



SOCCER LEAGUE RULES

Rules Apply for all Adult / Youth Leagues

Field of Play: The indoor soccer field is 180'ft x 80'ft.

Ball: Size 5 ball will be used for all ages except 12 years and under. Size 4 ball will be used for all ages 12 years and under. When a U-12 plays a U-13 team a size 5 will be used.

Number of players: All Divisions will play 6v6. Fourteen players are permitted to the roster during the season. No player can be added after the second game of the season for that team. Minimum number of players to start and continue to play is four players

PLEX Membership ID card: All ADULT LEAGUE players must be rostered and have a Plex Membership ID card made prior to play. To play players are required to present PLEX Membership ID cards before each game to the referee. A temp. ID may be purchased for \$2.00 if a card is forgotten. TEMP. ID'S WILL NOT BE ALLOWED DURING PLAYOFFS AND FINALS.

Required Equipment: Shin guards, flats, turfs or molded cleats that are not dangerous to himself or another players. Metal or replaceable cleats /screw ins are not allowed.

Duration of the Game: High School & Youth will play two (20) min. halves with a (3) min. half time. Adult will play two (22) min. halves with a (3) min. half time. It is a continuous running clock that the referee will be in charge of. The clock will only stop if there is a serious injury.

Ball in Play: The ball can be played off of the side and back walls.

Three-Line Violation: No player is allowed to play the ball over three lines without touching another player, the referee, a board (glass), or the turf. The restart is a direct free kick from the white spot of the first line crossed.

Out of Play: The ball will be placed 1 yard off the wall on the turf at the closest place to where it went out and award the team a direct free kick. Hits netting above the glass / boarded walls, Enters the team box or hits the ceiling or the superstructure. (NOTE: The PLEX rule is a direct free kick is awarded to the team which did not play the ball last, at the offending team's restart spot)

Free Kicks: All free kicks are Direct Free Kicks, which means you can score directly from the kick as long as it does not cross all three lines. The defensive team must stand back 5 yards from the ball. The team taking the direct free kick has 5 seconds to take the kick or they will lose possession of the ball.

Kick-Off: The kick-off can be played forward or backwards. Goals can be scored directly from the kick-off. Home team will always kick off in the first half.

Substitutions: “On the Fly” and are unlimited as long as they do not interfere with the flow of the game. The player subbing off must be off the field before the new player can enter the field.

Slide Tackles: Slide tackles are NOT ALLOWED and may result in a BLUE CARD, two-min violation. However, goalkeepers are allowed to slide tackle if not considered dangerous only in their own goal arc.

Goalkeepers: Goalkeepers must throw / distribute the ball out to his / her own team. Only U10 and younger age groups are allowed to punt or drop kick the ball. NOTE: A goalkeeper cannot play the ball to himself from a “Goalkeeper Distribution”

Back Pass: The Goalkeeper may not touch the ball with his / her hands when the goalie’s own teammates have passed the ball back intentionally to him or her with their feet. However, balls headed or chested back to the Goalie by the goalie’s own teammates may be picked up.

Penalty Cards:

- Blue cards will be a two min penalty and may be given for any fouls deemed by the referee to be serious enough to warrant one:
- Failure to respect the 5 yards distance on free kicks
- Dangerous slide tackles
- Boarding (basically shoving someone into the glass / wall)
- Jumping over the substitution box wall to exit or enter the game
- Deliberate handling (except by the goalkeeper inside the penalty arc)
- Delay of game
- Sliding or charging the goalkeeper inside the penalty arc
- Spitting on the turf
- Bench or player dissent / abuse toward the referee or another player

Yellow cards may be given for:

- Second Blue card to the same player
- Provoking an altercation (short of fighting)
- A normally blue card offense which rises to a serious level will result in a yellow card

Red cards may be given for:

- Third Blue card to the same player
- Elbowing an opponent above the shoulder in a vicious matter
- Vicious slide tackle
- Fighting (striking or attempting to strike)
- Blue card after a yellow card and vice versa
- Leaving the bench area to join in a confrontation with an official or a fight
- Extreme unsporting behavior, such as spitting, abusive language directed at a referee or opponent
- Bodily contact with a referee

Playoff games: Adult (22) min. halves, (3) min. Half time. In the event of a tie teams will play one (5) min. sudden death overtime period. If the game is still tied at the end of the sudden death overtime period then the game will be decided by Plex Indoor Sports rules.

Referee chooses which goal will be used for the shootout

Each team will choose 3 players for the shootout

Players will place the ball on the restart mark and will have 5 seconds in order to score

Players can shoot or dribble but must have scored before the 5 seconds is up

Goalkeepers must start with one foot on the goal line

If both teams are still tied after 3 shootout kicks then sudden-death shootout kicks will occur

After 5 players the teams may then go back to the original 5 kickers

Determining Standings: 3 points for a WIN, 1 point for a TIE, 0 points for a LOSS.

Forfeits will be recorded as a 3-0 game. Scores and standings can be found on Plex's website, www.plexindoorsports.com.

Determining teams tied on points in Standings: (1) Head to Head, (2) Most goals scored-maximum is five goals per game, (3) Least goals allowed-maximum is five goals per game, (4) Plex Indoor Shootout

Co-Ed Games: In a co-ed Game there needs to be at least 2 girls on the field at all times. If a team does not meet this requirement and only has 1 girl present, the team can play down a player until another girl shows for the game. A team cannot opt to play down a player if they have a girl in the box that can play and is on the roster.

Team Rosters: Team Representatives are responsible to have a copy of the roster to present either to the official or opposing team Representative if requested at each game. Roster will be frozen after the 2nd Game for Adult divisions. Players may only play on one team per division.

US Indoor Soccer Association: For further Indoor soccer Rules please visit www.USIndoor.com for rules that are not included in this Plex Indoor Soccer Rules sheet

Thank you for Playing at Plex Indoor Sports!

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