



*Indoor Adult Leagues
Official Rules of Play*

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1. Ball Size

1.1 Size #5: U13 through adult

1.2. Game Ball: Indy Premier provides the game ball

2. Number of Players

2.1 7 players, one of whom is a goalkeeper.

2.2. In Coed Leagues, at least 3 players on the field must be women to start a game.

2.3. Guest Player Policy: A team is allowed to use guest players who are not on the roster as long as the player is currently registered with Indy Premier through PlayMetrics.

2.4. Illegal Roster/Player: All players must be registered with Indy Premier and have a PlayMetrics account. Players must be registered within a specific league and meet the age and gender requirements. If a player doesn't meet these requirements, the team with the illegal player will forfeit their match.

2.5. Adult Age Specific Leagues: Adults must meet the age requirements of their league. Exception is Over 35 teams may have three players aged 30-35 on the roster.

2.6. Liability Waivers: All players must have a signed waiver on file with Indy Premier. This is completed upon registration.

2.7. Coed Substitution Restrictions: Male players may not substitute for female players, however females may play in place of males.

2.8. Player Bench Rule: Only rostered players and up to two coaches are permitted in the boxes or on the team bench. Spectators are not permitted in the players box, score box or outdoor field sidelines.

2.9. Roster Minimum: 11 Players

3. Players' Equipment

3.1 Footwear: Flat-soled or small rubber studded turf shoes. Outdoor cleats will be allowed. No metal cleats.

3.2. Team Uniform Policy: The goalkeeper must wear colors that distinguish them from all other players. All team members must wear the same color jerseys (or t-shirts) to distinguish them from the opposing team and the referee. Players must bring an alternate shirt (dark and light). In the event both teams are the same color, the home team must change. If a home team has matching uniforms and the away team does not have matching uniforms, the team with matching uniforms does not have to change.

3.3. Shin guards: Shin guards are highly recommended for all players but not required. If a player chooses not to wear them, they cannot hold Indy Premier liable for any injuries. Goalkeepers or any other players wearing any kind of protective gear (i.e. knee pads) must be the soft cushioned type.

3.4. Jewelry: A player may not wear jewelry (watches, necklaces, earrings, bracelets, etc.) that may be dangerous to themselves or other players. The referee may disallow any accessories worn by players that are deemed dangerous at their discretion.

4. The Referee

4.1. Duties & Expectations: Enforces all Indy Premier rules; Controls the match; Ensures that the players' equipment meets safety requirements; Acts as a time keeper,

when scoreboard isn't available and keeps a record of fouls and points scored during the match;

4.2. Authority to Suspend: Referees may at their discretion Stop, Suspend or Terminate a match for rule violations, outside interference of any kind, or serious player injury.

4.3. Serious Player Injury: The referee will stop time in the event of a serious player injury and ensure that injured player is removed from the field of play. An injured player may only return to the field of play after the match has been restarted. Players suffering a serious head injury will not be allowed on the field for the duration of the match.

5. Duration of Match

5.1. Game Start Times: The game clock will be started at the scheduled game start time regardless of the number of available players on the field.

5.2. Length of Halves: All regular season games consist of two 22-minute 30 second halves for adult league games.

5.3. Half-Time Interval: The half-time interval will be 1 minute. In the interest of time constraints the half time may be shortened to catch up on lost time due to injuries or other stoppages in play or lengthened to provide adequate time for the referee to perform their administrative duties.

5.4. Playoffs: Play shall be extended to permit the taking of a penalty kick, if the infraction occurred immediately prior to the expiration of time.

5.5. Overtime: There are no overtime periods for regular session games. Play-off, Semi-final and Championship Final games if tied at the end of regulation time will be decided by a 5-minute sudden death overtime. If still tied, then the game will go into penalty kicks. (see rule 16.2)

5.6. Time Stoppage: The clock may be stopped for serious injuries or if the ball leaves the perimeter wall, at referees discretion.

5.7. Substitution Required: When time is stopped for an injury, the injured player must leave the game for a substitute. Any player who suffers a serious head injury will not be allowed to re-enter the game.

5.8. GoalKeeper Exception: If it is the goalkeeper whose injuries require the clock to be stopped, and the goalkeeper is able to continue to play, they may forgo substitution and continue to play- except in the event that the goalkeeper suffers a serious head injury.

5.9. Re-start of Clock: After all clock stoppages the game clock will be re-started regardless of the teams having returned to field or not.

6. Start and Stop of Play

6.1. Forfeit Declared: A forfeit is declared when a team is unable to put the minimum number of players (5) on the field within 10 minutes after the start of the game clock. The game clock will continue to run while the team is attempting to field their players and the time elapsed will not be reinstated.

6.2. Forfeits Not Rescheduled: Forfeits are rescheduled only if it was an administrative error. Weather conditions may cause Indy Premier Sports to close. If we are open, please make your scheduled game if possible. Any forfeited game will be recorded as 5-0 loss against the forfeiting team in the overall league standings.

6.3. Starting of the Game: The away team will kick off first. All opponents must be outside of the center circle. The kicker may not play the ball a second time, including instances where the ball bounces off the perimeter wall back to the kicker, without first having touched another player.

6.4. Whistle Signals Start: A whistle by the referee is necessary for taking kickoffs.

6.5. Five Seconds to Play Ball: The ball must be played within 5 seconds after the referee has signaled for play to begin or the opposing team is awarded the ball. The referee will indicate the countdown with an obvious arm gesture.

6.6. Half Time Switch: At each half, teams will switch sides and start the second half with the team having kicked off at the start of the match receiving the kick off.

7. Kick-offs

7.1. Kick-Off Direction: On a kickoff the ball may be kicked in any direction

7.2. Kickoffs Are Indirect: A goal cannot be scored directly from a kickoff.

7.3. Players' position: All players must be on their own side of the field at the start of each Kickoff.

8. Ball In/Out of Play

8.1. Out of Bounds: The ball is out of play when it touches the netting above the perimeter wall or goes completely over the wall.

8.2. Kick In: Indirect Kick, you cannot score from a kick in. When the ball passes over the perimeter wall or the netting, it shall be kicked in from the white line at the point where it passed over the wall or hit the netting. The ball cannot be moving prior to the kick in. The ball may be played in any direction by a player of the team opposite to that of the player who last touched it before it left the field.

If a player scores directly from a kick in, the goal will not be allowed and a goal kick will be awarded to the opposing team.

8.3. Goal kicks restart: When the ball hits the netting over the end wall between the corner marks, (excluding when a goal is scored) having last been played by a player on the attacking team play shall be restarted with a goalkeeper throw in or goal kick, from any point within the penalty arc. The ball must be distributed to another player outside the penalty box within 5 seconds.

8.4. Injury Stoppage: Play will restart with the team in possession the moment the injury occurs. If neither team had clear possession, the game will be restarted with a drop ball.

8.5. Corner Kick: Direct kick. When the ball hits the netting over the end perimeter wall between the corner marks (excluding when a goal is scored) having last been played by a player on the defending team, play shall be restarted with a corner kick. The ball will be placed on the corner spot nearest the point where the ball made contact with the netting.

8.6. Ceiling Out of Bounds: Direct kick. The ball is out of play when it makes contact with the ceiling, the building superstructure, or lights.

10. Restarts

10.1. Indirect Free Kicks: Kickoffs, kick-ins from the sides and restarts after an injury time out are Indirect Free Kicks. All other re-starts are Direct Free Kicks.

10.2. Free Kicks: The following apply to all restarts:

10.3. No Second Touch: The player taking the kick cannot play the ball until someone else touches the ball.

10.4. Five Second Rule: If a player taking a kick delays longer than 5 seconds after having placed the ball for restart, the ball will be turned over to the opposing team to take the restart.

11. Penalty Kicks

11.1. PK Awarded: Penalty kicks are awarded when a defensive Physical Foul takes place in the goal box or is an attempt to deny an obvious scoring opportunity.

11.2. PK Placement: Penalty kicks shall be taken from PK spot.

11.3. PK Time: If the clock stops for half-time or the end of the game, prior to the penalty kick, then the kick will be immediately taken by one of the players on the field at that time (Rebounds will not be playable.)

11.4. PK Player Positions: All players, other than the goalkeeper and the kicker, must be behind outside the arc until the ball has been played. The goalkeeper cannot leave the goal line prior to the ball being struck, but may move side to side as long as they stay on the goal line. If the goalkeeper leaves the goal line early and a goal is scored the goal will count. If the shot is missed or blocked the shot is retaken.

11.5. PK Start: Once the ball has been spotted and the goalkeeper has stated that they are ready the referee will blow their whistle to signal the restart. The kicking player has five seconds to play the ball. Failure to play the ball within five seconds will result in a goalkeeper's throw in.

11.6. Penalty Arc Restarts: The following goalkeeper violations shall cause the referee to stop play and award a direct free kick to the opponents at the top of the arc.

11.6.1. Pass Back to Hands: The goalkeeper may not use their hands when the ball is passed or intentionally deflected, with the foot, to them from a teammate.

11.6.2. 5 Second Violation: The goalkeeper with the ball in their hands has five seconds to distribute the ball outside the box. Just dropping the ball to their feet inside the box does not stop the count.

11.6.3. Goalkeeper handling rules: GK may dribble the ball into the arc and pick up the ball, if last touched by the opposing team. Pass back is allowed after winning possession in your own half. Once GK plays the ball, they may not pick up the ball again unless it changes possessions.

12. Substitutions:

12.1 Defined: Substitutions are made during the play of the game. The referee will not stop either the game or time for a substitution.

12.2. Player Substitution Policy: Substitutions must be made within 10 feet of your own player box area except in the case of injury. Player entering must wait for the player exiting the field to be within 10 feet of their box before they may enter the field of play.

12.3. Illegal Substitution Penalties: If a player enters the field of play before the exiting player is within 10 feet it will result in a blue card. If the player entering the field of play gets involved in playing the ball before the player exiting is off the field it will result in a blue card.

12.4. Goalkeeper substitutions: A team can change its goalkeeper either during the play of the game as stated above or teams may request a goalkeeper change at the next dead ball. If this occurs the referee will hold play (when doing so will not take away an advantage for the opposing team) while the goalkeeper change is made within a reasonable time frame (10 - 15 seconds). A team may use a goalkeeper from another team only in regular season games but not in playoffs.

13. Fouls and Misconduct:

A player who commits any of the following offenses shall be penalized by the referee awarding a direct free kick to be taken by the opposing team from the point of infraction, at the referee's discretion. There will be no whistle to restart. All calls are at the discretion of the referee.

13.1 Kicking: Inadvertently kicks an opponent while attempting to strike the ball.

13.2 Tripping: Inadvertently trips an opponent while attempting to play the ball.

13.3 Charging: Inadvertently running into an opponent while attempting to play the ball or running into the goalkeeper.

13.4 Obstructing: When not playing the ball, intentionally obstructs an opponent by standing between the opponent and the ball so as to form an obstacle. Obstruction is not called when a player has a ball and is shielding so as to prevent an opposing player from stealing the ball or if the ball is kicked down the field and a player attempts to run through an opponent whose has established position.

13.5 Pushing: Pushes a player in an attempt to prevent them from getting to the ball.

13.6 Dangerous Play: Playing in such a manner as to be out of control.

13.7 Playing from the ground: Except for the goalkeeper in his own goal box, playing the ball, offensively or defensively, while on the ground or while having a part of your body, other than your feet on the ground and a defensive player is within one foot in distance.

13.8 Hand Ball: Intentionally plays the ball with the hand and gains control or an advantage from the handball.

13.9 Holding: Holds an opponent to prevent them from playing the ball or defending.

13.10 Jumping: Jumps at an opponent

13.11 Striking: Unintentionally strikes an opponent.

13.12 GK Handball: The goalkeeper may not reach outside the goal box and use their hands, even if they are standing inside the goal box.

13.13 GK Slide: If the goalkeeper begins a slide inside the box (allowed) and as a result of their slide goes completely outside the box they will be called for a foul.

15. Ejections and Suspensions

15.1. Automatic Ejection: A person receiving a red card will be ejected from the game and must leave the Indy Premier premises (including parking lot) immediately. The ejected player will be suspended for at least one additional divisional game (at least one full week). Players are not permitted on Indy Premier property during the suspension term. The suspension includes all play, including play with other teams, for the duration of the suspension.

15.2. Simultaneous ejections: In situations where two (2) or more simultaneous ejections occur, other players shall serve them and the number of field players shall not be lowered beyond (4).

15.3. Delay of restart after an ejection: Play shall not be started again until the ejected player, substitute, non-player personnel, spectator, etc., has completely left the playing area, bench area, facility spectator area, etc. Ejected players or other non -player personnel are to go to the front lobby area of the facility without delay.

15.4. Player Identity: When a player receives a red card they must give the referee their full name. Failure to do so will result in a forfeit of the game for the team on which the player was playing.

15.5. 1 Year Suspension: A person receiving a red card for fighting will be suspended from all play at all facilities for, at minimum, a period of one year.

15.6. Referee Intimidation: A person who makes an attempt to intimidate the referee by threat of physical abuse or attempting to make contact with the referee will be suspended from all play at all facilities for a period of at least one year.

15.7. Striking a Indy Premier Sports Employee: A person who strikes or attempts to strike any Indy Premier employee or referee shall receive a permanent ban from all facilities and will be excluded from any event at Indy Premier Sports Club, including tournaments. Indy Premier Sports Club will also file a criminal complaint with the police whenever an employee is assaulted and/or battered in the conduct of their duties.

15.8. Suspensions Carry Over: In all instances, where necessary, suspensions will carry over into the next session.

15.9. Discretionary Suspension Terms: Suspensions can, at the discretion of Indy Premier Sports, be extended or modified other than what is prescribed above for repeat offenders and/or other specific circumstances.

16. Tie Games

16.1 Regular Season: Games resulting in a tie during regular season play end in a tie. 1 point awarded to each team

16.2 Playoffs and Championship: Playoff and Championship games resulting in a tie will go to penalty kicks. Shots from the penalty spot are used to break the tie. Penalty kick rules apply except as follows:

16.2.1 Shooters: Each team must declare 3 shooters in order.

16.2.2 Shooting Order: A coin flip is used to determine which team shoots first

16.2.3 Shooters: Teams alternate shooters.

16.3 Conclusion: The game is over when one team cannot catch up with the remaining shots left.

16.4 Extension of Shoot-out: If the game is still tied the remaining players including the goalkeeper alternate shots in a defined order until one team makes one more shot than the other after an equal number of shots.

16.5 Number of Players: Both teams must have an equal number of players participating in the extended shootout. If one team has more players than the other, the team with more players must exclude the number of players necessary to equate to the

second team's head-count. No players can join in the shootout unless they have played in the game.

17. Co-Ed Rules:

17.1 Players: Coed teams are comprised of three women and three men plus a goalie of either gender. Exception: if women are serving a two-minute penalty or if a team has only two or one women present the team will play shorthanded. A team may never play more than three men not counting the goalie.

18. Administrative Rules:

18.1. Team Fees: All players must complete the registration process through Playmetrics.

18.1.6 Any individuals who are not placed on a team will be issued a refund for their registration fee.

18.1.7 Any player who plays on a team is responsible to pay the team fee.

18.2. Season Tie-breaking rule: In the event of a tie in record at the end of a season the order of finish will be as follows:

18.2.1 Head-to-Head record

19.2.2 Goals for

19.2.3 Goals against

18.3. Eligibility: The league administrator reserves the right to determine the eligibility of any player or team playing in any league and may, at their sole discretion, reassign said player or team as needed for parity and balance.

18.4. Indy Premier Rights and Reservations: Indy Premier Sports reserves the right to change, amend, or interpret any of the above-mentioned rules and regulations at any time for whatever reason they deem necessary. Indy Premier Sports reserves the right to refuse admission to any person for any reason it deems necessary.

18.5. Protest Policy: If at any time during a game a team wants to file protest, the captain must first make a verbal announcement during the next stoppage of play describing the reason for the protest. If you leave or forfeit the game in protest it will count as a loss against the your team's record. Following the verbal protest, only the team captain may discuss the situation with the referee after the completion of the game for any policy clarification. Discussions must be maintained professionally without any verbal abuse, yelling, or interference by anyone else, in which case the referee will deny any further dialog. Indy Premier Sports must receive a written protest letter within 24 hours of the completed game for review. The captain will be notified of Indy Premier Sports' decision within five business days. All feedback must be in writing. Incidents are reviewed by the Suspension Review Board. Verbal accounts of incidents are not presented in the decision process. As players may be emotional after a close game or incident, players must wait 24 hours (24 hour cool down rule) if you want to speak with the Soccer Manager. You will be asked to send your feedback in writing prior to speaking with the Soccer Manager.

18.1.1 Mercy Rule: Goal differentials of more than 10 will not be posted on the electronic scoreboard or recorded in the standings. Teams losing by 5 or more goals may add one player to the field, until the goal difference is less than 5.

19. Zero Tolerance Rules:

19.1. Player, Coach and Spectator Conduct: Captains/Coaches are responsible for all players and spectators behavior, before, during and after the game.

19.2. Playing Under the Influence: Any player found to be playing under the influence of alcohol or drugs will automatically be ejected from the game and the case will be reviewed by the suspension review. Reinstatement will be subject to Indy Premier Sports Club Suspension Board review.

19.3. Penalty of Suspension or Forfeit: Failure of team coaches/captains in controlling their players or spectators may be deemed as grounds of forfeiture of play and suspension from leagues permanently.

19.4. On Indy Premier Property while Suspended or Banned: Players entering Indy Premier property while suspended are considered as trespassing and will be subject additional disciplinary suspension term, permanent suspension and/or intervention by the Indianapolis Police Department.

19.5. Playing while under Suspension: Any player attempting to play while suspended will cause his/her team to lose by forfeiture. The offending player will receive an additional suspension term. Players receiving a red card will, at minimum, serve a full one-week automatic suspension from Indy Premier property.

19.6. Illegal Player: Any team using, or attempting to use, a non-registered player, non-rostered player, youth aged-out player, or player too young for an age restricted adult league, may cause his/her team to lose by forfeiture and may incur a suspension of the team captain/coach. The non-registered player in question will be suspended and may not be permitted to play.