

Laws of the Game

Law I The Field of Play

162 feet in length

82 feet in width

Goals

7 foot 6 inch in height

14 feet in width

Law 2 The Ball

Youth Under 12's will play with a FIFA approved size **4** ball provided by **ISA2000**.

Adults and Youth over 12 will play with a FIFA approved size **5** ball provided by **ISA200**.

Law 3 Number of Players

A) Adult teams will consist of 6 players: 5 field players and a goalkeeper except Co-Ed. Co-Ed will consist of 3 men, 3 women and a goalkeeper of their choice. *

B) Youth teams Under13-Under 18 will consist of 5 field players and a goalkeeper.

C) Teams Under 12 and younger will play with 6 plus a keeper

Rostered players and no more than 2 coaches are permitted on team benches.

*Number of players may change due to leagues

Law 4 Substitutions

A) No game can begin with less than 4 players. Less than 4 players is a forfeit. Fines will be assessed

B) Substitutions can be made at any time, "on the fly" during the game.

C) Players leaving the field of play **MUST** be within the touchline at **THEIR** team bench. Neither player can play the ball until the exiting player is completely off of the field of play. A 2-minute penalty is given **IF** either player plays the ball before the exiting player is completely off of the field of play.

D) Goalkeepers may be substituted "on the fly" like all players. The keeper must be within the touchline before the new goalkeeper may enter the field of play.

E) Goalkeeper's substitution is the only guaranteed substitution and **ONLY** guaranteed during a dead ball situation.

Law 5 Players' Equipment

- A) **NO** cleated shoes of any kind will be allowed on field #2. **ONLY** artificial turf shoes and flat-soled shoes are allowed on field #1.
- B) **NO** black-soled shoes allowed.
- C) **ALL** players must wear FIFA approved shin guards and be completely covered.
- D) **ALL** players must wear matching shirts with permanent numbers.
- E) Goalkeepers must wear a color which distinguishes him from both teams.
- F) When there is a uniform color conflict, **HOME** team **MUST** change.
- G) **NO** bandanas, hats or anything to cover the head. A thin sweatband may be worn.
- H) Soccer shorts must be worn. No pants or shorts with pockets.
- I) Keepers may wear sweat pants.

Law 6 The Referee

- A) Enforce the laws of the game
- B) Stops, suspends or terminates the match, at his discretion, for and infractions of the laws.
- C) Stops, suspends or terminates the match because of outside interference of any kind.
- D) Provides appropriate disciplinary action necessary to keep players safe and the game in control.
- E) Take control of all actions prior, during and after game.
- F) Play the advantage law wherever possible and still keep control of the game.
- G) Stop the game clock for serious injuries or when they deem necessary.

Law 7 Players Physical Condition

- A) Any player with cuts or open wounds must be covered before entering the field of play.
- B) Braces and splints must be completely covered by ¼" foam padding.
- C) Any player that begins to bleed during the game **MUST** exit the field of play until the bleeding is completely stopped.
- D) Any and all jewelry must be removed or covered (at the referee's discretion) prior to entering the field of play.
- E) **NO HARD CASTS** are allowed.
- F) Any time a coach or trainer has to be called onto the field to assist an injured player, that injured player must be substituted out of the game until the coach feels confident that the injured player is safe to play.

Law 8 Duration of Games

- A) Adult and Under 19 games will consist of 2 halves of 23 minutes.
- B) Under 18's and younger will consist of 2 halves of 20 minutes.
- C) Clock will only be stopped at referee's discretion.

Law 9 Start and Restart of Play

- A) All free kicks are INDIRECT** with the exception of a goal saving foul.
 - 1) A goal saving foul within the penalty box results in a shoot out. A penalty kick can be awarded if referee deems warranted.
 - a) Penalty kicks are taken from the penalty spot.
 - 2) A foul stopping a goal scoring chance by the last defender will result in a shoot out.
 - a) Ball is placed at the center of the offensive red line. Keeper must have at least one foot on the goal line until the whistle is blown.
 - b) Once the referee blows the whistle, the ball is in play.
 - c) All other players except the shooter and keeper must line up at midfield. Once the whistle is blown play is restarted.
- B) Visiting team has kick off the first half. The home team will take the kick off to begin the second half.
- C) If play is stopped for anything other than a foul, restart will begin by the team that had possession at the stop of play.
- D) Once the ball is touched and moved, the ball is in play.

** Specified leagues will have DIRECT kicks.(Men's Open)

Law 10 Ball In and Out of Play

The ball is out of play only when it is TOTALLY over the perimeter wall hitting the protective netting or it hits any part of the building structure.

A) Kick-Ins

When the whole of the ball passes over the perimeter wall along the touch line, the game shall be restarted with a kicked in by the opponent, on the touchline, where it crossed over the perimeter wall.

B) Goal Throw

The goalkeeper shall restart the game, with a goal throw, when the ball has completely crossed over the end perimeter wall between the corner flags, when touched last by the attacking team.

Once the referee acknowledges ball in play, the goalkeeper has 5 seconds to put the ball back into play. The keeper may NOT play the ball to him/herself on any goal throw.

C) Corner Kick

A corner kick shall be awarded to the offensive team if the ball crosses over the end perimeter wall, between the corner flags, IF last touched by the defending team. The game is restarted with the ball being placed on the corner kick spot.

D) Super Structure

When the ball hits the structure (roof and beams) the ball is out of play. The restart is taken from the closest red line from where it was last touched.

Law 11 Method of Scoring

A goal is awarded only when the ball is **TOTALLY** over the goal line, between the goalposts and under the crossbar. The ball **MUST** be **TOTALLY** over the goal line **BEFORE** the scoreboard horn starts to sound.

Law 12 3 Line Violation

- A) A 3-line violation is when the ball crosses all 3 lines, both red lines and the center line, in the air without touching any player, the perimeter wall or the carpet. The structure does not count.
- B) There is no 3-line violation when a team only has 3 field players.
- C) There is no 3 line violation if the ball starts on the 1st red line.

Law 13 Fouls and Misconduct

The following fouls are fouls IF the referee deems they were committed intently or in a dangerous manor.

- 1) Kick or attempting to kick an opponent, referee, spectator or employee.
- 2) Trips or attempts to trip an opponent.
- 3) Jumps at an opponent.
- 4) Charges an opponent.
- 5) Strikes or attempts to strike an opponent, referee, spectator or employee.
- 6) Pushes an opponent.
- 7) Holds an opponent.
- 8) Spits at an opponent, referee, spectator or employee.
- 9) Handles the ball.
- 10) Obstruct an opponent.
- 11) Charging an opponent from behind.
- 12) Forcing an opponent into the boards.
- 13) Charging an opponent into the boards.
- 14) Slide tackling.
- 15) Playing the ball on the ground.
- 16) Charging into the goalkeeper.
- 17) Verbal abuse or taunting an opponent, referee or spectator.
- 18) Goalkeeper holding the ball longer the 5 seconds.
- 19) Playing in a manner the referee deems dangerous to any player.
- 20) Delay of game. Not putting the ball back into play within 5 seconds.
- 21) Goalkeeper plays the ball to him/her self on a goal throw.

Law 14 Time Penalties

2-Minute Offenses.-Penalty is over after goal is scored except when equal penalties

- 1) Delay of game.
 - a) Standing within 10 feet of any free kick.
- 2) Boarding (charging an opponent into the dasher boards).
- 3) Persistent misconduct.

- 4) Unsportsmanlike behavior.
- 5) Shows dissent by words or action to an opponent or referee.
- 6) Shooting or kicking the ball after the whistle has been blown.

Cautionable Offenses- A straight yellow card is a 4 minute penalty.

- 1) Causing a break away foul.
- 2) Persistent misconduct. Receiving a second blue card(2 minute penalty).
- 3) A foul where the referee deems, more severe than a blue card, but yet not deserving a red card ejection.

Ejectionable Offenses-A straight red card is a 5 minute penalty served in its entirety. Combination of blue cards is a 2 minute penalty.

- 1) Strikes or attempts to strike an opponent, referee, spectator or employee.
- 2) Kick or attempting to kick an opponent, referee, spectator or employee.
- 3) Spits at an opponent, referee, spectator or employee.
- 4) Persistent misconduct. Receiving a third blue card(2 minute penalty).
- 5) Leaving team bench during a confrontation.
- 6) Any misconduct including verbal after the game towards opponents, referee or employees.
- 7) Dissent by words or actions to an opponent or referee.

Any player or coach on the bench can be cautioned or ejected for any of the above infractions.

NEW: If a player is given a 2 minute penalty in the final 2 minutes of a game, and the ref deems intentional and violent or dangerous in nature, player must serve a minimum of 1 game suspension.

Law 15 Free Kicks

- 1) When play has been stopped for an infraction of the rules (law 13), or the referee stopped play, a “free kick” shall restart the game.
- 2) Once the referee deems the game is ready to be restarted, the “free kick” must be taken within 5 seconds.
- 3) The defensive team must give 10 feet (3 yards) from the ball before the referee can deem the game ready to restart. If the defensive team doesn't give the automatic 10 feet, the referee can penalize the encroaching team with a blue card (law 14).
- 4) All free kicks are INDIRECT except for Men's Open division.

Law 16 Goalkeepers

A) Restriction:

- 1) The goalkeeper is the only player allowed to handle the ball within his or her own goal crease.
- 2) The goalkeeper cannot handle the ball if the ball is passed back with the foot INTENTIONALLY.

- 3) The goalkeeper cannot go outside the goal crease, bring the ball back into the crease and use their hands.
- 4) The goalkeeper cannot roll the ball to him/herself on a goal throw.
- 5) The goalkeeper has 5 seconds to put the ball into play once the referee deems the game is ready to restart.
- 6) The goalkeeper can possess the ball in his/her hands or at their feet for 5 seconds within the penalty arch.
- 7) The goalkeeper does not have to serve minor time penalties. An alternate player can serve for the goalkeeper. The goalkeeper **MUST** serve his or her own timed penalty, when the keeper is called for a physical or violent penalty and the referee deems fitting.
- 8) Goalkeepers cannot punt or drop kick the ball.
- 9) The goalkeeper in the Over 30 league can be 25. Keeper under 30 may not cross over their defensive red line.

B) Privileges:

- 1) The goalkeeper may handle the ball when any part of the ball is touching the line of the goal crease or touching the plane of the goal crease line despite the position of the goalkeeper might be outside the goal crease.
- 2) Goalkeeper control is when the goalkeeper has complete control of the ball.
 - a) Hand on top of the ball with NO movement is control.
 - b) Hand on top of the ball with the ball moving around in NOT control.
 - c) Hand placed behind the ball in an attempt to block a shot is NOT control.

Law 17 Co-Ed

A) Competitive “A” Co-Ed

- 1) 3 men, 3 women and a goalkeeper of their choice.
- 2) Male goal = 1 point, Female goal = 2 points

B) Competitive “B” Co-Ed

- 1) 3 men, 3 women and a goalkeeper of their choice.
- 2) Ball is LIVE once a woman touches the ball inside their offensive ½ of the field.
- 3) Male goal = 1 point, Female goal = 2 points.
- 4) Males can only score once a female has made it LIVE.
- 5) The ball remains LIVE until the ball is cleared out of the zone legally. (i.e. red line violation, ball comes back to the center of the red line, and the ball is **STILL** live because the ball cleared the zone illegally).
- 6) The player of their choice shall take a penalty kick or shootout. Points shall be awarded according to who scores.
- 7) Goal scored by a male without the ball being live is **NO GOAL** and will be restarted with the appropriate goal throw or corner kicked (refer to law 10).
- 8) A goal scored on a defensive deflection, a deflection where the ball is completely redirected into the goal, shall count as 1 point only if the ball was live.

D) Recreational “C” Co-Ed

- 1) 3 men, 3 women and a goalkeeper of their choice.
- 2) Ball is LIVE once a woman touches the ball inside their offensive ½ of the field.
- 3) Male goal = 1 point, Female goal = 2 points.
- 4) Males can only score once a female has made it LIVE.
- 5) The ball remains LIVE until the ball is cleared out of the zone legally. (i.e. red line violation, ball comes back to the center of the red line, and the ball is STILL live because the ball cleared the zone illegally).
- 6) The player of their choice shall take a penalty kick or shootout. Points shall be awarded according to who scores.
- 7) Goal scored by a male without the ball being live is NO GOAL and will be restarted with the appropriate goal throw or corner kick (refer to law 10).
- 8) A goal scored on a defensive deflection, a deflection where the ball is completely redirected into the goal, shall count as 1 point only if the ball was live.

E) Over 30 and Over 40 Co-Ed

- 1) 3 men, 3 women and a goalkeeper of their choice.
- 2) NO CONTACT. Players MUST be under complete and total control.
- 3) A penalty committed inside the penalty arch can result in a penalty kick instead of a shoot out
- 4) See Recreational “C” Co-Ed for remaining rules.

*ISA2000 is a FSA member and follow FSA laws and regulations.
Copies of the FSA laws can be located at www.arenaleague.com*