

SOCCER ALASKA INDOOR RULES

Effective January 1, 2019

Soccer Alaska is the largest amateur soccer program in the state and hosts games year-round, with up to 2,500 players participating annually. Soccer Alaska is a nonprofit organization, founded in the early 2000s with the goal of providing a safe and competitive soccer league. Soccer Alaska is a player focused league and is proud to offer divisions that cater to all skill levels.

I. STANDARD FIFA LAWS APPLY WITH MODIFICATIONS AS NOTED BELOW.

II. GAME OF PLAY

a. GAME DURATION

- i. Two twenty-five minute halves with a two-minute halftime, for 52 minutes total.
- ii. **Games start 5 minutes after the hour and end 59 minutes after the hour.**
- iii. Time will be extended for the taking of a Penalty Kick at halftime or the end of a game.
- iv. **All teams must sit on the same side of the field.**

b. FORFEITS

- i. **A ten-minute grace period will be given to a team without the minimum number of players to start the game.** This grace period will count as part of the game time. The clock is running. The team that is short players will have 10 minutes to field the minimum number of players. If, after 10 minutes, the team is still short, that team will Forfeit the match. If both teams are without the minimum number of players after the 10-minute grace period, the match is terminated.

c. NUMBER OF PLAYERS

i. WOMEN'S B, C AND ALL COED TEAMS

1. May have maximum of seven players on the field, six field players and one designated goalkeeper.
2. If a team, through injuries and/or red cards falls to five players, including the goalkeeper, the match will be terminated.
3. Coed Teams Only: Must have no more than three male field players on the field during the game, with the exception of the goalkeeper.
 - a. Note: Only females can play for females, and only males can play for males, regardless of age or Division.
4. **Beginning January 1, 2019, the 5-goal lead rule is eliminated.**

ii. ALL MEN'S AND WOMEN'S A TEAMS

1. May have a maximum of six players on the field, five field players and one designated goalkeeper.
2. If a team, through injuries and/or red cards falls to four players, including the goalkeeper, the match will be terminated.

d. SUBSTITUTIONS

- i. Substitutions may be made "on the fly."
- ii. **Legal Substitutions: For the substitution to be legal, the player must exit the field at his or her bench area, AND must be all the way off the field before the replacement player enters the field.**
- iii. **If a player makes an illegal substitution, he or she shall receive a yellow card.**
- iv. If a team is found to have more than the maximum number of players on the field, the extra players entering the field will receive a yellow card.
- v. The Referee must be notified of a goalkeeper change.

e. SLIDING

- i. All Coed, Men's C and Women's Teams:
 1. Because of the restricted space and possible proximity of players not involved in the play, any and all sliding at, or near any player is considered dangerous and therefore not allowed at these levels.

2. The exception is goalkeepers. As long as their slide takes place, or begins, inside the penalty area, the goalkeeper may slide.
 3. Any tackle that would normally warrant a DFK, caution, or send-off must be penalized as such.
- ii. Men's A Teams:
 1. **Sliding is allowed for this level only.**
 2. Any tackle that would normally warrant a DFK, caution, or send-off must be penalized as such.
- f. GOALKEEPERS
- i. The goalkeeper will wear a jersey of a distinctive color different from any other player on the field.
 - ii. If a goalkeeper touches a ball with their hands on a pass back, throw in, or kick in from a teammate, an IFK at the top and center of the penalty box will be awarded to the opposing team.
 - iii. The goalkeeper may handle the ball within his/her penalty area for up to six seconds after controlling the ball. The goalkeeper may take unlimited steps inside his/her own penalty area before releasing the ball. Releasing means throwing or rolling the ball to anyone including him/herself or dribbling the ball with the feet.
 - iv. If the goalkeeper retains the ball for more than six seconds, an IDK will be awarded to the opposing team at the top center of the penalty box.
 - v. The goalkeeper may not drop kick or punt the ball upfield after receiving the ball in his/her hands. **This includes dropping the ball and kicking it while it is bouncing.**

III. PLAYER EQUIPMENT

a. UNIFORMS

- i. All players will wear shorts, shin guards, socks, shoes, and have matching jerseys/shirts.
- ii. **Leggings are allowed but shorts must be worn over the leggings.**
- iii. **Pants, including warmups, are not allowed,** with the exception of goalkeepers.
- iv. Beginning January 1, 2019, **all teams must have matching jerseys/shirts. A plain shirt the same color as teammates jersey/shirt is not considered acceptable: it must be an exact match.**
- v. **The referee shall not let the game commence until all members of the team on the field have matching jerseys/shirts.** Shirts may be traded with substitute players if need be. **If a team does not have enough matching jerseys/shirts, the referee shall notate a Forfeit against the offending team.**
- vi. If a team does not have enough matching jerseys/shirts, the team may rent Pinnies for that game from the Dome Front Desk at a team cost of \$15.00 per game. Pinnies must be returned at the conclusion of that game or a \$50.00 surcharge will be charged to the team.
- vii. When two competing teams have the same color, the home team will change to a contrasting color. In this sole instance, teams are not required to have matching spare jerseys but all attempts should be made to have the same color shirts for the game.

b. SHIN GUARDS

- i. Commercially manufactured shin guards are mandatory for all players. **Shin guards must be completely covered by the socks.** Cardboard, Styrofoam, napkins, paper towels, and similar materials stuffed into socks do not replace shin guards. **Players will not be allowed to play without shin guards.**

c. CASTS/BRACES

- i. No plaster casts or metal braces shall be allowed unless wrapped safely in 1/2" soft padding. It is up to the discretion of the referee whether or not the padding is sufficient.

- d. SHOES
 - i. Indoor, turf, and molded cleats are all acceptable equipment. There will be absolutely no soft ground baseball, football or metal cleats allowed.
 - ii. Players will not be allowed to play in the shoes they wear in the door. All players must carry the shoes they intend to use for play.
- e. JEWELRY
 - i. **No jewelry may be worn while playing.** This includes, but is not limited to, earrings, necklaces, nose rings, wedding rings and bands, bracelets and fitness trackers. This rule is aimed at keeping all players safe.
 - ii. **Taping jewelry is not allowed.**
 - iii. **If the referee notices someone wearing jewelry, the referee will Caution the player.** If a team receives enough Cautions to bring the team below the minimum players, that team will forfeit the game.

IV. ADMINISTRATIVE RESPONSIBILITIES FOR PLAYERS, COACHES AND TEAM OFFICIALS

- a. ADULT SUPERVISION
 - i. All teams must have an adult present on the field as a player or on the bench for the duration of the game. This person is responsible for the actions of the underage players and should identify himself or herself to the referee before the game.
 - ii. An adult is defined as a person 21 or older.
- b. KEEP THE AREA CLEAN AND SAFE
 - i. Players, teams, and coaches are responsible for removing anything that clutters up the technical areas, bench areas, locker rooms, bathrooms, and other common areas, including used tape, water bottles, sports wrap, etc.
 - ii. Players, teams, and coaches are responsible to make sure anything that may fall on or into the playing surface, which may be dangerous, or that could cause injury to himself or another player.
- c. FOOD AND OTHER FOREIGN OBJECTS
 - i. Players are not allowed to chew gum, chew tobacco, or eat anything at any time on the field.
 - ii. No food or drink products are allowed on the turf surface.
 - iii. Water is allowed in the technical areas. All empty bottles and containers must be removed or thrown away after every game.
 - iv. Any foreign material around the technical areas must be removed or thrown away after every game.
- d. SPITTING
 - i. **Spitting on the turf is prohibited. The offender may be subject to ejection from the facility by facility staff or the referee.**
- e. BLEEDING / BLOOD ON THE UNIFORM
 - i. A player with a bleeding injury must be substituted for immediately.
 - ii. That player may not reenter until the bleeding has stopped and the injury is bandaged.
 - iii. A player may not play with blood on the uniform.
- f. FOUL LANGUAGE
 - i. **Foul language will not be tolerated and referees are directed to utilize normal misconduct to enforce this rule.**
- g. TAUNTING
 - i. Taunting will not be tolerated and referees are directed to utilize normal misconduct to enforce this rule.
- h. SPECTATORS
 - i. **Spectators, including children, are not allowed anywhere on the playing surface (the turf) at any time before, during, or after the match.**
 - ii. The referee or league officials will ask spectators to return to the stands if they are on the turf.
 - iii. **Should spectators not leave, the referee will terminate the match and notate a Forfeit against the offending team.**

- iv. This rule is aimed at keeping all spectators safe.

V. TEAM ROSTERS AND RESPONSIBILITIES

a. PLAYER CARDS

- i. Players will only be issued a Player Card after #1, 2 and 3 below have been completed. Players must pick up their Player Card at the Dome Front Desk.
 - 1. Has a photo on DASH of the players face
 - 2. Has signed the Liability Waiver
 - 3. Has paid their annual Membership Dues
 - a. **Membership dues are valid from January 1 – December 31 of each year, requiring a new Player Card every year.**
- ii. **All players are required to have a Player Card in order to be able to play and must submit their Player Card to the Referee at the beginning of the game.**
- iii. Player Cards will be returned to players after the game unless a Red Card is issued. In this instance, the referee will hold that Player Card and turn it in to the Dome Front Desk. That player may pick up their Player Card once their suspension is complete. See IX. Send-Off for more details.
- iv. If a player forgets or loses his or her Player Card, a replacement may be obtained from the Dome Front Desk for \$10.00 per card.
- v. **If a Referee or a Soccer Alaska Official discovers a player playing without a Player Card, the game will immediately be terminated and the offending team will forfeit.**

b. ROSTERS

- i. Rosters are subject to review by Referees or Soccer Alaska Officials.

c. SUBSTITUTE PLAYERS

- i. Generally, substitute players may be added last minute to a team, provided they have a Player Card.
- ii. **Referees have absolute authority to disallow non-rostered substitute players or remove said player during the game if the referee deems:**
 - 1. The substitute player is playing at a higher skill level and outplaying most players on the field
 - 2. The substitute player is committing too many fouls in the referee's opinion
 - 3. The opposing team desires only to play against the other team's rostered players
- iii. Exception: Any player, providing they have a photo, have signed their waiver and paid their membership dues, may substitute as a goalie regardless of their skill level.
- iv. Substitute players are required to be identified to the referee.

VI. RESTART OF PLAY MODIFICATIONS

a. FOR ALL RESTARTS

- i. **All opposing players must be at least 15 feet away** from the ball on all restarts.
- ii. Exception: For kick ins, all opposing players must be at least 5 feet away from the ball.
- iii. **Players are required to give the minimum distance without the other team asking for distance.**
- iv. **If a player does not give the minimum distance and ball is played and touches the defensive person within the required distance, a Caution will be given to that player.**

b. KICK OFF

- i. The kickoff is a DFK.
- ii. The ball may be kicked in any direction, but must move to be considered in play.
- iii. The kicker may not play the ball again until another player has touched it.

c. OFFSIDE

- i. There is no offside in indoor soccer.

- d. DEFENSIVE PENALTY AREA RESTART RULE
 - i. Any restart within the defensive penalty area cannot continue, in the air, over the half line. This includes goal kicks.
 - ii. A violation of this rule will result in an indirect free kick for the non-offending team at the point where the ball crossed the half line.
 - iii. Note: This rule only applies to restarts, not to any actions during play.
- e. BALL OUT OF PLAY ACROSS TOUCHLINE
 - i. Results in a kick in.
 - ii. The ball must be placed outside the field of play or on the touchline **within one yard of where it exited the field.**
 - iii. **The ball must be STATIONARY before being kicked back into play.**
 - iv. The team has five seconds to restart play.
 - v. **The ball must re-enter the field of play within one yard of where it of the kick in spot.**
 - vi. A kick in is an IFK.
 - vii. **The kick in must be below the referee's waist throughout the ball's flight.**
 - viii. If a kick in is ruled illegal, the opposing team will be awarded a kick in from the same spot.
- f. BALL OUT OF PLAY ACROSS GOAL LINE
 - i. Normal FIFA rules will apply for both goal kicks and corner kicks.
- g. INDIRECT FREE KICK (IFK)
 - i. Normal FIFA rules apply.
 - ii. Exceptions:
 - 1. If the ball hits the ceiling the resulting IFK will not be in the penalty area.
 - 2. If an IFK is awarded to the attacking team inside the penalty area, the ball will be placed at the top and center of the penalty box.
- h. DIRECT FREE KICK (DFK)
 - i. Normal FIFA rules apply.
 - ii. Exceptions:
 - 1. If a DFK is awarded to the attacking team inside the penalty area, a penalty kick will take place at the top and center of the penalty box.
- i. PENALTY KICK
 - i. The ball will be placed at the top and center of the penalty box. All field players will be outside of the penalty box and will stand behind the ball. The goalkeeper must have both feet in contact with the goal line and may not move forward from the line until the ball is kicked. The ball must be kicked in a forward direction. The kicker may not play the ball a second time until another player has touched it. Time will be extended for the taking of a penalty kick at halftime and at the end of a game.

VII. REFEREE OFFICIATING

- a. When two or more referees work together they will wear uniforms that are the same color and style. If any referee's uniform is the same color as any team, the referee will change.
- b. If the referee fails to show, the teams should agree upon a substitute referee who will be compensated by the league.
- c. **Soccer Alaska Officials have equal authority to enforce the same rules as referees.**

VIII. MISCONDUCT CAUTION (YELLOW CARD)

- a. All FIFA rules apply.
- b. Cautions:
 - i. Following a caution:
 - 1. The player will be assessed a two-minute time penalty.
 - 2. The player may not be replaced on the field for the duration of the penalty; the team must play down a person.
 - 3. **The time penalty begins when the game is restarted and the ball moves.**
 - 4. **The referee will keep clock time and will notify the player/team when the two-minute time penalty has expired.**

5. A goal by the opposing team ends the penalty.
- ii. If a goalkeeper is assessed a caution, he or she shall serve the time penalty and another player must assume the position of goalkeeper.
- iii. If two players from opposite teams are assessed cautions simultaneously, both players shall serve the full-time penalty regardless of whether or not goals are scored.
- iv. Two cautions to one player (or the goalkeeper) results in a send-off (red card).
- v. If during a match, a player(s) is cautioned and the resulting two-minute penalty causes the team to fall below the minimum required players, the referee shall terminate the game and notate against Forfeit to the offending team.

IX. SEND-OFF (RED CARD)

- a. All FIFA rules apply.
- b. The offending team must play with one less player on the field for the duration of the game, even if the send-off was due to two cautions to a single player.
- c. **When a player is sent off, they must immediately leave the facility for the entire day.**
- d. The player's full name will be recorded by the referee and a game report must be submitted to the league within 24 hours.
- e. **The ejected player is not allowed to participate in any Soccer Alaska games for the next eight (8) days, regardless of the team.**
- f. The ejected player may be subject to further disciplinary action by the League.
- g. **The Player Card of ejected player will be held at the Dome Front Desk until their suspension is complete.**
- h. Note 1: It is the coach and team manager's responsibility to make sure that ejected players under the age of 18 are sufficiently supervised once they leave the facility.
- i. Note 2: Referees have discretion on how separate players that have been ejected during the same instance.

X. DIVISIONS

- a. **Soccer Alaska has adopted the philosophy of Relegation.** After each session, Soccer Alaska will move the top teams from each division up one division, and the lowest teams down one division.
- b. **Soccer Alaska retains the ability to move team between divisions, both prior to the start of a session or during the session, if in the League Administrator's sole discretion, he or she deems a team should be registered in a higher or lower division.**
- c. Soccer Alaska offers the following levels of play:
 - i. Division A
 - ii. Division B
 - iii. Division C
 - iv. Division D
 - v. Division E
 - vi. Over-35 Division

XI. FEEDBACK

- a. Soccer Alaska is committed to being a player first league and we are always looking for feedback. If you have an issue, complaint, suggestion or praise, we want to know about it. Please contact Josh Resnick at Josh@socceralaska.com or you may leave comments through the Feedback Tab at www.socceralaska.com/feedback.