

Kent County Parks & Recreation

Adult COED Indoor Soccer League

Rules Sheet

Dimensions

- Indoor Court – 120' x 84'

Goals

- 6'7" Height x 9'10" Wide

Specific Rules for The Kent County Recreation Center

- A Game is played by two team of 5 (4 Field Players and 1 Goalkeeper)
- Games are two 25 minutes halves with running clock. (2-5 minute half-time)
 - Teams will change sides after half-time
 - Clock will stop for serious injuries
- Substitutions are made on the fly and players must be inside the substitution area.
- Shin guards are not required but are recommended
- Jewelry is not allowed unless covered or taped to body and not dangerous to the player of the opponents.
- Teams must wear same color shirts/jerseys. Goalkeepers wear colors that distinguish the goalkeeper from players on each team.
- Mercy Rule: If a team is ahead by 10 goals going into the second half, the game will be considered final and the teams will be allowed to continue to play until the allotted time is over.
- The referee's job is to oversee and enforce the rules of the game. **The decisions made by the referee are final.**
- Kick-offs occur:
 - At the start of the game and start of second half
 - After a goal is scored
 - Goals may be scored off kick-off
- Ball is out of play when it touches any part of the protective netting/leaves the field of play. The game is restarted with a free kick from where the ball went out.
- Balls that hit the ceiling are also out of bounds. Ball will be placed direct below where it hit.
- A goal is scored when the ball completely passes over the goal line. (Referee has final decision)
- **NO SLIDING or SLIDE TACKLING** (Goalkeepers are allowed within their goal area)
- No Punting or throwing over half field.
- No Dangerous play
- Goalkeepers have 5 seconds to release ball into play.
- Penalty kicks are taken from the top of the goal area.
- If player(s) are kicked out of game, they must leave the Recreation Center.

Point System for League

- Win – 3 Points
- Tie – 1 Point
- Loss – No Points

Multiple Yellow/Red Cards may result in suspension from league & The Kent County Recreation Center indefinitely