

Time Penalties

- Blue Card - 2 minutes releasable (if team with advantage scores, penalty is over)
 - Yellow Card - 3 minutes unreleasable (a goal does not release a player from penalty)
 - Red Card - 5 minutes unreleasable (a goal does not release a player from penalty)
 - If a player accumulates 2 Blue Cards, this will equal 1 yellow card. If a player receives 2 yellow cards, this will equal 1 Red Card. If a player receives 3 Blue Cards, it will equal a Red Card. If a player receives a Yellow Card and a Blue Card, it will equal a Red Card. Only Red Cards carry over to next game and will either result in a game suspension or a longer suspension could be issued depending on the severity of the Red Card. Permanent suspension is possible and only SISC management will determine the severity of each Red Card.
 - If a goalkeeper is given a time penalty (blue or yellow card), someone else from the team can serve the penalty. If a goalkeeper gets a red card, the penalty will be applied as if he/she is a field player and is dismissed from the game with a possible suspension.
 - If a player or a coach receives a card on the bench, it carries over to the field and a player must sit to serve the penalty. For example, if a player or coach on the bench receives a yellow card (see yellow card penalty); a player on the field must come off and serve the timed penalty.
 - If there is overtime (playoffs), then the timed penalties do extend into overtime.
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Duration of Games for Leagues

Each team is guaranteed 8 games with two halves at 25 minutes each half. The top four teams in each division will make the play-offs in which games will be two halves at 20 minutes each half (need to leave room for over-time).

Number of players on Field to Start Game

For both the men's and coed divisions, at least 5 players must be on the field for a game to begin. In the coed division, at least 1 of those 5 players must be a female. If a team does not have at least 5 players to start a game, the referee will then begin the clock as scheduled and if a team does not have enough 5 or more players on the field after 10 minutes has gone by on the clock, the team that does not have enough players will have to automatically forfeit.

Uniforms

ALL teams must have the same color uniforms. ALL teams must carry both home and away jerseys. Pinnies will not be available for usage. A referee can declare a game a forfeit for both teams if both teams have the same color and no alternates. If both teams have alternate uniforms, the AWAY team will always change if necessary.

Keepers

- Pass backs are allowed to keepers but keepers CAN'T use their hands on a pass back if the pass back was delivered from a teammates waist or lower. A keeper CAN use their hands if a pass back is a chest pass or a ball is delivered from a teammates head. Keepers can use their hands on any deflections and only the referee can determine if a ball is a true pass back.
- Just like outdoors, keepers are allowed to travel outside of their goalie box to receive a ball and return back into their box with the ball and then pick the ball up. Any ball whether outside or inside of the goalie box can be considered a pass back. If a keeper

receives a pass back from outside the box, they are NOT allowed to pick up the ball if they return back to the box with it.

-If the keeper does touch the ball on a pass back, it is a direct free kick from the top of the arc at the top of the box.

-Keepers have 5 seconds to distribute the ball from the time they pick it up.

-Keepers are not allowed to punt. However, they can drop kick a ball.

-To help protect our keepers, any restart (i.e. free kicks, throw-ins); players from the attacking team are not allowed in the smaller box at the beginning of the restart. An attacking player can travel into the smaller box once the ball becomes live and in play (after the kick has been taken or the ball has been thrown in).

Substitutions

-Substitutions are unlimited and may be made on the fly. Players must be completely off the field at their bench site before another player can come onto the field. Teams are not allowed to gain advantage during a substitution (i.e. a player leaving the field on the opposite side of the field to where the bench area is located for another player to come onto the field).

-Keepers are NOT allowed to substitute on a penalty kick unless they are injured.

Spitting

Spitting on the fields is not allowed. A blue card will be issued if a player or coach spits. After a blue card, a referee can determine the color of the card to give on the next spitting infraction. If a player or coach needs to spit, please use the garbage pales.

Sliding

-Any form of sliding is not allowed. Players can't slide tackle an opposing player. Players can't slide to score goals. Players can't slide to save the ball from going into the goal or out of bounds. If the ball is in an area of only one player and a slide occurs, the whistle will still blow for a free direct kick. If a player slides to save a ball from going into the net and that player is not a keeper, a blue card will be given to the sliding player and a penalty kick will be issued.

-Keepers are only allowed to slide inside of their box.

Offsides

There are no offsides at all times.

Point System

Win = 3 points

Tie = 1 point

Loss = 0 points

Tie Breakers

1st Most Points (wins, ties, losses)

2nd Head To Head

3rd Goal Differential (+ /- 5 max)

4th Least Goals Against

5th Most Goals For

6th Coin Toss

Players Equipment

-Shinguards must be worn by all players on the field with socks worn over the shin guards.

-Cleats are NOT allowed. Turfs and flats only.

-All team uniforms must be of the same color.

Over-Time Games

There is no overtime in league play. A tie ends as a tie. There is overtime in the playoffs.

Netting

-A ball hitting the net above the field of play will be considered a dead ball and the referee will blow the whistle for a restart. The referee will determine if the restart is a free kick or a throw-in.

-If a team hits the net above the field of play inside of their own box, it is a direct free kick from the top of the arc for the opposing team.

Goal kicks

-A team has 5 seconds from the time the ball is placed on the line for the kick to be taken.

-A referee can begin counting if it appears that the team taking the kick is stalling.

-If both teams are subbing, a referee can stop his 5 second count to let both teams make their changes as long as stalling is not involved.

-When the ball is kicked, if the ball does not travel outside the box before it is touched by the team taking the kick, the kick will be taken over again. If the kicking team enters the box intentionally to delay or to get another free kick, the referee can warn a team for this and a second warning may result in a blue card.

-When the ball is kicked, if the ball does not travel outside the box before the opposing team touches the ball, the goal kick will be taken again.

Kick-offs

Kick-offs can travel backwards on first touch. A kick-off can only start on a referees whistle. A kick-off is not a direct free kick and a goal can't be scored on first touch.

Illegal Players

In league play, if the opposing team has a player that your team feels is ineligible to play (i.e. playing on another team in the same division), please notify SISC staff BEFORE your game begins. If the other team plays with an illegal player and you question this persons play after the game is over, the game will still stand as final without penalty.

****Hint for league play****

Talk to the other team captain about the illegal player. They may have asked the player to play instead of forfeiting the game with no game being played. Let the other captain determine if they want to forfeit or play the game short handed. Either way the game can still be played.

Beginning Games

-Teams need to have at least 5 players on the field for a game to begin. The clock will begin as scheduled and after 10 minutes, if a team can't put at least 5 players on the field, that team must then forfeit. All 5 players can be men in the coed divisions.

Over-Time Games for Playoffs

All over-time games will begin 4 vs. 4 which will include a keeper. After 2 minutes, a player is taken off and teams will play 3 vs. 3 which will include a keeper. Teams will continue 3 vs. 3 until a goal is scored. In the coed divisions, 1 girl must be on the field at all times. Any member on the team can play in goal. All other rules apply for over time.

No Spitting

Spitting is not allowed. If a referee warns a player on a team for spitting, the warning then extends to the entire team. However, a referee can issue a Blue Card, Yellow Card,

or a Red Card without warning. Spitting will no be tolerated. Please use the garbage cans.

Time Wasting

If a team is wasting time at the end of a half (first or second half) when a free kick is issued (not moving the wall back, kicking the ball, etc.), the referee has the right to put time back on the clock to allow the free kick to be taken. The referee will determine the amount of time to be added.

Please Note

If there is a rule that is not on this list, a referee can make a decision that is in the best interest of the game. If any team has a question concerning rules and regulations of play, please contact SISC for more information.