

Rockdale Adult Indoor Rules of Play

The RYSA Adult Indoor shall adhere to FIFA, MISL & USSF Rules of Play in all instances, except with regard to the following specific RYSA Adult Indoor Rules.

Free Substitutions. Players may substitute on the “Fly” as long as player leaves field prior to substitute entering or be within the white line at the gate. Free substitutions are allowed.

Special Modifications (Rules of the Game for Rockdale Adult Indoor Teams).

- All teams should wear like colored shirts and numbers (optional);
- Slide tackles will not be allowed, and will result in a 2 minute penalty;
- Games shall be played with minimum contact;
- Boarding, whether intentional or unintentional may result in a 2 minute penalty;
- Team members must refrain from making contact with the goalkeeper in the penalty area (a foul will result in a direct kick);
- Within the penalty area, the goalkeeper must play the ball and not the man (a foul will result in a direct kick); A penalty kick will not be allowed (instead a shoot-out will be awarded);
- Balls hitting the roofing shall be played directly under where the ball struck the roof netting with the following exceptions: balls hitting the roof netting on the goal ends of the red line shall be placed on the red line;
- Balls played back to the goalkeepers, by his own team, from outside the redline, cannot be played by hand by the goalkeepers;
- Three line kicks are allowed, except by the goalkeepers. No kicks or throws on the field can pass over 3 lines in the air that are made by either goalkeeper. If a kick passes over three lines in the air by either goalkeeper, the opposing team gets a direct free kick from the first red line.
- No more than four (4) men can play on the field at a time;
- There must be five (5) players to start and four (4) to continue;
- No offside's;
- Men goals are one point, Women's goals are two (2) points, except as follows: goals from outside the big arc from men count 2 points, goals from outside the big arc from women count 3 points;
- Games will consist of two twenty-five (25) minute halves;
- The clock will start at game time; games that do not start when scheduled will be reduced in time such that the next game shall start as scheduled.
- Each home team must provide a game ball.
- The Home Team must change jerseys if a conflict arises.

FOULS

A shoot-out is awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless or using excessive force, if any of the following ten offenses is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

However, if the following fouls occur outside the goal area, referee discretion and common sense should prevail.

- kicks or attempts to kick an opponent (free kick and/or 2 minute penalty or send off)
- trips or attempts to trip an opponent (free kick and/or 2 minute penalty or possible send off)
- jumps at an opponent (free kick)
- charges an opponent, unless violently (free kick and/or 2 minute penalty or possible send off)
- strikes or attempts to strike an opponent (send off-team plays short 5 minutes)
- pushes an opponent (free kick and/or 2 minute penalty or send off)
- tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball (free kick and/or 2 minute penalty)
- holds an opponent (free kick and/or 2 minute penalty)
- spits at an opponent (2 minute penalty or send off)(and/or make him/her clean it up)
- handles the ball deliberately (except for the goalkeeper) within his own penalty area (2 minute penalty or send off)

**No foul language – 1st offense will result in 2 minute penalty – 2nd offense will result in 4 minute penalty
3rd offense will result in a red card**