

Montrose Field House



Soccer League Rules & Policies

ADULT LEAGUES

General Information

1. No food, drink, gum, sunflower seeds (any seed casings) or spitting allowed on the turf.
2. Tennis shoes, flats or turf shoes are allowed. No cleats allowed.
3. The Field Supervisor and/or MRD Staff shall act upon any and all situations not covered explicitly in these rules. All decisions will be final.
4. MRD reserves the right to re-classify a team at any point in the season in order to maintain a fair balance of competition. This will only be done with the cooperation of the teams involved.
5. MRD reserves the right to expel any team from the league for reasons of conduct, failure to observe rules, regulations and procedures and/or failure to field a team for 1 or more games. Written notifications of such actions will be provided to the individual and/or team manager.
6. All games will be played according to United States Indoor Soccer Association (USIndoor), with the amendments included within this document will be the rules of competition for the Montrose Field House (MFH). Teams are responsible for knowing the rules.
7. All spectators must be in the spectator area and are not permitted to play on any of the facility amenities without purchase of a pass or daily admission.
8. Any player caught intentionally kicking a ball at the light fixtures above the field will result in a \$100 fine.
9. Any player spitting on the turf, walls, cement, or any place other than the designated trash cans will be subject to a \$25 fine.

Montrose Field House: 249-7705 x8588

Wade Ploussard, Adult Rec Coordinator

Inclement Weather Conditions

1. Please check the hotline for updates 970-497-8577
2. Team Captains/Coaches will be notified at least 1 hour before scheduled game if we have to reschedule.

MFH Laws of the Game

LAW 1 (USIndoor Rule 1) - THE FIELD OF PLAY

- A. **Field Dimensions:** The Fieldhouse field is 115' x 85'.
- B. **Player Benches:** Players and team captains *only* are allowed on the player benches.

LAW 2 (USIndoor Rule 2) – THE BALL

- A. MRD will provide a game ball. Teams can bring their own, but it must be agreed upon by both captains & MRD.

LAW 3 (USIndoor Rule 3) – THE NUMBER OF PLAYERS

- A. **Team Rosters:** Prior to each game, the team captain is responsible for the completed waivers.
 1. All players must be 15 years old OR a freshman in HS. If necessary, a valid picture ID may be requested for verification purposes. HS players cannot participate in league or drop-in during CHSAA Season.
 2. Players under 18 must have a parent or legal guardian sign the waiver before participation.
 3. All roster challenges or protests must be made before the start of half time of the game from

the opposing team. The supervisor will then perform a roster check.

- i. All players must be on the team roster and have played in at least 2 games before participating in tournament play. If a player is not listed on the roster and has not played during the regular season, the player cannot play the tournament games.
- ii. Players are able to play in all leagues if they meet the specific criteria but are only able to play with one team per league. Sharing players will result in a forfeit for the team the player is NOT on the roster.
- iii. Players are able to play in one Men's League and/or one Coed League. Competitive Men's players can only play Competitive Coed unless there is only one Coed League. Men's League players are also all eligible to play in our Western Slope Elite League.
- iv. Players may drop off of one team roster and join another team within the same league during the first 4 games of the season;
- v. Players must have played in at least 2 regular season games to be eligible for playoffs.

B. Number of Players to Start a Game: Each team must have 3 players and a goalkeeper (GK) to begin the game and continue playing (if due to a red card). Players cannot be borrowed from another team within the same division (unless with supervisor approval).

COED Specific Rules:

1. In coed, one of those 3 players must be a female. A team playing with all 6, must have at least 2 females.
2. In order to start the game a team may use any of the following combinations (never exceeding 6 players on the field):
 - i. 4-6 females
 - ii. 1 male and 3-5 females
 - iii. 2 males and 2-4 females
 - iv. 3 males and 1-3 females
 - v. 4 males and 1-2 females
3. If a female receives a red card or is placed in the penalty box, the team must have one female on the field.
4. If no female players are present, the game is a forfeit.
5. A designated goalkeeper must be on the field at all times. Infractions will result in an illegal substitution penalty assessed at the spot the player entered the field.

C. Claiming A Forfeit: If only one team is present and ready to play at game time, they win by forfeit.

1. Forfeit will result in a score of 5 to 0
2. The first game will be given a 2 minute grace period. All other games will start on time with the following leniency: clock will start at game time; 1 minute = 1 goal, 2 minutes = 2 goals and 5 minutes = forfeit. The first game may use the grace period before the leniency rule starts. If teams have the required number of players to start the game, the grace period cannot be used. Be on time, ready to play!
3. Teams may forfeit by calling the league coordinator a minimum of 24 hours prior to their scheduled game without penalty.
4. Upon the 3rd forfeit within one season the team will forfeit the remainder of the season with possible future implications toward any future adult activities for the MRD.

D. Substitutions: Each team may substitute players freely.

1. Players must substitute off the field of play in the area of their Team Bench.
2. For substitutions, neither the player entering the field nor the player being substituted may play the ball while the other is on the field. If a team has committed this infraction more than once, the team will receive a blue card penalty and play down 1 player.
3. Substitutions *are* allowed during an Overtime Period
4. Once a substitution occurs, the door must be closed until another substitution.

E. Injuries: Injured players may be required to leave the field of play at the discretion of the referee or supervisor. If needed the clock will be stopped at the discretion of the staff. After leaving the field, the supervisor will determine when the injured player can return to the field. If the injury was in an attempt to waste time, the player may remain off the field for a maximum of 3 minutes.

LAW 4 (USIndoor Rule 4) – THE PLAYERS’ EQUIPMENT

- A. Each team must wear similar colored jerseys (or pinnies). The Goalkeeper shall wear jersey colors distinguished from all other field players and referees. Other permitted Goalkeeper equipment includes gloves and pants and approved headgear.
- B. All players must wear shin guards.
- C. Tennis shoes, flats or turf shoes are allowed. No cleats allowed.
- D. Knee, ankle, and wrist braces/wraps can be worn and will need to have referee approval.
- E. Jewelry or similar accessories may not be worn and taping is not allowed. For safety measures, medical alert bracelets may be worn but must be taped to the body.
- F. If two teams are wearing the same (or very similar) colored jerseys the Home team shall change jersey colors.

LAW 5 (USIndoor Rule 5) - THE REFEREE

One Referee is required to officiate each game. The Referee may be assisted by another Referee, an Assistant Referee, and/or a Supervisor.

LAW 6 (USIndoor Rule 6) – THE DURATION OF THE MATCH

- A. **Regulation Playing Time:** Full field matches will play 18-minute halves.
- B. **Running Clock:** The Game Clock counts down continuously through each Half or Overtime Period Except as determined by the Referee or:
 - 1. The clock will be stopped with time remaining towards the end of each half to allow the referee discretion on adding time.
 - 2. If a shootout has to be taken, the duration of either half is extended until the shootout is completed.
- C. **Half-time:** There may be up to a 2-minute halftime and a 1-minute intermission before any overtime period.
- D. **Time-outs:** Only one timeout per team per game.
 - 1. Timeout is not to exceed 30 seconds.
 - 2. Timeout may be taken on a dead ball only by the team that has possession of the ball (i.e., possession at the next restart of play).
 - 3. Timeouts may be taken during a kickoff regardless of who is kicking off.
- E. **Overtime:** There are no overtime periods during the regular season matches and they may end in a tie. During playoffs, if teams are tied after regulation time, there will be a “sudden death” or “golden goal” overtime period lasting 5 minutes.
 - 1. There is no halftime during the overtime period and the running clock will be stopped with time remaining to allow the referee to add stoppage time.
 - 2. If the score remains tied after the first 5 minute overtime, a Tiebreaker proceeds with Shootouts.
 - 3. All players, other than the player taking the shot and the defending Goalkeeper, remain within their Team Bench areas;
 - 4. Both teams may have 3 shots, alternating players from each team kicking;
 - 5. If, after the initial 3 shots, neither has an advantage, the Tiebreaker continues, alternating one player at a time, until both teams have taken an equal number of shots and one team has scored when the other has not;
 - 6. Only players who are on the field of play at the end of the match, including extratime, are eligible to participate in the tiebreaker.

LAW 7 (USIndoor Rule 7) – THE START AND RESTART OF PLAY

A. Restart Regulations

- 1. Once a referee signals for a restart, the attacking team has 5 seconds to resume play. If a 5 second violation occurs, the opponent is given a direct free kick at the same location.
- 2. The ball must be stationary; if it is not, the kick is retaken.
- 3. Opposing players may not encroach (e.g., wall may not move towards the kicker).

4. A whistle is not required to restart the game after a foul has occurred. The following restarts require the referee to signal with the whistle:

- Kickoff;
- Timeouts;
- Referee stops play for an injury;
- Shootout or Tiebreaker;
- Referee cautions or sends-off a player;
- Kicking team requests the distance to the opposing player to be measured;
- Whenever indicated by the referee.

B. Restart Position

1. If the ball strikes the netting along the sidelines, the direct free kick will take place on the turf, near the wall, at the point of contact; if it strikes the netting along the end line the attacking restart will be a corner kick; the defending restart will begin with the goalkeeper's touch.
2. If the ball strikes the netting above the playing field the restart is directly below the point of contact.
3. If the ball strikes the netting above the field in the goal box, the restart is at the top of the arch for the attacking team.
4. For misconduct that occurs on the field; the opposing team will be awarded a direct free kick from the spot of the misconduct.
5. For misconduct that occurs off the field or on the bench; the ball will be a drop ball from where the ball was located when the play stopped.

LAW 8 (USIndoor Rule 8) – THE BALL IN AND OUT OF PLAY

- A. **Ball In Play:** The ball is "in play" once each Kickoff or Restart begins and the ball makes any discernable movement in any direction.
- B. **Restarts Within Defensive Penalty Arch:** For Restarts by a team within its penalty arch, the ball is not "in play" until the game is properly restarted and the ball is propelled beyond the penalty arch by the player taking the restart.
- C. **Ball Out Of Play:** The ball is "out of play" once any stoppage occurs which the referee acknowledges or orders, whether for goals, fouls, time penalties (i.e., cautions, ejections, etc), injuries, out of bounds, Three-Line Violations, or Superstructure Violations.
- D. **Three-Line Violation:** A "Three-Line Violation" occurs when a player propels the ball in the air across the two yellow lines and the halfway line toward the opponent's goal without touching the wall, another player of either team or a referee on the field of play. The referee shall award a direct free kick to the opposing team at the Restart Mark of the first yellow line that the ball crossed.
- E. **Superstructure Violation:** A "Superstructure Violation" occurs when the ball contacts any part of the building above (i.e., ceiling, netting, etc) the field of play.

LAW 9 (USIndoor Rule 9) – THE METHOD OF SCORING

- A. **Goal Scoring:** When the whole of the ball has passed over the goal line, between the goal posts and under the crossbar provided that no infringement or violation was committed previously by the team scoring the goal. In the event of a shot taken while time is expiring, the whole of the ball must pass over the goal line before the horn sounds.

LAW 10 (USIndoor Rule is Nonexistent) – OFFSIDE

There are no offside infractions or violations in Indoor soccer

LAW 11 (USIndoor Rules 10 & 11) – FOULS AND MISCONDUCT (TIME PENALTIES)

- A. **Fouls and Misconduct:** A direct free kick is awarded if a player commits any of the following offences in a manner considered by the referee to be careless, reckless or using excessive force (a Shootout is awarded when infringement takes place in penalty arch):
 1. Infractions that count toward the foul count:

- kicking or attempting to kick an opponent
- tripping an opponent
- jumping at an opponent
- charging an opponent in a violent or dangerous manner or from behind
- holding an opponent
- pushing an opponent
- sliding
- obstruction
- goalkeeper throws ball directly at an opponent with intent to injure
- dangerous play (placing another player/oneself in danger of injury, i.e. high kick or bicycle kick, attempt to kick a ball held by a goalkeeper)
- checking into the boards
- goalkeeper charge - charging the goalkeeper in the penalty arch (ball placed at the top of arch)
- checking an opponent

2. Infractions that DO NOT count toward the foul count

- handling the ball with the intent to play the ball (except goalkeeper)
- goalkeeper throws/kicks ball over the third line (without it touching any player)
- a field player plays the ball in the air over the third line (without touch)
- playing the ball from the ground
- illegal pass back to the goalkeeper (ball placed at the top of arch)
- goalkeeper holds the ball for more than 6 sec. (ball placed at the top of arch)

B. **Accumulated Fouls:** Once a team has accumulated 6 fouls (those accumulated in the first half will continue to accumulate in the second half) one shootout will be awarded to the opponent. After accumulation has occurred, a shootout will be issued. The foul count will restart at 0 after the shootout is awarded. During overtime, fouls will restart at 0 and a shootout will be awarded after 3 fouls.

1. If a blue card offense is the 6th foul, the referee will assess the penalty (2 minutes to the player). The opposing team takes their PK. If the PK is successful, the team may add a player (the player receiving the blue card must sit the full 2 minutes)

C. **Blue, Yellow & Red Cards:** In cases of Bench Misconduct, the person who received the card must sit in the penalty area. The team may choose which player must come off of the field as the team must play short a player per the following guidelines:

1. A blue cards penalty includes:
 - i. A full 2 minutes in the box for the player who was issued the card;
 - ii. The team plays down a player until the 2 minutes expire or the opponent scores. If the opponent scores, another player *besides the carded player* may return to the field of play.
2. A yellow card penalty includes:
 - i. A full 2 minutes in the penalty area for the player who was issued the card
 - ii. The team plays down a player until the 2 minutes expire no matter if the opponent scores.
3. A red card penalty includes:
 - i. Dismissal from the game
 - ii. Dismissal from the facility within 5 minutes – (if the player has not left the building the game will be forfeited).
 - iii. The team served a red card will receive a 5 minute penalty and play short for the entire duration, regardless of goals scored. The team may only return to full strength after the 5 minutes expire.
 - iv. In cases where the player receives a red card for Serious Foul Play or Violent Conduct, a team will be required to play the remainder of the game down one player. This judgment is at the discretion of the supervisors and referees.
 - v. Any player issued a red card will sit out the next scheduled game. Red card for violent conduct, serious foul play, or foul or abusive language may warrant extended suspensions; length is up to the discretion of the league coordinator.

- vi. Player behavior after receiving the card and prior league history will affect the length of the suspension.
- 4. Blue cards, cautions and send-offs will be monitored.
 - i. 2 blue cards= 1 yellow card
 - ii. 3 blue cards = 1 red card (sit out 1 game, no fine)
 - iii. 2 yellow cards=1 red card (sit out 1 game, no fine)
 - iv. 1 red card (sit out at least 1 game, \$25 fine)
- 5. Any player accumulating multiple blue cards or yellow cards will be subject to additional suspensions or dismissal from the league.
- 6. Any player accumulating 2 or more red cards in any 12-month period will be subject to an extended suspension from the league per behavioral policies.
 - i. Cards are counted on an accumulated basis (i.e. 2 yellows = 1 red)
 - ii. Cards from each division will be included in the overall card count. (i.e., cards on Mondays do add to cards on Wednesdays).
 - iii. Decisions regarding suspension duration and the sports/divisions the suspension applies to are made at the discretion of league administration.
- D. **Fighting:** Any form of fighting and physical altercations will result in immediate ejection from the game and league suspension.
 - 1. Fighting is a flagrant act that can occur when the ball is in play or dead. Examples include, but are not limited to:
 - i. An attempt to strike an opponent with the fist, hands, arms, legs or feet regardless of whether or not contact is made.
 - ii. Attempting to instigate a fight by committing an unsportsmanlike act, comment or gesture toward an opponent that causes the opponent to retaliate by fighting.
- E. **Language:** Foul language is considered dissent and will be carded at the referee's discretion.
- F. **No sliding at any time:** Sliding is defined as "a direct and deliberate sliding motion with any body part other than both feet (i.e. knee, shin, etc.)".
 - 1. The penalty is a direct free kick at the spot of the infraction.
 - 2. The goalkeeper may slide within the penalty arch only with the attempt to play the ball inside of the penalty arch. Sliding in the penalty arch by any other player will result in a Shootout.
 - 3. Player penalties, in addition to the shootout awarded to the opponent, may include a blue, yellow, or red card at the referee's discretion.
- G. **No spitting on the field:** Spitting can be unsanitary, unsightly, and potentially dangerous; please refrain or spit into trash cans on the side of the field. Any player seen spitting on the field or player area not in a trash can will be fined \$25; a blue card will also be issued.

LAW 12 (USIndoor Rule 7) – FREE KICKS

- A. **Direct Free Kicks:** A team receives a Direct Free Kick after stoppages other than when a Dropped Ball or Goalkeeper Throw-In is required.
 - 1. Wall: must be at least 5 yards away until the ball is in play.
 - 2. Time limit: kick must be taken within 5 second.
 - 3. A goal is awarded if a direct free kick goes directly into the opponents' goal without touching another player. If a direct free kick goes directly into the team's own goal, a corner kick is awarded to the opponent. The own goal is not counted.
 - 4. Restriction: Kicker cannot touch the ball again until it has been touched by another player except for a shootout or tiebreaker at which time normal dribbling is allowed.
 - 5. Within Own Penalty Arch: A Direct Free Kick within a player's defensive Penalty Arch may be taken from any spot therein. All opposing players remain outside the Arch and at least five yards away until the ball is in play beyond the Arch. If, after the Direct Free Kick, any player touches the ball before it has left the Penalty Arch, the Direct Free Kick is retaken.
 - 6. Within Opponent's Penalty Arch: When a team is awarded a Direct Free Kick within its opponent's

Penalty Arch, the Direct Free Kick takes place at the opponent's Free Kick Mark ("Top of the Arch").

LAW 13 (USIndoor Rule 12) – THE PENALTY KICK

- A. All Penalty Kicks will be conducted as Shootouts:
 - 1. All defending players, goalkeeper excluded, will stay behind the half. Except for the player taking the Penalty Kick or Shootout, the attacking team will stay behind the half.
 - 2. The shooter begins at the Restart Mark (yellow line nearest the goal) and the Goalkeeper starts with at least one foot on the goal line;
 - 3. After the whistle is blown, play is live:
 - i. the goalkeeper is free to move along or forward off the line.
 - ii. All other players are able to enter the half after the whistle is blown;
 - 4. If a Penalty Kick or Shootout occurs at the end of a half or game the play is extended and will expire when any of the following occurs:
 - i. The Goalkeeper makes a save;
 - ii. The player taking the penalty kick scores a goal;
 - iii. The player taking the penalty kick misses the shot

LAW 14 (USIndoor Rule 7) – THE THROW-IN

There are no Throw-ins in Indoor Soccer; however, there are "Kick-ins".

LAW 15 (USIndoor Rule 7) – THE GOALKEEPER

- A. Goalkeepers can use their hands, but have 6 seconds to distribute the ball. The ball, being put back into play, must be thrown if picked up and cannot be thrown past the last yellow line without first being touched by a player.
- B. Illegal Handling: Receiving the ball again after a Goalkeeper Distribution without the ball's having first touched another player.
- C. Pass Back: No handling the ball after a deliberate pass from a teammate (even if off the wall); except when passed by head, chest or knee and without "trickery" (no using the wall or foot to flick the ball to the head, chest or knee)
- D. The Goalkeeper is the only person allowed to slide as long as it is in the act of stopping a ball, done so in accordance with the laws of soccer and within their own penalty arch.

LAW 16 (USIndoor Rule 7) – THE CORNER KICK

- A. The ball is placed inside the semicircle on the side.
- B. The kicker cannot play the ball a second time until it has been played by another player of either team; infringement of this rule will result in a direct free kick to the opposing team from the point of infringement.
- C. Players on opposing team should be at least 5 yards away from point of the corner kick.
- D. A goal can be scored directly from a corner kick

The Program Coordinator reserves the right to modify the rules and any disciplinary sanction as deemed necessary.

CODE	PENALTY EXPLANATION	Disciplinary Sanctions
BLUE CARDS: 2 MINUTE PENALTIES		
B1	Too many players on field of play and interferes with play	None refer to blue accumulation rule
B2	Multiple fouls by a player	None refer to blue accumulation rule
B3	Endangering the Goalkeeper	None refer to blue accumulation rule
B4	Any foul committed by Goalkeeper on Shootout or Penalty Kick	None refer to blue accumulation rule
B5	Intentional handball by Goalkeeper outside of his penalty area	None refer to blue accumulation rule
B6	Goalkeeper striking by throwing the ball at or violently pushing opponent while in control of the ball	None refer to blue accumulation rule
B7	Kick (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B8	Trip (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B9	Reckless Tackle (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B10	Jump (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B11	Charging from behind (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B12	Charging violently (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B13	Striking, elbow, or spits	None refer to blue accumulation rule
B14	Hold (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B15	Push (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B16	Handball (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B17	Boarding	None refer to blue accumulation rule
B18	Dangerous play (Severe, blatantly tactical, or blatant in nature) Includes Sliding	None refer to blue accumulation rule
B19	Charging away from play (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B20	Obstruction (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B21	Charging GK (Severe, blatantly tactical, or blatant in nature)	None refer to blue accumulation rule
B22	Shootout: Foul from behind	None refer to blue accumulation rule
B23	Shootout: Foul last player	None refer to blue accumulation rule
B24	Unsportsmanlike Manner / Dissent	None refer to blue accumulation rule
B25	Ball thrown/kicked off field following goal	None refer to blue accumulation rule
B26	Penalty box exit prior to time expiration	None refer to blue accumulation rule
B27	Delay of game violation, delay of restart	None refer to blue accumulation rule
B28	Jumping over boards to exit field or player failed to sign waiver	None refer to blue accumulation rule
CAUTIONS: 2 MINUTE PENALTIES		
Y1	Referee crease violation during Referee Time Out	None refer to yellow accumulation rule
Y2	Diving, Embellishing, or Faking a foul	None refer to yellow accumulation rule
Y3	Interference with shootout procedures	None refer to yellow accumulation rule
Y4	Goalkeeper joining in an altercation (leaving his own penalty area)	None refer to yellow accumulation rule
Y5	Severe Unsportmanlike Manner	None refer to yellow accumulation rule
Y6	Failing to immediately report to the penalty box	None refer to yellow accumulation rule
Y7	Player accumulating 2 Blue Cards in one game	None refer to yellow accumulation rule
SEND OFFS: 5 MINUTE PENALTIES		
R1	Violent Conduct or Serious Foul Play	Minimum Two Game Sit
R2	Foul abusive language or action	Minimum Two Game Sit
R3	Accumulation of 3rd penalty	Minimum Two Game Sit
R4	Headbutt	Minimum Two Game Sit
R5	Third man into an altercation	Minimum Two Game Sit
R6	Any bench player joining an altercation	Minimum Two Game Sit
R7	Leaving the penalty box to engage in altercation or dissent	Minimum Two Game Sit
R8	Spitting at opponent or official	Minimum Two Game Sit
R9	Player accumulating 3 Blue Cards in one game	Minimum One Game Sit
R10	Player accumulating 2 Yellow Cards in one game	Minimum One Game Sit