

# League Rules

Updated September 8, 2012

<b>Rosters</b>	<ol style="list-style-type: none"><li>1. All players must be listed on the Team Roster.</li><li>2. All players must be on the roster during the current session to be eligible to play in the playoffs.</li><li>3. Teams may add players to their roster during the first four weeks of a session.</li><li>4. Players added during the last two regular games of a session may not be eligible for the playoffs.</li><li>5. All participants will follow the appropriate age guidelines for their group.</li><li>6. Teams found in violation of these rules will forfeit all games played with ineligible players and could risk dismissal from the league.</li><li>7. MULTIPLE ROSTERING (PLAYING FOR MORE THAN ONE TEAM WITHIN THE SAME DIVISION) WILL NOT BE ALLOWED. Players may play for multiple teams as long as they are in different divisions/leagues. Any team that splits into two teams for a session may NOT swap players between teams. Any team in violation of this rule will forfeit all games in which the ineligible player plays.</li><li>8. If a team does not have enough players for a particular match and wishes to use non-rostered players to play a game, the result will be a forfeit. The score will be posted as 4-0F. (No Exceptions) Both teams must agree to the use of the non-rostered players before proceeding with play.</li></ol>
<b>Number of Players</b>	<ol style="list-style-type: none"><li>1. For Futsal, all games (adult and youth) will play with five players on the field, one of whom shall be the keeper. For 8v8, all games (adult and youth) will play with eight players on the field, one of whom shall be the keeper.</li><li>2. Minimum of four players required to start and continue a Futsal game. Minimum of seven players required to start and continue an 8v8 game.</li><li>3. Adult Coed – For Futsal, a minimum of two female players on the field at all times. For 8v8, a minimum of three female players on the field at all times. Failure to have the required female players shall result in a forfeit. The score will be posted as 4-0F. If there are only two (for Futsal) or three (for 8v8) female players present for a game and a female player is not able to continue because of injury, the game may continue and the score counted but that team must play down a player for the remainder of the game.</li></ol>
<b>Player Equipment</b>	<ol style="list-style-type: none"><li>1. Teams will be issued shirts upon registration. These shirts MUST be worn for all indoor league games. Teams are not allowed to wear club or other uniforms for indoor league matches.</li><li>2. Keepers must wear a jersey color which will distinguish him/her from the rest of the players and the referee. Pinnies are allowed and will be provided by Far Post.</li><li>3. In the event of a color conflict, the home team (listed first on the schedule) must wear pinnies. Pinnies will be provided by Far Post.</li><li>4. Shin guards are MANDATORY and must be fully covered by socks.</li><li>5. NO CLEATS ALLOWED. Turf shoes and flats are allowed.</li></ol>
<b>Balls</b>	<ol style="list-style-type: none"><li>1. Game balls will be provided for use within the facility.</li><li>2. All balls must remain on the playing field.</li><li>3. Balls may not be kicked around in the entry ways of the facility or against any of the walls.</li></ol>
<b>Check-In</b>	<ol style="list-style-type: none"><li>1. ALL players MUST sign in at the check-in table prior to EVERY game.</li><li>2. Players who do not sign in will not be considered present at a game. This may affect eligibility for the playoffs.</li></ol>
<b>Referees</b>	<ol style="list-style-type: none"><li>1. One referee shall be present during play.</li><li>2. Referee will operate scoreboard and keep record of the game.</li><li>3. Referee will keep record of the score and turn in game card to league staff at the end of the night.</li><li>4. Reports of ejections will be recorded on the score sheet and filed before leaving the facility. Each score sheet will list the names of players ejected the previous week. Referees will check before starting the game and inform the team captains if there is an ejected player on his/her team. The game will not begin until that player has left the playing field and bench.</li><li>5. Abuse of referees in any form, whether verbal or physical, will NOT be tolerated. Players or spectators violating this rule will be asked to leave the facility.</li></ol>
<b>Kick-Off</b>	<ol style="list-style-type: none"><li>1. A kick-off is the way of starting or restarting play at the start of the game, after a goal has been scored, and at the start of the second half of the game.</li><li>2. The ball MUST move forward on a kick-off.</li><li>3. The kicker may not touch the ball a second time until it has been touched by another player.</li><li>4. A goal may be scored directly from the kick-off.</li></ol>
<b>Sideline Re-Starts</b>	<ol style="list-style-type: none"><li>1. For Futsal, sideline re-starts are a kick-in. For 8v8, sideline re-starts are a throw-in. All sideline re-starts are indirect. A sideline re-start is awarded when the whole ball passes over the touch line,</li></ol>

	<p>either on the ground or in the air, or hits the ceiling.</p> <ol style="list-style-type: none"> <li>A sideline re-starts must be taken from the place where it crossed the touchline to the opponents of the player who last touched the ball.</li> <li>For a kick-in for Futsal, the ball must be stationary on the touchline and is kicked back into play in any direction. The player taking the kick-in <b>MAY NOT</b> be IN BOUNDS when taking a kick-in. A player may have one foot ON the touchline when taking the kick but their body must be OUTSIDE the field of play when taking the kick.</li> <li>Players on the defending team must be at least 3 meters from the place where the kick-in is taken.</li> </ol>
<b>Corner Kick</b>	<ol style="list-style-type: none"> <li>A goal may be scored directly from a corner kick.</li> <li>A corner kick is awarded when the whole ball, having last touched a player of the defending team, passes over the goal line either on the ground or in the air.</li> </ol>
<b>Substitutions</b>	<ol style="list-style-type: none"> <li>Each team has unlimited, “on the fly” substitutions during play or when play has ceased.</li> <li>Play is ceased when a goal is scored, a penalty is awarded, or an injury time-out is called.</li> <li>A player may substitute for the keeper “on the fly” so long as the referee is informed BEFOREHAND.</li> <li>If a substituting player enters the field of play and becomes “involved” in the play before the substituted player has left the field, an indirect free kick will be awarded to the opposing team.</li> <li>Substituting players must enter and leave the field from the bench side of the field.</li> </ol>
<b>Penalty Kicks</b>	<ol style="list-style-type: none"> <li>The defending keeper remains on the goal line, facing the kicker, between the goal posts, until the ball has been kicked.</li> <li>Players other than the kicker are located inside the playing area, outside the penalty area, behind or to the side of the penalty mark, and at least 5 meters from the penalty mark.</li> </ol>
<b>Scoring</b>	<ol style="list-style-type: none"> <li>A goal is scored when the whole ball passes over the goal line, between posts and under crossbar.</li> <li>A goal may not be counted if it is thrown, carried, or intentionally propelled by the hand or arm by a player of the attacking side.</li> </ol>
<b>Keepers &amp; Goal Clearance</b>	<ol style="list-style-type: none"> <li>A goal clearance is a method of restarting play. A goal may not be scored directly from a goal clearance.</li> <li>The goal clearance is awarded when the whole ball, having last been touched by a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored.</li> <li>For both Futsal and 8v8, the ball is thrown from any point within the penalty area by the keeper of the defending team. All balls thrown in from the keeper must hit the ground or a player before going over half field. If the ball does not hit the ground or a player, a direct kick is awarded to the opposing team at the center dot at half field.</li> <li>Opponents remain outside the penalty area until the ball is in play.</li> <li>The keeper does not play the ball a second time until it has touched another player.</li> <li>The ball is in play when it is thrown directly beyond the penalty area.</li> <li>If the ball is not thrown directly beyond the penalty area, the goal clearance is retaken.</li> <li>If, after the ball is in play, the keeper touches the ball a second time before it is touched by another player, an indirect free kick is awarded to the opposing team from the place of the infringement.</li> <li>If the goal clearance is not taken within five seconds from the time that the keeper takes possession of the ball an indirect free kick is awarded to the opposing team, to be taken from the penalty area line at the place nearest to where the infringement occurred.</li> </ol>
<b>Fouls &amp; Misconduct</b>	<ol style="list-style-type: none"> <li>A direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee to be careless, reckless or using excessive force. <ul style="list-style-type: none"> <li>Kicks or attempts to kick an opponent</li> <li>Trips or attempts to trip an opponent</li> <li>Jumps at an opponent</li> <li>Charges an opponent, even with the shoulder</li> <li>Strikes or attempts to strike an opponent</li> <li>Pushes an opponent</li> </ul> </li> <li>A direct kick is also awarded to the opposing team if a player commits any of the following offenses. <ul style="list-style-type: none"> <li>holds an opponent</li> <li>spits at an opponent</li> <li>Slide tackles – THERE ARE NO SLIDE TACKLES ALLOWED – this includes keepers. Keepers may slide in their goal area to save the ball providing it is not a SLIDE TACKLE. (This means a goalie may NOT slide feet first at an opponent in order to make a save)</li> <li>Handles the ball deliberately, except for the keeper, in his/her own penalty area.</li> <li>Shoulder Charges – Futsal rules prohibit shoulder charges.</li> </ul> </li> <li>A direct free kick is taken from the place where the infringement occurred.</li> <li>A penalty kick is awarded if a player commits any of the aforementioned offenses inside his/her</li> </ol>

	<p>own penalty area, irrespective of the position of the ball but provided that it is in play.</p> <ol style="list-style-type: none"> <li>5. A player is cautioned and sent off for two minutes if he/she commits any of the following offenses: <ul style="list-style-type: none"> <li>• Is guilty of unsportsmanlike behavior</li> <li>• Shows dissent by word or action</li> <li>• Persistently infringes the Laws of the Game</li> <li>• Delays the restart of play</li> <li>• Fails to respect the required distance when play is restarted with a corner kick, kick-in, free kick, or goal clearance.</li> </ul> </li> <li>6. A player is shown the red card and sent off if he commits any of the following offenses: <ul style="list-style-type: none"> <li>• Is guilty of serious foul play</li> <li>• Is guilty of violent conduct</li> <li>• Spits at an opponent or any other person</li> <li>• Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a keeper within his own penalty area)</li> <li>• Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick.</li> <li>• Uses offensive, insulting, or abusive language.</li> <li>• Receives a second yellow card in the same game.</li> </ul> </li> <li>7. A player who has been red carded and sent off may not re-enter the game nor may he/she sit on the players' bench. A replacement player may re-enter the game two minutes after a teammate has been sent off, unless a goal has been scored before the two minutes have elapsed.</li> <li>8. If a player receives a red card or is sent off, he/she will sit out the following game in the league in which the infraction was committed. If it is a playoff or final game of a session, he/she will sit out the first game of the next session.</li> </ol>
<b>Standings</b>	<ol style="list-style-type: none"> <li>1. Scoring – Win (3 points) Loss (0 points) Tie (1 point)</li> <li>2. Forfeit counts as a 0-4 loss result</li> <li>3. Referees may stop posting the score on the scoreboard after a 10 goal differential. The real score will be scored in standings for purposes of goal differential and standings.</li> <li>4. To establish placement in the playoffs the following criteria will be used: <ul style="list-style-type: none"> <li>• Points</li> <li>• Goal Differential</li> <li>• Goals for</li> <li>• Goals against</li> <li>• Head to head</li> <li>• Coin Flip</li> </ul> </li> </ol>
<b>Playoff Rules</b>	<ol style="list-style-type: none"> <li>1. Players must be listed on the roster to be eligible for the playoffs.</li> <li>2. Players who were ejected from the game right before playoffs are NOT eligible for ANY playoff games the following week.</li> </ol>
<b>Arm Casts</b>	<ol style="list-style-type: none"> <li>1. Arm casts will be allowed at the discretion of the referee.</li> <li>2. Players may ONLY be allowed to play if the cast is completely covered with a <u>MINIMUM</u> of 1" thick bubble wrap or equivalent cushioning material.</li> </ol>
<b>Facility Rules</b>	<ol style="list-style-type: none"> <li>1. Individuals using the facility do so at their own risk. The property owners, league operators, &amp; staff of Far Post assume no liability for injuries or accidents that may occur. Please refer to Waiver Form.</li> <li>2. Conduct within the facility should be in the spirit of good sportsmanship as is on the field. All play must be conducted as set forth in the "Rules" as outlined in this document. Far Post reserves the right to refuse play and service to anyone.</li> <li>3. Please respect the property and adhere to all posted signs in the facility pertaining to kicking balls in entryways and areas for spectators.</li> <li>4. Please take care of your own belongings. It is not the responsibility of Far Post to take care of belongings left behind after indoor matches. A Lost and Found box will be maintained at the league office but will be donated to local charities if no one claims these items after two weeks.</li> <li>5. Please pick up any and all trash left behind in the facility.</li> </ol>