



Adult Soccer Rules

All basic rules stated by FIFA will be used by Longplex. Exceptions of these rules are noted below:

Rule 1 - Field of Play

- Turf 1&2: 200' X 100'
 - Game Play: 7v7; 6 field players and a goalie
- Minimum number of players need to start a game will be 4; 3 field players and a goalie. **See notation for Coed Specific Rules***
- Substitutions: substitutions are allowed on the fly. The player exiting the field should exit the same spot as the entering player within 3 yards.
 - Goaltender substitutions must be done at a stoppage of the play and the referee must be informed

Rule 2 - The Ball

Adult: Size 5

Rule 3 - Teams/Rosters

- All rosters must be submitted by a teams first scheduled game.
- All rosters will be locked at the start of a teams 4th game. No changes can be made for the duration of the session.
- Only players listed on the roster can play and be on the bench area.
- Adult Soccer Maximum: 16 players **See notation for Adult O30 Leagues
- A team may challenge a roster BEFORE the start of a game. If a roster is challenged any time after the start of the game the result of the game will stand.
- The first team listed on the schedule is the home team.

- All players must have a valid Longplex membership

Rule 4 - Jerseys & Equipment

- Each team must have matching colored jerseys with numbers.
- If teams are matching colors the AWAY team will wear pinnies.
- Each goaltender must wear a color different from both teams
- All players must wear shinguards cover by socks
- Appropriate footwear includes sneakers, indoor turf shoes or cleats with rubber spikes. NO metal spikes are permitted.

Rule 5 - Duration of the game

- All games will consist of two 25-minute “running time” halves and a 2 minutes half time.
- NO Timeouts
- A referee may stop the clock in the last minute of the game for deliberate game-delaying incidents (i.e. kicking the ball away, standing in front of the ball, etc.) The clock will restart when the ball is kicked.

Rule 6 - Start of Play

- The team listed first on the scheduled is considered the Home Team
- The Home Team will kick off the ball first
- The ball may be kicked forward or backward. Each player shall be on their own side of the field and at least 5 yards from the ball or outside the center circle. The kicker may not play the ball again until it has been touched by another player.
- Kick-offs are Direct Kicks (A goal can be scored directly off the kick-off)
- Teams switch sides at half-time

Rule 7- Ball In and Out of Play

- The ball is out of play when it crosses the line completely. The team that did not kick the ball out of play will throw the ball back in play.

- Balls that touch the ceiling will be restarted by an indirect free kick by the team that did not kick the ball into the ceiling.
- The defending team must stand at least 5 yards from the ball for all free kicks.
- The offensive team, including the goalkeeper, will have 6 seconds to put the ball back in play once they are in possession of the ball. Failure to do so will result in the ball being turned over to the opposing team with an indirect kick. If the goalkeeper doesn't play the ball within 6 seconds the ball will be turned over to the opposing team with an indirect kick outside the penalty area.
- After a save, the goalkeeper must put the ball back into play by a goalie throw to another player or by playing it to his/hers feet. There will be NO punting or drop kicking of the ball by a goalkeeper. If this occurs, the result will be an indirect kick for the opposing team outside the penalty area.
- The ball must be touched by a player of either team before crossing over the midfield line after a goalie save and throw. Failure to do so will result in a indirect free kick by the opposing team at the midfield line.

Rule 8- Scoring

- A goal is scored when the ball completely crosses the goal line between the goal posts and under the cross bar.
- The team with the highest number of goals at the end of the game shall be considered the winner. If the teams have the same number of goals the game will be considered a tie.

Rule 9- Off-sides

- There is NO off-sides rule

Rule 10- Sliding

- There is NO sliding or slide tackling allowed

Rule 11- Throw-Ins

- There will be throw-ins. The team that did not kick the ball out of bounds will throw the ball in. a goal cannot be scored directly from a throw-in. Opponents must stand 2 yards away from the spot the ball is being thrown in. After throwing the ball into play, the player throwing the ball cannot touch the ball again until another player touches the ball.

Rule 12- Goal Kicks

- A goal kick will be taken by the defending team when the ball crosses the end line by the attacking team.
- The goal kick may be taken anywhere within the goal area
- A goal kick MUST be touched by a player from either team before reaching the midfield line. Failure to do so will result in an indirect kick by the opposing team at the midfield line.

Rule 13- Corner Kicks

- A corner kick will be taken by the attacking team when the ball crosses the goal line by the defending team
- Corner kicks are direct kicks; a goal may be scored directly off a corner kick

Rule 14- Free Kick

- As stated by FIFA with the following conditions:
- All players must stand at least 5 yards away from the ball for all free kicks.
- The team taking the kick has 6 seconds to touch the ball. Failure to do so will result in an indirect kick for the opposing team.
- Inside the defending team's goalie box, if a foul is called that results in an indirect free kick, the ball shall be placed at the closest point on the goalie box.

Rule 15- Penalty Kick

- As stated by FIFA with the following conditions:
- Penalty kicks must be taken from the penalty spot marked on each field.
- The Goalkeeper may move his/her feet while remaining on the goal line, but may not come off the line until the ball has been kicked or moves forward.

Rule 16- The Referee

- As stated by FIFA with the following information:
- The referee's decision connected with the game shall be final and extend to players, coaches, and/or spectators. This includes all league, weekend and tournament games. Referees may stop, suspend and/or terminate a game when he/she deems it necessary (ex. Elements, spectator interference, etc.) The referee will refrain from penalizing in cases where he/she is satisfied that, by doing so, he/she would be giving an "advantage" to the offending team.

- Confronting referees is strictly prohibited. Threatening/making contact with a referee will result in a minimum suspension of one year.
- Any complaints of referees must be in writing on a form provided by management. Management will review all formal complaints

Rule 17- Timekeeper/scorekeeper

- A timekeeper will be supplied for each game. The timekeeper shall: (a) control the clock as instructed by the referee, (b) keep an accurate account of the score (c) prepare the game report to be signed by the referee and coach/team captain.

Rule 18- Standings

- Standings are determined by Total Points: 3 Points for Win, 1 Point for a tie, 0 points for a loss
- Tie breakers are determined as follows:
 1. Head to Head
 2. Least Goals Against
 3. Most Goals For
 4. Coin Flip

Rule 19- Fouls & Misconduct

As stated by FIFA with the following additional information a Direct kick shall be awarded if a player:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent in a violent or dangerous manner
- Charges an opponent from behind
- Strikes or attempts to strike an opponent
- Pushes, tackles or holds an opponent

- Slides or slide tackles

If any of the above are committed by a defending player inside the penalty area, a penalty kick should be awarded to that team

An Indirect Kick shall be awarded to the opposing team if a player, in the opinion of the referee:

- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his/her hands
- Commits any other offense not previously mentioned for which play is stopped to caution or send off a player. The indirect free kick is taken from the place where the offense occurred.

An indirect free kick shall be awarded to the opposing team if a goalkeeper, inside their own penalty area:

- Throws the ball passed midfield line or if a goal kick goes over the midfield line without touching a player of either team
- Controls the ball with their hands for more than 6 seconds before releasing it from their possession
- Touches the ball again with their hands after releasing it from their possession before it touches another player
- Touches the ball with their hands after it has been deliberately kicked to him/her by a team-mate
- Touches the ball with their hands after he/she has received it directly from a throw-in taken by a team-mate

Yellow Card: Caution will be awarded to a player if:

- He/she persistently infringes the laws of the game
- Unsportsmanlike behavior, or shows, by word or action, dissent with any referee decision

Red Card: Player will be sent off the field if:

- Commits a serious foul
- Is violent and/or offensive in conduct

- Spits on another player or field
- Uses foul or abusive language
- Receives a 2nd caution
- Denies the opposing team an obvious goal-scoring opportunity by deliberately handling the ball or denies the opposing team an obvious goal-scoring opportunity by committing an offense punishable by a free kick

The red card must be shown to the player/coach, the player/coach must leave the field and the bench area and their team will play short-handed for the duration of the game. The player/coach may also be asked to leave the building at the discretion of the facility management. The expelled player will automatically be suspended for one week and may receive additional suspension depending on the severity of the incident. After a red card offense, play will resume with a direct free kick. Any player who has been shown a red card before the match begins may be replaced by another player. Players/coaches may not sit on the team's bench area when they are serving a suspension

During the players/coaches suspension, they may not play in any other Longplex League until the suspension duration has been served

Playoff Rules:

- All games must have a winner.
- In the instance of a tie during a semi-final, penalty kicks will be taken to determine a winner. Penalty kick procedures will be followed as stated by FIFA. Three players from each team will take penalty kicks. If the game is tied following the top-3 penalty kicks, teams will continue to choose 1 player for head-to-head penalty kicks. No player may shoot twice until each player from that team has taken a penalty kick.
- In the instance of a tie in a final, teams will play one sudden-death 5-minute overtime period. The first team to score will win the game. If the game is tied following the 5-minute overtime, penalty kicks will be taken to determine a winner. Penalty kick procedures will be followed as stated by FIFA and the procedure stated previously
- Coed Leagues: One of the first 3 kickers must be a female.

Coed Specific Rules:

- There must be at least 2 females on the field at all times
- In the event a team only has 4 players to start the game at least 1 player must be female.

O30 Specific Rules:

- Rosters for Over 30/Over 40 Leagues: For leagues designated as Over-30 or Over-40, each team is allowed to roster two players under the specified age however, they must be within two years of that age. Ex. An Over 30 roster may have two players who are 28 or 29 years of age. For any adult league, a player's age is defined by how old they are at the end of the session.

LONGPLEX'S ZERO TOLERANCE

- Any fight while on the field, building or parking lot will result in being suspended from the building and premises.
- Verbal Abuse/Bullying to Refs, Scorekeeper or workers will result in a suspension. The suspension length will be determined by Longplex Management.
- If ejected from a game that player must exit the building immediately.