

Bob Smith Soccer Academy Indoor Soccer Rules and Regulations (Men's Leagues & Games):

- **Waiver Form:** All players must sign.
- **Length of Games:** All Adult Leagues-Two (28) minute halves.
- All men's league games are **6v6** including the goalkeeper.
- **Kick-ins:** When ball goes out of bounds over the touch lines, there will be kick-ins by placing the ball on the touchline where it last left the field of play. There is a **mandatory four (4) yard required distance** from the ball being kicked in from the touch line. The ball cannot be played into the air; it must be played on the ground of the turf.
- **Goal kicks:** When the ball leaves the field of play over the goal lines, there will either be a corner kick or a goal kick. Goal kicks may be played beyond the halfway line.
- All restarts (kick-offs, kick-ins, goal kicks, corner kicks, and free kicks resulting from fouls) are **INDIRECT**. Players must maintain a required distance of four (4) yards from all indirect kick restarts.
- There is **NO SLIDE TACKLING**, except for the GK's.
- There are **NO OFFSIDES**.
- Substitutions may be made on the fly as well as any and all stoppages (Kick-offs, kick-ins, indirect free kicks, corner kicks, and goal kicks).
- **Goal area:** There will be a general designated goal area lined out where the goalkeeper may handle the ball. Take note: Referees are instructed to be reasonably lenient in favor of the GK's about the small lined out goal area.
- **Goalkeepers** may distribute the ball with their hands or feet, but cannot punt or drop kick the ball. They may throw or play the ball beyond the halfway line with their hands or feet. After handling the ball, keepers may choose to drop the ball and play it with their feet.
- **Goals** may be scored from anywhere on the field.

Men's League Code of Conduct:

Referees have full authority to enforce the Laws of the Game!

Yellow cards will be given for the following offenses: unsporting behavior, dissent by word or action, persistently infringing the Laws of the Game, delaying the restart of play, failure to respect the required distance (4 yards), using offensive, insulting, abusive language, and/or gestures (potential red card), disrespect in any manner towards the referee, pushing, shoving, and any foul conduct or violent play (potential red card). Upon receipt of a yellow, the player must leave the field of play temporarily and may be replaced by another player.

Red Cards will be given for the accumulation of two yellows, fighting, spitting at an opponent, and when guilty of dangerous or serious foul play. Striking or attempting to strike an opponent in any way will result in a red card offense and a sendoff.

Bob Smith & Joe Donigan will decide on possible suspensions resulting from any red card offenses as well as any cumulative yellow cards by same player.