

# **Teaneck Junior Soccer League**

## **Indoor Recreational Soccer Rules of Play**

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- 1) The Field of Play
  - a) Two goals (12 ft. Wide by 7 ft. High) each equipped with a net.
  - b) A centerline dividing the halves of the gymnasium is to be marked on the floor with paint or tape.
  - c) A Penalty Area marked on the floor with paint or tape. This penalty area shall be a rectangle 32' long and 21' deep. The goals shall be placed in the center against the back wall.
  - d) A goal line marked between the goal posts.
  - e) Penalty marks shall mark spots at 20 feet for U8, U10 and U12 Divisions and 23 feet for U14 and U16 Divisions in front of the goal line. (These marks will most often be outside the penalty area.)
  - f) A one-foot goalie touch line positioned three-feet in front of the goal and centered on the goal.
  
- 2) The Ball:
  - a) Size 4 indoor (fuzzy yellow) soccer ball for all divisions.
  
- 3) Players / Rosters
  - a) Team Size on the Field
    - i) The number of players competing are:
      - (a) U08 Division: Goalie and six (6) players
      - (b) U10 & U12 Divisions: Goalie and five (5) players
      - (c) U14 & Older Divisions: Goalie and four (4) players
    - ii) A team may play 1 field players down from the normal requirement but NOT lower. Thus, if an undermanned team player gets sent off so that the team is now down two players from the normal, the game is abandoned. However, games may continue due to temporary sendoffs such as equipment repair or first aid.
    - iii) There is no requirement that the opposing team must match the lower number of players of their opponent.
    - iv) If a team is not ready to play 10 minutes after the scheduled start of the game, the game is abandoned. A refereed scrimmage with evenly numbered players maybe held.

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- v) If, during the game, a team has insufficient players to continue:
  - (1) The undermanned club is behind, the score stands even if this occurs in the first half.
  - (2) If the undermanned team is tied or ahead, the game is abandoned. A decision by the League President or Indoor Director will determine the outcome of the game.
- vi) If a game cannot be played because neither team has enough players available, a decision by the League President or Indoor Director will determine the outcome of the game, including the possibility of rescheduling the game.
- b) Playing Time
  - i) Unless approved ahead of time by a league official or an injury/illness occurs at the game, every player must play a minimum of half of the game.
  - ii) If a head coach is not using a player for the appropriate period of time, the Indoor Director is to be informed.
    - (1) If a problem is confirmed, a warning will be given to the coach and documentation kept by the league.
  - iii) If a second event occurs, action will be referred to the Advisory Board.
- c) Using Play-Up Players
  - i) When using play-up players, the team can field up to a full field of players plus 2 subs.
  - ii) Requests for play-ups are made by the Coach to the Indoor Director.
  - iii) A player can only play up for 2 games outside their original division.
  - iv) The decision as to who plays up is the decision of the Indoor Director, or in their absence, the League's President or Vice President.
- 4) Player Equipment
  - a) Players must wear their team shirt or shirt of similar color, shorts, socks, indoor soccer footwear or sneakers and shin guards. Shoelaces must be tied at all times. The shinguards must be fully covered by a sock. The adequacy of the uniform and shin guard length is the sole judgment of the referee.
  - b) The team shirt must be worn as the top layer of clothing.
  - c) Shorts must be worn as the top layer of clothing. Long pants may be worn under shorts for warmth.
  - d) Instead of shorts, skirts may be worn but for safety reasons, not below the knee
  - e) Except for the goalie, all shirts must be tucked inside the shorts.

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- f) Except for 100% covered medical alert-type bracelets, no jewelry/metal of any kind may be worn. (examples of what cannot be worn includes but is not limited to: metal hair clips, watches, rings, metal clips to affix yarmulkes, pierced earrings, bracelets etc)
  - g) Glasses must be held in place with a band that crosses the back of the head. If glasses are not held in place they cannot be worn.
  - h) If a player needs help in tying a shoe, players need to go to the bench.
  - i) All equipment adjustments are the responsibility of the player and the coach.
- 5) Length of Games
- a) All games will be played in two twenty-minute halves with a three-minute halftime break.
  - b) The clock runs continuously except when a lengthy delay is caused:
    - i) in order to attend to an injured player.
    - ii) to correct a problem with the playing area.
    - iii) to correct a crowd control problem.
  - c) The referee, at his own discretion, may add time to the game to make up for time delays as outlined above and elsewhere in the rules.
- 6) Application of Outdoor Rules
- a) All outdoor rules (FIFA) apply indoors with the following exceptions:
    - i) No offside rule applies
    - ii) No corner kicks except for those detailed in Section 7(f).
    - iii) All free kicks are indirect. The ball must travel at least the distance equal to the width of the ball before another attacking player may play the ball. An infraction of this rule will result in the awarding of a free kick to the opposition at the same point.
    - iv) Opposing players must be 10 feet away from the ball on a free-kick, a kick in, and a kick off.
    - v) When a ball goes 'out' over a sideline, the opposing team is awarded a kick-in, (not a throw-in).
    - vi) Fouls, deliberate 'hands' etc. by a defending player inside his own penalty area results in a penalty kick, which is taken from a spot 20 feet from the goal line for U8 and U10 Divisions and 23 feet from the goal line for U14 & Older Divisions. Outdoor penalty kick rules apply.

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- vii) All outdoor rules pertaining to fouls including unsportsmanlike conduct apply. Infractions result in a free kick.
- (1) Unsportsmanlike conduct including verbal abuse to the referee, an opponent or teammate will not be tolerated by TJSL and will result in immediate caution or send-off.
  - (2) A referee may issue a yellow card to a player, coach, or assistant coach for a serious infraction of the rules or a repeated minor one.
    - (a) A 'yellow-carded' player is benched for a minimum of two minutes and may not return to the game until advised by the referee.
    - (b) A player may substitute for the 'yellow-carded' player.
    - (c) If a 'yellow' carded player re-enters the game 'early', the Head Coach will be issued a yellow card.
    - (d) A substitute may take the "excused" player's place.
    - (e) Two yellow card infractions by a player within a single game constitute a red card.
  - (3) Any player who receives 3 or more yellow cards in a season will have their actions reviewed by the Advisory Board.
- viii) The start of the game, the second half and play after a goal, is restarted in the center of the gymnasium. Opposing players must be 10 ft. from the ball at the start. The ball must be moved forward at the "kick-off".
- ix) Sliding and/or slide tackles are NOT permitted even if properly executed, except by the goalie within the box.
- x) The use of hands on the wall to gain an advantage against an opponent is a violation and results in an awarded indirect kick to the opposing team.
- xi) Pass backs to the goalkeeper infractions result in an indirect free kick taken by the opposition from a point on the penalty area line closest to the place of the infraction.
- xii) In U8 and U10 Divisions, if the goalie is actively touching the ball with any part of the body, whether the ball is moving or not, the goalie is deemed to have control.
- xiii) In U12 and older Divisions, goalies have control of the ball with any part of their body and the ball is not moving.

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### 7) Indoor Specific Rules

#### a) Goalies

- i) Goalies return the ball into play with a "throw-in". The ball must strike the floor, a wall, or a player prior to crossing the half-line. Otherwise a free-kick is awarded to the opposition at the half-line where the ball crossed the line.
- ii) A goalie's awarded throw-in may not be touched by a player from either team until the ball has passed outside the penalty area. A violation results in another goalie's awarded throw-in.
- iii) The goalie must throw-in the ball from the point where it was caught, or where the goalie arose from the ground. A goalie may not run up to the edge of the penalty box to throw-in. A goalie may take reasonable evasive action to avoid collisions. An infraction of this rule results in a corner kick.

#### b) Kick-Offs

- i) The visiting team is awarded a kick-off to start the game; home team chooses which goal to defend in the first half. Goals are switched in the second half. No coin toss is required for the regular season.
- ii) The ball must move forward the width of the ball.

#### c) Restarts

- i) When a kick-off, a kick-in, a free kick, a corner kick, an awarded keeper's throw-in, or a penalty kick is awarded, play may not resume until after a referee's whistle.

#### d) Substitutions

- i) Substitutions can be done at any time during the game. No stoppage of play is required.
- ii) Only two players may be substituted at one time when play is in progress. Goalkeeper substitutions must be made only at a stoppage of play and Referee acknowledgement.
- iii) During stoppage of play, any number of players can be replaced.
- iv) Players replaced must be off the floor before substitutes come in. A violation of this rule results in a corner kick by the opposing team.

#### e) Ball in Play

- i) Whenever possible, play should not be interrupted. The ball bouncing off walls at the sides and ends are in play.
- ii) Each gymnasium will have its own special "ground rules" pertaining to what is "out".
- iii) Striking the ceiling results in a free-kick, below the point where the ball struck the ceiling.

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- iv) If a defending player strikes the ceiling within his own penalty area, a corner kick is awarded.
- v) A ball striking ANY part of a basketball assembly ABOVE the goal is a dead ball resulting in a goalie throw-in.
- vi) A ball lodged behind the goal results in a goalie throw-in.
- vii) If a ball is unplayable after going over the end-line the defending goalie gets the ball for a throw-in, regardless who kicked the ball over the end-line.
- viii) If, in the opinion of the referee, a defender deliberately kicks the ball into the end-line obstruction or behind the goal in an effort to gain a goalie's throw in, the defending team is penalized with a corner kick.
- ix) A ball striking a spectator is considered "out" only if, in the opinion of the referee, the spectator purposely re-directed the ball. A ball that goes into the bleachers but then back into play will not automatically result in stoppage of play.
- x) On a free kick, kick-in, penalty kick, or kick-off, the kicker may not play the ball again until another player has touched the ball even though it may have hit a wall, goal post, or grandstand. A violation will result in a free kick for the opposition.
- xi) When any free kick is taken, the ball must travel at least the distance equal to the width of the ball before another attacking player may play the ball. An infraction of this rule will result in the awarding of a free kick to the opposition at the same point.
- f) A Free-Kick from the centerline is awarded when:
  - i) The goalie's throw in crosses the center line without first touching a player, wall, or floor.
  - ii) The goalie kicks or punches the ball over the centerline from inside his own penalty area and the ball does not first touch a player, a wall, or floor before crossing the center line.
  - iii) The goalie kicks the ball over the center line from outside his penalty area after having touched the ball with his hands without touching a wall, player, or the floor.
- g) A corner kick is awarded when:
  - i) A team has too many players on the floor.
  - ii) A substitute enters a game before the player he is replacing is off the floor.
  - iii) A defending player kicks the ball onto the ceiling within his own penalty area.
  - iv) A defending player deliberately kicks the ball behind his own goal or an end-line obstruction in an attempt to cause a goalie's throw-in.
  - v) A goalie takes too many steps after gaining control of the ball.

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- vi) A goalie fails to remain behind his touch-line when taking an "awarded" throw in (see below).
- h) A goalie is "awarded" a throw in (which must take from behind the touch line) when:
  - i) The ball strikes any part of the basketball assembly OVER the goal.
  - ii) When an illegal goal is scored.
  - iii) The ball is lodged behind the goal or in an end-line obstruction.
  - iv) Awarded throw-ins (the ball hitting the basketball assembly, ball lodged behind the goal etc.) must be thrown from behind the goalies touch line which is located three (3) feet in front of the goal line. Violation results in a corner kick.
- i) Scoring
  - i) To score from a kick-off, a free-kick, or a corner kick, the ball must be touched first by a second attacking player.
  - ii) An attacking player cannot score from his own half of the gymnasium, unless the ball is touched by another attacking player in the defenders half of the gymnasium.
- 8) Limits on Scoring
  - a) Upon reaching a five (5) goal differential, good sportsmanship demands that you play your substitutes.
  - b) A deliberate "own-goal" will be considered unsportsmanlike conduct and will result in a yellow card issued to the coach.
  - c) A game shall be terminated upon reaching a ten (10) goal differential. In such case, the coach with a ten (10) goal differential shall be given a yellow card and the game will be abandoned. A decision as to which team is awarded the win will be made by the Advisory Board.
- 9) Scores and Standings
  - a) The referee is the official scorekeeper. If there is a discrepancy between the referee's score and those that the coaches report to their Indoor Director, the Director of Referees is responsible for correcting this problem. The Director of Referees will post the official final score of all games.
  - b) To determine regular season standings: a win counts as 3 points, a tie as 1 point and a loss as no points.

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### 10) Coaches:

- a) Coaches must be readily identifiable by wearing the appropriate coach's shirt.
- b) In lieu of a coach's shirt, the coach must announce themselves to the referees and show the referee their league volunteer ID card before the game begins.
- c) The head coach is responsible for the conduct of the team, coaches and spectators. Cautions or send-off cards are directed to the head coach for inappropriate spectator and bench activities. Any assistant coach can also receive a card. If a parent is sent off, that team's coach also receives a yellow card.
- d) Whether before, during or after a game, any disrespect toward a referee, a teammate or an opponent is grounds for an immediate caution or send-off.
- e) If a coach is red carded:
  - i) They cannot continue to coach their team for the rest of that game.
  - ii) They are required to leave the field of play. If there is no assistant coach, or other certified coach available, the game is abandoned.
- f) The carded coach is still responsible for the children's safe leaving of the park area.
- g) A coach receiving any card will have the activity reviewed for action by the Advisory Board.

### 11) Referees

- a) Referees have jurisdiction as soon as they enter the field except for field approval before the start of the game.
- b) Referee judgment calls are final and cannot be appealed.
- c) Referees are the sole definers of inappropriate behavior.
- d) If no referee is present at the start of the game:
  - i) A TJSL board member who is not coaching in the game can serve as a referee.
  - ii) If a TJSL Board member is not present or the board member determines the need for assistance, a spectator can serve as the referee with the mutual consent of the coaches. The Director of Referees or League President is immediately notified so this problem can be corrected. Volunteer referees are not paid but are covered by the league's liability insurance.
  - iii) Once a league-assigned referee arrives and is ready to assume his/her duties, the volunteer referee must step aside at the next stoppage of play.
- e) Unless waived by the League President or Director of Referees, all referees used in TJSL must be USSF certified at a grade of "9" or higher.

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- f) Youth referees must be 2 years older than the players being refereed.
- g) Unless approved by the League President or Director of Referees, no referee may officiate in a game in which a relative is a participant.
- h) If any card is given to a coach or a red card is given to a player, at the conclusion of their game, the referee will immediately inform the Director of Referees.
- i) Referees must e-mail reports to the league by 10PM of game day.

### 12) Protests and Activities of the Advisory Board

- a) Only objections to referee interpretations of USSF rules and TJSL modifications will be referred to an advisory board. Referee judgment calls are final and are not reviewable, including the evaluation of what constitutes misconduct.
- b) At the time of the offense, the coach must inform the referee and opposing coach that a protest may be filed.
- c) The game continues based on the referee's game time decision.
- d) Protests are only heard if the outcome of the game would change based on the decision of the Advisory Board
- e) The Advisory Board is chosen by the League President and consists of :
  - i) The League President or Executive Committee designee
  - ii) A Referee Supervisor or Director of Referees
  - iii) The Indoor Director
  - iv) A member of the TJSL board not directly involved in the Indoor Division.
- f) Process of a Protest:
  - i) The protesting coach must e-mail a protest to the Indoor Director and League President within 24 hours of the end of the game.
  - ii) The referee must note that a protest has been verbally lodged, and in his game report describe the issue to the Director of Referees. The referee must also call the Director of Referees after the game to inform him/her of a possible protest.
  - iii) The Advisory Board will meet within 48 hours after the game to review these reports.
  - iv) If the protest is granted, the game result may be modified based on the results of the Advisory Board's decision. The decision of the Advisory Board will be relayed to both coaches and the referee involved.
- g) This Advisory Board will also be used to review any coach, player or parental action.