



Rules for the 2024-2025 Season (12/8/24-2/23/24)

Facility and Rostering

1. All players and coaches must complete the kiosk waivers upon arrival in the lobby.
2. Players/teams should not come into the team area/playing area prior to the previous game/training session concluding. Players/teams should utilize the available locker rooms prior to game play.
3. NO FOOD, GUM, OR DRINK ON THE PLAYING AREA. This includes halftime.
4. The St. Luke's Sports Center allows for cleats, indoor cleats, or sneakers. No metal cleats.
5. T-shirt uniforms are allowed. No numbers are required.
6. Coaches are required to submit an accurate roster with birth dates using the custom team link emailed by 11/25/24. Rosters are capped at 21 spots. No roster additions are allowed.
7. Divisions are as follows. Teams can play up but no one can play down an age regardless of skill level.
 - a. U11 (Birth Year 2014 and later)
 - b. U12 (Birth Year 2013 and later)
 - c. U13 (Birth Year 2012 and later)
 - d. Middle School (Birth Years 2010 and 2011 regardless of grade)
 - e. High School B (Oldest Birth Year 2006 Junior Varsity Skill Level)
 - f. High School A (Oldest Birth Year 2006 Varsity Skill Level)
8. Rosters are available for public verification. See staff member to view. Rosters are locked the moment you check in for your first game. Any team guilty of playing with players other than those on your official roster will forfeit the game 0-3.

Game Play

9. Referees get paid in cash (exact change) prior to game starting. Games are \$18 per team per game.
10. The home team on the schedule (listed as the first team) must supply a game ball if none available at the facility.
11. Referee will control the clock. Halves are 22 minutes long with a 3-minute halftime.
12. All players must wear shin guards.
13. The home team (listed as the first team) must change uniform or wear pinnies if the referee determines there is a color conflict.

14. All games are full-field (7 field players and a goalkeeper).
15. Coaches can choose to play with less than the number of players listed above but can not require the opponent to do the same.
16. Offsides will not be called.
17. No slide tackling. Players are permitted to slide in order to challenge the ball as long as there is no player within 3 feet of the challenge.
18. The ball is considered out of bounds when it makes contact with any part of the facility not in play: netting, ceiling, sideline, and endline.
19. Throw-ins are allowed in the Fieldhouse. Kick-ins are allowed in the Rink.
20. Defenders must be at least 10 feet from the ball on free kicks or restarts. Offensive players must be 3 feet from goalie on free kicks or restarts with the exception of corner kicks.
21. Heading is allowed in the U12 and older. No heading allowed in the U11 division.
22. The outdoor pass-back rule to a keeper is in effect. The keeper must have one foot in the designated area to touch the ball with their hands.
23. After gaining control of the ball, the keeper must distribute the ball with a throw or a kick (no punting or drop-kicks).
24. Goal kick must touch a player or the floor before entering the goal.
25. Sub on the fly. Players should be off the field before the sub enters. Keeper may hold the ball longer than 5 seconds to allow subs at referee's discretion.
26. FIFA rules apply unless specified otherwise. All calls and penalties are at the referee's discretion.
27. If in the Rink:
 - a. No hands on the walls.
 - b. No using the wall to shield the ball.
 - c. No boarding.
28. Penalty kicks are taken at the designated spot on the field.
29. If a player receives a YELLOW CARD, that player will receive a 2-minute penalty. Goalkeepers who receive a YELLOW CARD will also be required to serve a 2-minute penalty. If a player receives a second YELLOW CARD, that player will be out for the remainder of this game and the team will play short one player for the remainder of the game. If a goalkeeper receives two yellow cards the team will play short one player but may put in another goalkeeper.
30. If a player receives a direct RED CARD, that player will be out for the remainder of the game and the team will play short one player for the remainder of the game. If a goalkeeper receives a red card the team will play short one player but you may put in another goalkeeper. A player who receives a RED CARD is prohibited from playing in any game at that age group for a minimum of one additional game.

31. Any coach receiving a RED CARD is prohibited from coaching during any game at that age group for a minimum of one additional game. If a player or coach receives a second RED CARD during the season, they will be prohibited from participation with any team at the St. Luke's Sports Rink/Fieldhouse for the remainder of the season.
32. It is the responsibility of the coach to submit/verify the name of the player who was issued a card.
33. NO PROTESTS ALLOWED. The referee is responsible for all game decisions.

Cancellations and Reschedules

34. You will be given the option of submitting blackout dates when the schedule form comes out on 11/1. We will do our best to accommodate your team. Once the schedule is locked and the season starts then there will be no more schedule changes. A team that can not make a game will be issued a forfeit and it will go in as a 3-0 forfeit score. Teams that forfeit will be required to pay both teams' ref fees.
35. If a game is canceled due to weather conditions, an update will be provided.

Standings and Championship Format

36. Win = 3 points, Tie = 1 point, Loss = 0 points
37. Tiebreaker Criteria if Needed
 - a. Head-to-Head Competition (2-Team tie only)
 - b. Total Goal Differential Maximum (Maximum 6 goal differential per game)
 - c. Least Total Goals Allowed
 - d. Least Red Cards Received/Least Yellow Cards Received
38. Champions will be recognized in each division based on final standings.

Communication

39. There will be a St. Luke's Sports Sports Center Site Manager present who can speak about facility-related issues or concerns.
40. St. Luke's Athletic Trainers are available for all injury-related issues.
41. The St. Luke's Indoor Winter Soccer League Coordinator has the final say over all league matters.

If you have any further questions or concerns, please contact Tara Mrazik, St. Luke's Indoor Winter Soccer League Coordinator via email at Tara@StLukesSportsCenter.com. Thanks!