

## International Indoor Soccer Arena Rules of Competition

In effect March 2024

- Play will be governed by the latest published *Official Rules of the United States Indoor Soccer Association*, except as modified by the Rules of Competition herein. *Where a conflict exists, these rules shall control.*
- These Rules of Competition include both a condensed version of US Indoor Soccer Rules as well as rules specific to play at International Indoor Soccer Arena (IISA), "IISA House Rules." *This is not a complete set of the Rules of Indoor Soccer.* The Official Rules of the USISA includes material not included here and should be consulted for those needing or interested in a more technical understanding of the Rules. IISA house rules that are significant modifications or additions to the USISA rules are underlined in blue. Changes that are *new to this version* of the IISA House Rules, including those adopted from the 2016 version of the Official Rules that were not in the previous Official Rules, are **highlighted.**

### **General Arena Rules – (in addition to our Code of Conduct)**

- Outside alcoholic beverages are not permitted inside the arena. A player with a strong scent of alcohol will not be allowed to play.
- Anyone having an alcoholic beverage at **Vision City Brewstillery** will not be allowed to play for the rest of that day.
- Players will check in prior to their match with the *scorekeeper* or other person designated by management.
- Pregnant players may not participate.
- Players must be at least 15 years of age to participate in adult matches.
- Abandoned or forfeited matches will be recorded for purposes of league standings as either a draw or a 3-0 loss, at the discretion of the Administrative Authority.
- Players who accumulate excessive yellow cards, are sent off, or are otherwise subject to IISA disciplinary committee sanctions must serve suspensions and pay reinstatement fees per the latest published Disciplinary Schedule.
- If a team forfeits a game, it must pay a \$50 fee before its next game. A forfeit occurs if
  - No call-no show on game day will be a \$50 fine.
  - A team calls to forfeit a game at any time after 5pm the day before, it will be a \$50 fine, unless their opponents get a game, and the referee is paid. The forfeiting team is responsible for the \$10 referee fee.
  - A team calls to forfeit any time after 5pm two days before up to 4:59pm the day before, it will be a \$20 fine, unless their opponents get a game, and the referee is paid. The forfeiting team is responsible for the \$10 referee fee.
  - A team calls before 5pm two days before the game, we will try for a reschedule, unless your opponents want to play another team, and we successfully find them another team to play. No fine
  - All fines will be assessed to the team manager, who will be suspended until the fine is paid.
- **Players who have taken a hard hit to their head and are showing signs of concussion: confusion, clumsiness, slurred speech, nausea or vomiting, headache, balance problems or dizziness, blurred vision, may be asked to sit out the remainder of that game and strongly encouraged not to play the remainder of the day and to see a healthcare provided if symptoms persist.**
- **Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, upper-arm or shoulder unless covered must be padded with a closed-cell, slow recovery foam padding no less than ½" thick. \*Bubble wrap is not closed-cell foam and not allowed by itself.**

### **Rules Specific to Coed Games**

- A team may have no more than 3 male players and no less than 1 female player on the field of play at any time, regardless of position (field player or goalkeeper).
- A team must have at least four players from its roster for it to be a non-forfeited game. At least one of those players must be a female. If a team does not have any female players before the game starts, it will be considered a forfeit.
- IISA Rules of Competition • In regular season and playoff Recreational Coed matches, players may score a maximum number of three goals and subsequent “goals” are not counted. (*Restart: Goalkeeper Distribution.*)

### **Rules Specific to Youth Games**

- In YOUTH games u12 and younger, No heading allowed: any headed ball will be a foul resulting in a free kick for the opposing team at the spot of the infraction.
- In YOUTH games (u9-u14) – if a team is up by five or more goals, “goals” from inside the penalty area are not counted (*Restart: Goalkeeper Distribution*). In addition, the opposing team will be allowed to add one additional field player if the goal differential remains.
- Shin guards are required for all players in YOUTH games and any player under 18.

### **Rule 1 – The Field of Play**

- The ball remains in play as long as it remains on or above the field.
- The ball may be played off the perimeter wall.
- If the **entire** ball touches the netting, it is deemed to have left the field of play. Play is restarted with a Goalkeeper Distribution or a Corner Kick if the ball hits the net between the Corner Marks along the goal line, depending on which team touched it last. Otherwise, play restarts with a Kick-In.
- The touchline serves as a guide for kick-ins and substitutions but is not a boundary. The area inside the goal along and above the goal-line is a part of the field of play.
- At IISA, there are no red lines.

### **Rule 2 – The Ball**

- Size 5 for all ages above U12; Size 3 or 4 for U12 and below.
- The referee must approve the ball.

### **Rule 3 – The Players**

- Games will be played 6v6 with a minimum of 4 players, one of which must be a goalkeeper.
  - There is no limit to the number of players on a team roster.
  - Overtime periods, if applicable, shall be played 6v6.
  - Teams must present and check in a minimum of four eligible players registered with their team and listed on their roster prior to game time. Teams may check in other eligible IISA registered “guest players” and/or “free agents.”
  - There is a 5-minute grace period to check in the required minimum number of players prior to the game.
  - The clock will start at the published start time for the game, unless delay is caused by IISA staff.
- Substitutions:**
- Each team may substitute players freely. During play, players must substitute off the field of play or within the Touch-Line in the area of their Team Bench. Substitutions must enter from the same door that their teammate leaves the field.

- It is a blue card violation to enter or leave via the opponent's door, go over the wall, or enter or exit from a different door than the player or substitute. Restart: Kick-in from the touchline at the point of the infraction.
- The substituted player must be on or past the touchline and within one yard of the door and the substitute, before the substitute may enter the field of play as a player. During substitutions, neither the player entering, or the player being substituted may play the ball while the other is on the field.
- Goalkeepers may substitute on the fly without the referee's permission provided that the substitute goalkeeper has previously checked in with the referee and the referee has specifically approved the goalkeeper's shirt color. Otherwise, goalkeeper substitutions must be at a stoppage with the referee's permission.
- At the discretion of the referee, substitution violations may result in a verbal warning for the first offense. Subsequent violations are Team blue card offenses. (*Restart: Kick-In from the touchline at the point of the infraction.*)

#### **Rule 4 – The Players' Equipment**

- Players will wear indoor or turf shoes only – no cleats allowed.
- Players must provide both a light-colored shirt (preferably white) and a dark colored shirt that matches those of their teammates, to the satisfaction of the referee. At the referee's discretion, teams may be required to wear pinnies provided by the Administrative Authority. In the case of a color conflict the home team will change.
- Starting Fall 2024, players will be required to have numbers on their shirts and have both a dark and light colored shirt.
- Shin guards are compulsory for all players under the age of 18 in youth, high-school and adult leagues.
- No rings may be worn as they scratch the perimeter surfaces unless they are taped and approved by the referee.
- Jewelry or adornments other than rings are discouraged for safety reasons. If worn, they must be taped and approved as safe by the referee. Silicone jewelry is allowed.
- Watches may be covered with a wrist sweatband.
- Religious garments are permissible provided that they are not unsafe. Religious or medical items must be taped to body.
- The referee is the final arbiter of player equipment issues and makes such decisions from the standpoint of player safety.

#### **Rule 5 – The Referee**

- The decisions of the Referee regarding facts connected with play and interpretations of the Rules are final.
- The referee's authority and obligation to enforce the Rules begins upon arrival prior to the game and continues until leaving the environs of the arena.
- The referee has discretion to stop, suspend or terminate a game for any justifiable cause.
- The referee, guided by the Administrative Authority's policy, is the sole arbiter of when to stop the game clock and when to let it run.
- The referee submits game reports to the Administrative Authority containing all relevant facts on any red card offense.
- The referee ensures that any player bleeding from a wound or who has blood on his or her uniform or person leaves the field of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped and that the uniform or skin has been cleaned as thoroughly as possible.

- The referee allows play to continue when *the team* against which an offense has been committed will benefit from such an advantage and penalizes the original offense if the anticipated advantage does not ensue at that time. Advantage does not erase the original foul for purposes of misconduct (cards) and time penalties.
- The referee ensures that the team areas are occupied only by individuals appearing on the roster for that game.
- *It is a felony in the State of New Mexico to abuse or assault a sports official. Referees are encouraged to press legal charges against players who abuse or assault them in an indoor match.*

#### **Rule 6 – The Duration of the Game**

- All games will consist of two 20-minute halves separated by an interval of 1 minute (time maybe shortened to keep the arena on schedule.) These lengths may be modified at the discretion of the referee or the Administrative Authority in the case of injuries and other delays.
- The clock for the second half will start no later than two minutes after the first half expires.
- Except in the case of unusual delays, the game clock counts down continuously.
- Playoff games must have a winner. If needed, up to 2 overtime “golden goal” periods of 5 minutes each will be played. If no overtime goal is scored, a *Tiebreaker* per rule 12 will be conducted. The referee adds or subtracts time as deemed appropriate and is the final arbiter as to time.
- Time may be stopped for injuries and other extenuating circumstances.

#### **Rule 7 – The Start and Restart of Play**

- All restarts are direct, which means a goal can be scored directly from any restart.
- *Kickoff*: The team defending the eastern goal will kick off the first period of play. A kickoff from the Center Mark starts play at the beginning of each period and after every goal by the team who yielded the goal. Prior to the kickoff, all players remain in their own half and all defending players are outside the Center Circle. The ball must be played within 5 seconds in any direction or possession is forfeited. No second touch.
- *Goalkeeper Distribution*: Replaces the goal kick. Not a ceremonial restart – no whistle is necessary. The goalkeeper must move with reasonable speed to gather the ball, and once in control of it, has 5 seconds to put the ball into play with his or her hands. Ball is in play when it leaves the penalty arch. It must leave the penalty arch before being touched by another player. After distribution, the ball must touch another player before the keeper may touch it again. Opponents may not prevent or distract the goalkeeper from releasing the ball into play.
- *Free Kicks*: Free kicks are awarded for various procedural violations, misconduct and fouls against opponents. They are generally taken from the point of the infraction which is taken to be within 3 feet of the position of the ball at the stoppage of play.
- **Opposing players must promptly retreat at least 5 yards from the ball** at the taking of a free kick, but may be on the goal line if the free kick is taken from closer than 5 yards from the goal line. Attacking players who restart quickly do so at their own risk.
- If the attacking team is guilty of a violation inside their opponents’ Penalty Arch, including a superstructure violation, the restart is from anywhere inside the penalty arch.
- If the defending team is guilty of a violation inside their own Penalty Arch that does not result in misconduct (no card shown), the Free Kick is taken from the Free Kick Mark at the top of the Penalty Arch. The defending team may form a wall a step behind the line indicating 5 yards from the Free Kick Mark, but unless the referee has indicated the kick is “on the whistle,” the defending team has no right to delay the free kick to set the wall.
- **If the defending team is guilty of a violation inside their own Penalty Arch that does result in misconduct (a card is shown), a shootout is awarded (see Rule 12).**

- Defenders within 5 yards of a free kick who are struck by the ball are guilty of encroachment if they have moved toward the ball after it has been placed for the restart.
- Defenders who fail to retreat 5 yards from a free kick after being told to do so by the referee are guilty of delaying the restart or failure to respect the distance. The referee may issue a warning or a blue card for this offence.
- The attacking team may restart the game as quickly as they wish, except under the following conditions which require the referee's whistle:
  - Kickoff
  - Dropped Ball
  - Free Kick which resulted from misconduct (a card was shown)
  - Shootout
  - Any other restart for which the referee has indicated that the restart is "on the whistle."
- Other than restarts after fouls, there are four additional restarts described as Free Kicks in Rule 7 that are used at IISA:
  - Kick-In: Replaces the Throw-In. Taken when the ball leaves the field of play over the touchline by the team who did not last touch the ball. Taken within one yard of the point where the ball left the field of play, on or behind the touchline.
  - Corner Kick: Taken by the attacking team when the ball has left the field of play over the goal line, last touched by a defender and is not a goal. It is taken from the Corner Mark, on the side nearest to where the ball left the field of play.
  - Superstructure Violation: Occurs when the ball contacts any part of the building above the field of play. The restart is directly below the point where the ball first touched the superstructure, but subject to the Penalty Arch exception (See above).
  - Shootout and Tiebreaker: See Rule 12.
- "Three Line" or "Red Line" violations: are not in effect at IISA, so there are no restarts for them.
- Dropped Ball: A method of restarting the game when it was stopped by the referee for a reason which is not the fault of either team. The referee puts the ball into play and it is in play when it hits the floor untouched by any player. There is no "second touch" violation possible after a dropped ball. If the ball hits the referee this does not result in a drop ball even if a goal was scored off the referee. Play on.

### Rule 8 – The Ball In and Out of Play

- The ball is "in play" once each kickoff or restart legally begins and the ball clearly moves.
- The ball is "out of play" when the referee blows the whistle to stop play, when the ball completely crosses the goal line, hits the superstructure, crosses over the boards, and the entire ball touches the net.

### Rule 9 – The Method of Scoring

- A team scores a goal when the whole of the ball legally crosses its opponent's goal line, inside the goal box. A goal maybe scored directly from a Kickoff or Restart.
- Rule 10 – Fouls and Other Violations
- A free kick is awarded to the opposing team if a player commits any of the following offenses on the field of play, while the ball is in play *in a manner considered by the referee to be careless, reckless or using excessive force*:
  - kicks or attempts to kick an opponent;
  - trips or attempts to trip an opponent;
  - jumps at or into an opponent;
  - obstructs or charges an opponent;
  - strikes or attempts to strike an opponent;

- pushes an opponent;
  - forces an opponent into the perimeter wall (Boarding);
  - sliding or slide-tackle within 5 yards of another player.
- A free kick is awarded to the opposing team if a player commits any of the following offenses:
    - spits at any person or spits on the field of play;
    - handles the ball deliberately – hand to ball not ball to hand (except for the goalkeeper within his or her own penalty arch);
    - holds an opponent;
    - Performs a slide-tackle or slide within 5 yards of another player (except for the goalkeeper in his or her own penalty area/arch, provided the keeper does not lead feet first);
    - plays in a dangerous manner.
    - prevents or attempts to prevent the goalkeeper from releasing the ball from his or her hands;
    - uses the body of a teammate or any part of the field of play to gain an advantage (Leverage); if the player is trying to balance themselves or stop themselves from falling this will be allowed and it will be in the opinion of the referee if this was tactical or for their own safety.
    - commits any other offense for which play is stopped for misconduct (a card is shown);
    - Illegal Substitution;
    - Leverage: using the body of a teammate or any part to the field to gain an advantage
    - Encroachment: entering the protected area of an opposing player taking a free kick (after initial warning)
    - Tricky: Illegal pass back to a Goalkeeper
    - Delay of Game: engaging in tactics causing the referee to delay a Kickoff, restart or Goalkeeper Distribution:
      - Dissent: By word or action
  - Goalkeeper Violations: A free kick from the penalty mark is awarded to the opposing team if a goalkeeper, *inside their own penalty arch*, commits any of the following offenses:
    - handles the ball directly from their own Goalkeeper Distribution without the ball first having first touched another player (“second touch”);
    - Pass back: handles the ball, after having been deliberately and directly kicked to him or her from the foot of a teammate;
    - handles the ball after first controlling the ball outside the penalty arch;
    - controls the ball, with hands or feet, for over five seconds;
    - punts or drop kicks the ball.
  - Flagrant Fouls (see Official Rules 10.6) a shootout is awarded for the following fouls committed by a defender in his or her defensive half of the field:
    - committed by a defender within the penalty arch where the defender receives a time penalty
    - A foul from behind against an attacking player having control of the ball and one or no defensive players between himself and the goal
    - Any foul where he or she is the last player on his or her team between the attacking player with the ball and the goal.
    - Deliberate handling of the ball to stop a goal.

### Rule 11 – Time Penalties

- Players who are shown blue or yellow cards must serve a time penalty. They must leave the field of play via one of their own team’s doors and stay within the team area until they receive a signal from the referee indicating that they may return to the field of play. Players serving time penalties may not direct comments, tactical or otherwise, toward any other person. The time penalty does not begin until the player has entered the team area.

- Players on a blue card or yellow card must serve their entire time penalty, even if their opponent scores. A team with a penalized player, however, may replace a player on a time penalty with a substitute if their opponent scores a goal during the time penalty, except in the case of a straight red card. If teammates are serving concurrent time penalties, only one substitute may be placed on the field for each goal scored against their team.
- Each player serves their own time penalty, concurrently with any other players serving time penalties.
- If a card is shown to a team rather than a specific player, the team must choose a player *currently on the field of play* to serve the Team time penalty. The player chosen is not assessed an individual time penalty.
- Players that are sent off must immediately leave the field of play via one of their own team's doors, gather any belongings, and leave the arena without delay. In the case of simultaneous send-offs or minors, management may sequester players within the arena at their discretion.
- If a sent-off player fails to leave with reasonable speed, the referee is directed to abandon the match. Teammates of sent off players are strongly encouraged to motivate their teammates to leave immediately for the benefit of all. Sent off players who return to the field of play and/or confront any individual will be subject to additional sanctions.
- Coaches and other team personnel who are not players or substitutes are expected to always behave in a responsible manner. They may be warned or dismissed by the referee for their misbehavior. If a coach is warned or dismissed, a player *currently on the field of play* will leave the field of play and the team will play short either for two, four or five minutes (depending on the severity of the coach's behavior).

### Blue Cards

- Blue cards signify a two-minute time penalty. If a goalkeeper commits a blue card infraction, that team may identify a teammate *currently on the field of play* to serve the time penalty in place of the keeper. The time penalty for any subsequent blue card offense committed by that keeper must be served by the keeper.
- *Examples of blue card offenses include but are not limited to:*
- *Boarding in a careless manner, careless fouls which are a part of a pattern of persistent infringement, simulating a foul, exaggerating the severity of a foul, dissent, spitting on the field of play, procedural substitution violations, using the wall or a teammate as leverage to gain an unfair advantage, delaying the opponents restart, encroachment, failure to respect distance at the taking of a free kick, breach of penalty area decorum, trickery, or any other action which, in the opinion of the referee, is unsporting.*

### Yellow Cards

- "Administrative" yellow cards are shown for a second blue card offense (a second blue is shown and then a yellow). The time penalty is two minutes. Showing an administrative yellow card is a caution that one more time penalty will constitute a sendoff for that player. A "Straight Yellow" offenses result in a four-minute time penalty. Goalkeepers who commit "Straight Yellow" offenses must serve their own time penalty.
- *Straight yellow: Non-player Personnel: Delay of game or Dissent, boarding*

### Red Cards

- Red cards signify that a player has been sent off for either accruing six or more minutes of time penalties in a single game ("Administrative Red"), or for a "Straight Red" card offense. The time penalty associated with a red card offense is served by the team of the offender. The time penalty served when an administrative red card is shown matches the severity of the violation which resulted in the red card – two minutes for a blue card violation or four minutes for a "Straight Yellow". The time penalty for a "Straight Red", the player serving the time for the individual whom acquired the red card may return

to play if a goal is scored. Thus a “soft” time is served. No individual teammate is required to serve the time penalty for the sent off player. The team simply plays short a player for the appropriate time.

- *Examples of red cards include but are not limited to:*
- *Serious foul play – any foul committed with excessive force, intentionally elbowing an opponent above the shoulder; Vicious slide-tackling: fighting, violent conduct; using foul, insulting or abusive language or gestures; spitting at another person; referee abuse; accumulating six or more minutes of time penalties in the same game.*

## Rule 12 –

A Shootout (not tiebreaker) after a foul committed by a defender within the penalty arch where the defender receives a time penalty

- A foul from behind against an attacking player having control of the ball and one or no defensive players between himself and the goal
- Any foul where he or she is the last player on his or her team between the attacking player with the ball and the goal.
- Deliberate handling to stop a goal.
- Any player of the attacking team may take the shootout.
- The players of the attacking team stand on or behind the halfway line and outside of the center circle. Players of the defending team stand on or behind the halfway line and inside the center circle.
- The ball is placed on the shootout mark.
- Goalkeeper must have at least one foot on the goal-line and may not move it until the referee whistles the shootout to begin
- The referee blows the whistle to indicate that the shootout may begin.
- Once the referee whistles the shootout to begin, the ball is “in play” and all rules apply.
- If there is less than 5 seconds remaining in the game. A Penalty kick may take the place of a shootout. The keeper must have at least one foot on the line. All players must be behind the center line except the identified kicker. Play is started with a whistle and the kicker has 5 seconds to make a shot on goal.
- Penalty kick : ball is placed on the dot at the top of the Penalty arch. All players are back to the ½ way line except the kicker and the Goal keeper.
- A tiebreaker is only used in playoffs after two 5-minute golden goal overtime periods have been played without a score.
- The Referee designates the goal at which both teams shoot. The team on the west goes first.
- All players except for the player taking the Shootout and the defending Goalkeeper remain in their team areas.
- Players serving a time penalty at the start of the Shootout process are ineligible to participate.
- The ball is placed on the shootout spot.
- Teams alternate taking shootouts. In Coed games, the shootouts must alternate by gender with either male or female going first.
- The Goalkeeper must have at least one foot on the goal line to start.
- The referee puts the ball into play with the whistle.
- The player taking the Shootout plays the ball in any legal manner and has 5 seconds from the whistle to score.
- **If a foul is committed during a Shootout, the fouling team loses that shootout.** Cards may be shown, and players sent off during a tiebreaker, but no time penalties are served.
- If after both teams have taken 3 shootouts, neither has an advantage the tiebreaker continues, alternation one player at a time, until both teams have taken an equal number of shootouts, and one team has scored when the other has not.
- During a tiebreaker, no player may take more than 1 shootout for every set of five of his or her team.