



Erie Premier Sports

ADULT INDOOR LEAGUE RULES

ROSTERS

- **Roster Size:** Maximum of 18 players per team.
 - Players may not be rostered on more than one team per division. Players may play on both Men's and Coed teams. *If there is more than one division players can play for 4 total teams ONLY (ie..2 in same division & 2 in different division). The goalkeeper can play for 2 teams in the same division if they play goalkeeper only.
- **Signed Roster:** The official league roster must be submitted in full prior to the team's first game. All players must sign the roster form - or parent/legal guardian if the player is under 18 years of age at the start of the league.
- **Roster Additions:** Players may be added until the team's second game. If the Team Captain wants a roster check it must be done so with the manager on duty before the start of the game. If done after the game results of the game will stand as recorded.
- **Minimum Age:** Players must be at least 16 years of age at the start of the league to participate.

GAME REGULATIONS

- **Game Length:** 2 x 30 minutes, with 2-min half-time. Running clock will be set at 32-minutes.
 - Note: At the end of the game, please vacate the field promptly to allow the oncoming teams to prepare for the next game.
- **Clock Stoppages:** The clock will not stop for an injury except during the last minute of play and only on the discretion from the referee.
 - The game officials may stop the clock and adjust game times for major injuries.
 - Games that are stopped after half time, and cannot be completed, will be considered final. This will be of the discretion of the official and league manager.
- **Home Team:** The home team receives the opening kickoff, and will change or wear pinnies in case of similarly colored uniforms.
- **Game Ball:** A properly inflated, regulation size, soccer ball must be provided by the teams and approved by the referee.
- **Number of Players:**
 - Men's Divisions: 7v7 (6 field players + goalkeeper)
 - A minimum of 3 + goalkeeper are required to start/finish a game.
 - Coed Divisions: 7v7 (6 field players + goalkeeper)
 - Of the 6 field players, a max of 4 males is permitted. Goalkeepers are gender neutral.
 - A minimum of 3 + goalkeeper are required to start/finish a game, with at least 1 field player being female. At no time, may a team play without any females on the field.
 - Failure to have the minimum required players will result in a forfeit (0-3).
- **Jerseys:** All players must have the same color jersey.
 - The goalkeeper jerseys should be different color from both team's jerseys.
- **Shin Guards:** Shin guards are optional, but must be covered by socks.

- **Casts / Splints:** No casts or splints, unless approved by the referee.
- **Jewelry:** No jewelry, rubber wristbands or similar items may be worn, unless approved by the referee.
- **Footwear:** Plastic or rubber cleats, turf shoes, or flats are permitted - no metal.
- **Officials Fees:** Cash payment to officials must be made prior to the start of the game.

DIVISIONS AND GAME CHANGES

Coed divisions offer three levels of play – Premier, Championship, and Classic. These divisions may be combined if necessary based on the number of team registrations. Winners of divisions may be moved up a division at the beginning of the next session. Division winners will only be allowed to change to a lower division at the discretion of EPS staff. The Men's division offered is Open.

Game cancellations or reschedules. Each team will be allowed one game change request during the season. After that any changes requested may be recorded as a forfeit, if time during current session does not permit rescheduling requests. This does not apply if Erie Premier Sports must cancel game(s) due to weather or other circumstances.

GAME RULES

Standard soccer rules are used with the following modifications for indoor play.

- **Sliding / Slide Tackling:** Slide tackling to win the ball from an opponent is prohibited.
 - Sliding to get to or save the ball when no opponent is involved is permitted.
- **Offside Rule:** There will be no offside penalties.
- **Goalkeeper Rules:**
 - The ball must be put back into play within 6 seconds of goalkeeper control.
 - The goalkeeper cannot bring the ball from outside to inside the penalty area and use their hands.
- **Free Kicks / Restarts:** All free kicks are indirect (with exception of penalty kicks).
 - The ball must be put back into play within 6 seconds of the referee's signal.
 - Throw-ins cannot land directly inside the opponent's penalty box at EPS West, unless hitting a player or the ground outside the box first. Throw-ins may not be spiked into the ground. Infraction results in an indirect kick for the opposing team.
 - Throw-ins can land directly inside the opponent's penalty box at EPS Pennbriar.
 - Kick-offs may be played into either half of the field.
 - Opponents must be at least 3 yards away on free kicks.
- **Ball Hitting Net / Ceiling:** Any ball hitting the netting or ceiling structure will result in a free kick for the opposing team underneath the point of contact.
 - Should the point of contact be within the opponent's penalty area, an indirect free kick will be taken from the penalty spot.
- **Penalty Kicks:** Fouls inside the team's own penalty area will result in a penalty kick.
 - All players must be outside the $\frac{1}{3}$ field line. Players cannot enter the area until the ball is kicked.
 - The ball is in play once kicked.
- **Substitutions:** Unlimited open substitutions "on-the-fly".
 - Player coming off the field must be within 2-yards of the bench before the new player can enter the field.

- Illegal substitutions may result in a yellow card and indirect free kick for the other team.
- **Pass Back to Goalkeeper:** The goalkeeper may not use hands on intentional foot passes from teammates. Infractions will result in a free kick from the penalty spot (indirect).
- **Yellow Cards:**
 - Any player receiving a yellow card must serve a 2-minute time penalty.
 - The team may replace the player.
 - Two yellow cards in one game equal a red card.
- **Red Cards:**
 - Any player receiving a red card is disqualified from the game and his/her team will play short for the remainder of the game.
 - A player receiving a red card will receive a 1-game suspension unless staff determines further sanctions apply. This applies to the team's next game in that division.
 - A player receiving more than one red card in a season, will receive a multiple-game suspension per ruling from the League Managers.

BRACKETING, SCORING AND STANDINGS

- **Bracketing:**
 - Number of divisions and teams per division will be determined by the number of accepted teams. Divisions may be combined if necessary.
 - Each division will consist of round-robin play, followed by a championship game. Playoff games may also be used if necessary.
- **Scoring**
 - 3 points for a win
 - 1 point for a tie
 - 0 points for a loss
 - 2 points for a shutout
- **Standings**
 - Most points in the division
 - Head to head result (if more than 2 teams are tied, skip to goal differential)
 - Goal differential
 - Total goals scored
 - Fewest goals against
 - If teams are still tied, result in a coin toss

OVERTIME AND PENALTY KICKS

Group play games may end in a tie. Playoff games will result in overtime and penalty kicks as necessary.

- **Overtime Period:** 1 x 5-minute, golden goal, overtime period. All divisions will play with one less field player and a goalkeeper. All teams should play with 1 less male player for an overtime period. 3 male players and 2 female players plus a goalkeeper.
- **Best of 3 Penalty Kicks:** Best of 3 penalty kicks, with a coin flip to determine who shoots first. (Coed Divisions: 1 player must be female)
- **Sudden Death Penalty Kicks:** If after best of 3, the score is still tied, The teams will take one kick at a time in a sudden death situation. (Coed Divisions: every second kicker must be female)
 - The total number of kickers will be determined by the team with the least number of active players.

FACILITY REGULATIONS

- **Behavior:** Coaches and team captains are responsible for overall behavior and conduct of their players, coaches and spectators. Any disruptive behavior during games, to the facility, staff or officials will result in that person(s) being removed from the league and/or facility. Persistent or overall unruly behavior may result in the team being disqualified.
- **Spectator Seating:** There are designated benches along the wall for spectators. Only rostered players and coaches are permitted in the team bench area.
- **Warm-Up Areas:** Players are permitted to jog and stretch behind the field. Warm-up with the ball is not permitted.
 - Players are not permitted to warm-up in the hallways or common areas.

These rules are subject to change based on the best interest of the players, teams, officials and fair play.

All decisions made by the Erie Premier Sports staff are final.