relating to interpretation of the rules which may arise during the progress of the game. In event of a dispute or problem the referee will inform the captain of the decision and each captain will inform the coach. The captain must be properly identified by wearing an official armband furnished by the club. No goalkeeper or playing coach/manager shall be permitted to act as captain.

RULE 9 – PLAYER EQUIPMENT: Player equipment consists of shirts, with number(s), different from all other player's number(s) on that team, shorts, shin guards (completely covered by socks) and indoor shoes accepted by the MAC. Team/players must have matching uniforms & Jersey #'s.

RULE 10 - DANGEROUS EQUIPMENT: Players shall not be permitted to wear baseball caps, earrings, studs, necklaces, pendants, chains, bracelets, or any other metal adornment at any time during play. Rings shall not be worn; however, if a player is literally unable to remove a ring, the player may heavily tape the ring to the finger to ensure, to the referee(s) determination and satisfaction, that it does not present danger to any player. Casts, splints, or body braces made of a hard substance, including leather, metal, rubber, plastic or fiberglass must be covered entirely by at least ½ in high density, closed cell polyurethane or similar substance that is satisfactory to the referee(s). Bandanas (unless folded and worn as a head sweatband) and other objects or attire worn to intimidate opponents are forbidden. Players who choose not to correct equipment deficiencies to the satisfaction of the referee(s) shall not be permitted to participate. Penalty: 1) Once the game has started, and the referee notices that a player is on the field wearing no shinguards the referee must issue the offending player a 2 minute blue card penalty. The team will play shorthanded. Penalty 2) The first time in a game a player is noticed by the referee to have faulty, dangerous or intimidating equipment the player shall be sent to the bench to correct the equipment deficiency and a substitute may come in for the player. No actual penalty. The second time that player is noticed with the same or related deficiency, the referee must issue to the offending player a 2 minute blue card penalty. In case of penalty 1 and penalty 2 for equipment deficiency, the team will play shorthand. The opponent will be awarded a free-kick at the spot where the ball was when play was stopped. In the event the ball was within the offending player's penalty area, the opponent's possession and free-kick will be taken at the top of the offender's restraining arc.

RULE 11 - REFEREE: One or two (of equal authority) shall be responsible for control of the game. Number determined by individual league. Referee's decisions are final. If you disagree with any ruling, please DO NOT argue. We expect Players and Coaches to accept the rulings and continue the game respectfully to all involved (Referees, Players, Coaches, Parents, Security, and our Mac Employees) until you can communicate to the MAC management team. You can see the front office and fill out a complaint form, or you may email the director of the league. Mac management will review any comments and all complaints from all parties involved and come to a decision.

RULE 12 – OTHER OFFICIALS: Timekeepers operate the time and scoreboard details (including time penalties) under the Referee's jurisdiction.

RULE 13 - DURATION OF THE GAME: (2) twenty minute halves. Time shall be stopped for injury and when a time penalty is issued or as otherwise determined necessary by the referees. Two periods or equal halves; clock shall be stopped within periods at referee's discretion for serious injuries (bleeding or broken bones) and to administer send-offs.

RULE 14 - START OF PLAY

1. The team facing the clock has first possession in the first period, the opposite team the next period. Teams change ends after each period.
2. After each goal the game shall be restarted by a kick-off by the team scored against.
3. A goal may be scored directly from a kick-off.
4. In any situation where either team has clear possession of the ball, when play is stopped for any reason that is not a violation of a rule, the team with possession takes the ensuing free kick restart.
5. Once the Referee gives a signal to start play, failure to put the ball into play within 5 seconds shall result in a possession turnover to the opponent.

RULE 15- BALL IN AND OUT OF PLAY: The ball is out of play when it passes over the perimeter wall, strikes a perimeter net, strikes overhead light fixtures, when a goal is scored, or when the referee stops play. The ball is in play at all other times, including when it rebounds from the referees, perimeter wall, goalpost, or Plexiglas.

RULE 16 – METHOD OF SCORING: a goal is scored when the whole of the ball passes completely over the whole of the goal line into the goal providing no infraction has been committed by the attacking team.

RULE 17 - THREE LINE RULE: If a player plays the ball over three lines (two white lines and the halfway line) in the air forward his opponent's goal line, without it touching another player, the white lines, or the wall before passing over the third line, the referee shall award a free kicks to the opposing team at the center of the first white line that the ball crossed. Exception: a goalkeeper while standing in his/her team's penalty area may legally throw the ball over all three lines. A goalkeeper may throw the ball into his opponent's goal while in his/her own defensive penalty area, resulting in a goal.

RULE 18 – TIME WASTING VIOLATIONS: If a player, in the opinion of the referee intentionally plays the ball out of bounds or intentionally wastes time, the referee shall award a free kick to the opposing team. When there is 2 minutes remaining in the game and there is a 1 goal differential, the time is stopped for each foul or injury.

RULE 19 - PLAYING THE BALL OVER PERIMETER WALL: A player, while the ball is in play within their own penalty area plays the ball over the perimeter wall out of play, the referee shall award a free kick to the opposing team at the top of the restraining arc of the offending team's goal. Exception: If the ball is deflected or hits the field and goes out. The ball will be placed where it left the field.

RULE 20 - FOULS/MISCONDUCT/PENALTIES: A free kick shall be awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless, or with the use of excessive force.

1. Kicks or attempts to kick an opponent.
2. Strikes, elbows, or attempts to strike or elbow an opponent.
3. Trips or attempts to trip an opponent.
4. Jumps at an opponent.
5. Charges an opponent in an unfair manner.

6. Pushes an opponent.
7. Spits at an opponent. (Mandatory 5 minute time penalty and send-off)
8. Slide tackling
9. Holds an opponent
10. Boards or propels an opponent into a perimeter wall
11. Plays in a dangerous manner against an opponent
12. Impedes the progress of an opponent.
13. Charges a goalkeeper within the keeper's penalty area.
14. Prevents the keeper from releasing the ball into play.
15. 2v1 plays by the wall.
16. Unsportsmanlike behavior
17. Unfairly distracting
18. Taunting by words or actions

RULE 21 - GOALKEEPER RESTRICTIONS:

1. Once the goalkeeper releases the ball, he/she cannot touch the ball with hands again until it has been touched or played by an opponent.
2. A keeper may not at any time handle a ball intentionally played to him/her from a teammate's foot. A violation of this rule will result in a free kick by the opponent from the top of the restraining arc. An accidental or unintentional deflection or miss-kick by a teammate that the keeper handles shall not be penalized.
3. The ball may be caught by the goalkeeper from a teammate's head, chest or thigh (but not the foot).
4. A goalkeeper, with possession of the ball within the penalty area, shall have 5 seconds to distribute the ball outside of the penalty area or to another player. Violation of this rule will result in a free kick by opponents.
5. A goalkeeper who gains possession of the ball outside of the penalty area may dribble it into the penalty area but shall not touch it with hand(s). Violation of this rule will result in a free kick by the opponent at the top of the restraining arc.
6. Ball distribution by hand only. No dropkick nor punt the ball. When the ball goes out of bounds over the goal wall, the restart MUST be by the goalkeeper. The goalkeeper has 5 seconds to release. Once the goalkeeper puts the ball on the ground from hands, the ball becomes live and anyone on the field of play can make a play for the ball. In this instance, the goalkeeper is not allowed to pick up the ball for a second time unless it is touched by an opponent. If the goalkeeper picks up the ball for a second time as mentioned above, the restart will be a free kick from the top of the restraining arc.

RULE 22 - GOALKEEPER PRIVILEGES:

1. If a player intentionally obstructs an opposing goalkeeper to prevent him/her from putting the ball into play, the referee shall award a free kick.
2. In cases of body contact within the penalty area between an attacker and an opposing keeper not in possession of the ball, the referee shall stop the game if, in his/her opinion, the action of the attacker was deliberate.
3. Fouls against the keeper judged by the referee to be inadvertent shall be punishable by a free kick by the keeper's team.
4. A player who intentionally commits a foul that endangers the keeper but in the opinion of the referee falls short of serious foul play, shall be blue carded and assessed a 2 minute time penalty.
5. The keeper shall be considered to be in control of the ball with any part of his/her arm or hand or finger.

- Goalkeeper time penalties must be served by a teammate.

RULE 23 TIME PENALTY

| <u>PENALTY TYPE</u> | <u>CARD SHOWN</u> | <u>MINUTES</u> |
|---------------------|-------------------|----------------|
| TEAM | BLUE | 2 |
| PERSONAL | BLUE | 2 |
| MINOR OFFENSE | BLUE | 2 |
| MAJOR OFFENSE | YELLOW | 5 |
| SEVERE OFFENSE | BLUE/YELLOW | 2 + 5 |
| SEND-OFF | RED | 5 (Hard) |

RULE 24 - DELAYED PENALTIES: The referee is not required to stop play to administer a time penalty. Referee may, if he/she chooses, apply the advantage rule. If he/she does this, the penalty shall be applied when play stops or the offended team loses its advantage.

RULE 25 - COACH/TEAM MGR MISCONDUCT: Misconduct by Coaches/Team Managers on the bench shall be assessed as unsporting behavior or send-offs and the appropriate 2 to 5 minute time penalty will be served by any member the team designates. If sent off, the offending Coach/Team Manager is banned from the bench and playing area and from communicating with the team.

RULE 26 - MULTIPLE PENALTIES: A maximum of two (2) penalties could go down simultaneously. If a player is penalized while two players on his/her team are serving penalties, the penalties of the third or fourth player shall not commence until the penalty time of either first-penalized player has expired.

RULE 27 - TEAM TIME PENALTIES: A two minute time penalty for a player designated by the coach for each of the following offenses.

- Illegal substitution
- Too many players on the field
- Playing without one player dressed as a keeper.
- Leaving the bench to join a confrontation with players or referees.
- Bench Misconduct: For any team violation after being warned against physical or verbal abuse or the referee where the offender is not identifiable. This does not prevent referees from assessing penalties to individual players or Coach/Team Manager personnel.

RULE 28 - SEND OFF OFFENSES: A player will be shown a red card and sent off the field to leave the premises if he/she commits any of the following:

- Serious foul play
- Violent conduct
- Spitting at an opponent or any other person
- Intentionally and roughly charging the keeper while the latter is in full possession of The ball; keeper has possession with hand, arm, body or leg on the ball.
- Physically contacting a game official
- Leaving the penalty box or bench to engage in misconduct or confrontation, or other incidents or unseemly behavior.
- After the 3rd blue card offense in the same match. 3x -your out

RULE 29 – FREE KICK: For any infraction of the rules, a free kick shall be awarded to the offended team. All free kicks are direct kicks. A goal may be scored directly from a free kick or any other restart so long as the “3 line rule” is not violated.

1. A team has 5 seconds to restart play after having been signaled to do so by the referee. If the team does not do so in the allotted time, possession is awarded to the opposing team.
 2. Ten (10) feet must be given by the defending team on all free kicks.
 3. On each free kick, the ball is in play immediately as it is touched and moves.
 4. The ball must be played forward on penalty kicks. Improper starts are to be retaken.
- All other free kicks may be played in any direction.

RULE 30 - PENALTY KICK: A penalty kick is awarded for a foul committed by the defense within its penalty area.

1. All players except the keeper and the kicker must be outside of the penalty area and restraining arc, and no closer to the goal line than the penalty mark. The keeper may move from side to side but some part of both feet must remain at the goal line, i.e., neither foot may be entirely forward of the goal line.
2. The ball is in play when it is touched, and must be played in a forward direction. An improper restart must be taken.
3. If the referee determines that the keeper has prevented a goal by “coming off his/her line” early, the penalty kick shall be retaken.

RULE 31 – RESTARTS: When the whole of the ball passes over the perimeter wall along the touchline, it shall be kicked in from the point where it left the field of play. The ball may be kicked in any direction by a player of the team taking the kick. A goal may be scored directly from such a kick. When the ball crosses over the perimeter wall between the corner flags after being last touched by a member of the offensive team, play shall be restarted with a goal kick. When the ball crosses over the wall between the corner flags after being last touched by a player of the defensive team, play shall be restarted with a corner kick from the corner spot nearest to where the ball left the field.

Last updated: October 16, 2023