

Eastern Indoor Soccer

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Sports Underdome Indoor Rules

The duration of the game is **44 minutes**, (2 x 22-minute halves.) with a maximum 6-minute half-time period.

1. Players on the field; (including GK's) U8 – U10 play **8 v 8**.
U11 - U13 play **7 v 7**.
U14 – Open men/women play **6 v 6**.
Over 30s & Co-ed play **7 v 7**. (Co-ed must have 3 active female members of the team at all times.)
2. **No** slide tackling (**including the goalkeeper**), spitting or chewing gum. Foul and abusive language is strictly forbidden.
3. Unlimited substitutions, when the ball is out of bounds and with the referee's permission.
4. All outdoor rules apply, (**except** the back pass rule and **no offsides**). Corners and throw-ins apply. On free kicks the opposing team must be **5 yards** away from the ball. All free kicks are **direct**.
5. Goalkeepers cannot distribute the ball (by hand or foot) over the **midfield line** without the ball bouncing or touching a player from either team. **This rule also prohibits a GK rolling the ball outside the box and distributing the ball over the midfield line without touching a player from either team.** Goal kicks must be taken from the markers provided. The ball must leave the penalty box before it's in play. **NO PUNTING OR DROP KICKS ALLOWED.** If the GK does distribute the ball illegally over the midfield line, a **direct** free kick will be awarded to the opposition on the midfield line.
6. Referee's calls are **final** and are not subject to change. The referee has the right to suspend the game temporarily (or permanently) at his/her discretion for injury or other purposes.
7. A coach or player that is red carded is automatically **ejected** from the game and not allowed on the playing surface while the contest continues. The recipient of a red card is **automatically** suspended from the next league fixture. However, in extreme cases, **EIS** has the right to ban a red card recipient from **ALL** remaining fixtures **if** the offense committed is deemed violent conduct. A player/coach receiving **two** red cards in one league season will not be permitted to participate for the remainder of that league season.
8. A player receiving a **yellow card** must leave the field of play for **two minutes**. In the youth leagues (U9 – U18), the recipient can be replaced with a substitute. If the recipient's team does not have any substitutes, they must play down a player for the two-minute penalty period. However, in the **Adult leagues**, a player receiving a **yellow card CANNOT** be replaced with a substitute. Consequently, the recipients team is forced to play a player short for a **FIVE-MINUTE** penalty period or until a **goal** is conceded by **either team** within those five minutes .
9. Players must wear sneakers or indoor soccer shoes, **no cleats** permitted. **SHIN GUARDS** are **mandatory**. Every team must have an alternate jersey. 1st team listed is forced to change.
10. All spectators must view the games from behind the goals, or behind the netted area provided. Nobody permitted in the channels between fields. On field 1, spectators are asked to stand at least 5 yards back from the touchline.
11. Games begin on time. No grace period allowed. Forfeit rules apply.
12. Rosters Maximum: **18 Players** (Youth leagues) to a roster.
15 Players (Adult leagues). **Rosters are frozen after your third game.**
Youth Leagues: All players and coaches **must have their EIS ID cards** available at ALL league games for EIS inspection.
Adult Leagues: All players must have their EIS ID cards available at ALL league games for EIS inspection