



Adair County Family YMCA Adult Indoor Soccer League Rules & Facility Regulations



- **Game Time:** Games will be played with 2 (20) minute halves with running clock, including a 5 minute half-time. Clock will stop for injury on the field. In the event of a tie, three Penalty Kicks per team will be taken.
- **Substitutions:** Teams may sub at any time on the fly, but players must leave play before being replaced.
- **Uniforms & Equipment:** Teams may wear matching shirts/uniforms or wear jerseys provided by the YMCA.
- **Field Regulations:** Out of bounds is considered above the white cinderblocks around the perimeter of the gym, in the grey stairwell or above the observation railing on second floor. All out of bounds restarts will be kick-ins directly underneath where the ball left play, including middle of the field in cases of contact with ceiling (no throw-ins). Hanging basketball backboards will be considered in bounds in the case of contact ricochet. Players are prohibited from playing while on the ground, from touching the wall with two hands. Space on the west wall is reserved for subs and fans in the gym, and is considered an out of bounds area.
- **Other Rules**
 - Games will be played 6v6; 5 players on the field and 1 designated goal keeper
 - Opposing players must be at least five yards away from the ball on all kick-ins and place kicks.
 - For 6 vs. 6 games, teams must have at least four players present to start the game unless captains agree on less.
 - Slide tackling is NOT permitted.
 - Penalty Kicks will be 1v1 format; 1 goal keeper vs 1 field player starting with the ball at midfield, first touch starts live challenge, shot must be taken outside the 3pt arch (no dribble ins)
- **Referee/ Administration:** Games will be self-officiated. If a call cannot be agreed on, the final verdict will be decided by a game of rock, paper, scissors.
- **Goalkeeper Violations**
 - The opposing team receives a Free Kick for the following violations by a Goalkeeper:
 - (a) Illegal Handling: Bringing the ball from outside of the Penalty Arch to his hand within it, or receiving the ball again after a Goalkeeper Distribution without the ball having first touched another player (e.g., no drop-kicking or bouncing the ball);
 - (b) 5-Seconds: Controlling the ball with his hands inside of his Penalty Arch for over five (5) seconds.
- **Fouls and Other Violations**
 - Holding an opponent;
 - Handles the ball (except by the Goalkeeper within his Penalty Arch);
 - Play in a dangerous manner (e.g., commits boarding or a slide tackle);
 - Impeding the progress of an opponent ("Obstruction"), or
 - Preventing the Goalkeeper from releasing the ball from their hands; and when a player commits the following in a manner that the Referee considers careless, serious, reckless, or involving excessive force:
 - Kicks an opponent; Trips an opponent; Jumps at an opponent; Charges an opponent; Strikes or elbows an opponent; or Pushes an opponent.
- Use of profanity, whether directed at someone or not, will result in a technical foul being assessed. The team captain is the spokesperson for the team. We have players of all ages and abilities; at no time should an individual be singled out or threatened by another player. Officials have the right to expel any player or team due to excessive profanity or violence and the incident will be reported to the Director for further review.
- The YMCA is a **tobacco, alcohol and fire arm free facility**. We have adopted a zero tolerance policy on this issue. YOU WILL BE REMOVED FROM THE FACILITY. THIS INCLUDES SMOKING!!!!
- The YMCA builds a program that strengthens one's body, mind and spirit. While participating in our programs we ask that you refrain from using swear words and other language that is deemed inappropriate.
- While we understand that adrenaline runs freely during sport, you are to control yourself in a sportsmanlike manner at all times. Any unsportsmanlike behavior will result in immediate removal from the YMCA and possibly expulsion from the program.