

# THE MAC SOCCER LEAGUE RULES OVERVIEW

Revised November 17, 2018

## House Rules:

1. Play to win but not with a “win at all cost” attitude.
2. Sportsmanship is encouraged at all times. Respect all players, referees, and staff.
3. Remember soccer is a contact sport; you play at your own risk of injury.
4. Soccer is fun for all ages. So have fun!!
5. Absolutely no outdoor cleats to be worn. Flats or turf shoes only.
6. Absolutely no gum on the bench or field.

## League Rules:

### Teams and Equipment

- Players: Maximum of 7 players on the field.
- Ball Size: U8-U12 #4, U13-Adult #5.
- Uniforms: All teams must have team uniforms with the same color shirt. U12 and up must have unique numbers on the back.
- Equipment: **Absolutely no outdoor cleats allowed.** Flats and turf shoes permitted. All players must wear shin guards covered by socks. NO eyeglasses are allowed, only sport goggles. No jewelry e.g. earrings, necklaces, etc.

### Game Play

- Duration: Games will be 40 minutes.
- Out of Bounds: The ball is out of play if it passes over the perimeter wall or benches, or if it touches the net. The ball is placed back in play 3 ft. from the wall where it went out of bounds. If the defense kicks it out from its own goal box, the ball is placed at the closest line, of the of the 3 lines, from the goal it was kicked from. If the ball hits the ceiling net, including balls kicked from the goal box, the ball is placed in the middle of the closest of the 3 lines from the point it was last touched. Goal kicks and corners are played when the ball hits the net above the goal.
- Referees: The decisions of the referees are FINAL. Any complaints please put in writing and give to the front desk.
- Free Kicks and Restarts: The ball must be completely stopped and played within 5 seconds. The defender must be 5 yards or 15 feet from the ball on all free kicks including corners and restarts from the arc and center lines.
- All restarts are direct.
- The 3-line rule applies to U13 and above.
- **NO SLIDE TACKLING IS ALLOWED.**

### Fouls and Misconduct:

Soccer rules are FIFA laws unless stated otherwise by the MAC - [click here for the complete FIFA rules](#)

- Blue Cards: A blue card is given for any of the following: dangerous tackles or challenges, including slide tackles, dissent, repeated offenses, holding, intentional handball or fouls. The result is a 2-minute penalty that expires if a goal is scored by the opposing team.
- Red Cards: A red card is given when a player has received 3 blue cards or for an intentional break away penalty, intentional hand ball off the goal line, dissent to referee, instigating a fight or fighting, and dangerous challenges. The result is ejection from the game for the offending player and a 5-minute penalty that must be served in full even if the opposing team scores.

**Please consult the overall rules of the facility for further details ([www.themaccl.com](http://www.themaccl.com))**

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## General

- The MAC commercial insurance does NOT cover any injuries sustained while playing Soccer on the field. **PLAYERS PLAY AT THEIR OWN RISK**
- Soccer is a game of skill, technique, physical endurance, competition, sportsmanship, fun, and fair play, but nevertheless, it is a CONTACT SPORT. If for any reason you feel you may get hurt, then it is advisable that you do NOT participate.
- The MAC will not be held responsible for lost or stolen property.
- Due to the nature of the game, balls may exit the field of play. The MAC will not be held responsible for any injuries incurred to spectators while viewing the game.
- No outside food or beverages are allowed in the facility.
- Please keep the facility clean and damage-free by using the garbage cans provided and by reporting any acts of vandalism to us immediately.
- Spectators are requested to sit (NOT stand) on the bleachers. Please do not stand along or against the boards or behind the goal.
- Please show courtesy to your fellow spectators by supervising your children while inside the facility.
- Any person found guilty of throwing any object on the field will be asked to vacate the premises.
- Spectators entering the field of play during a game for any reason will be dismissed from the facility and shall incur a game forfeiture for that team and possible dismissal from the league.
- Anyone found guilty of willfully damaging MAC property will be banned from the facility and legal action will follow.
- No one is allowed to play soccer outside the playing field.
- Team areas are provided for each match and are available from 20 minutes before and 20 minutes after the game. Team areas are to be used for pre-game and post-game talks.
- Only water bottles are allowed on the bench area. NO food, gum or other beverages are allowed on the field and on the bench area.

## Game Transitions

- Teams should occupy their designated bench areas.
- Pre-game warm-ups are very limited, and all players should be ready to play directly after the previous game. Play will start at the scheduled start time, NO exceptions.
- Keep bench doors closed at all times, except during substitution.
- Jumping the boards from the benches is not permitted.
- Teams should leave the bench area as soon as possible to allow the next team's fast access to the bench.
- First aid is available by the entrance door and ice from the MAC Cantina.

## Forfeits

- The Time Clock will start at the designated game time and 1 goal will be immediately awarded to the opponent for any tardy team. For every 5 minutes thereafter that team is late or have fewer than the minimum number of players, 1 additional goal will be awarded until 15 minutes have elapsed from the time clock. In the case of the latter, the game would then become a forfeit. A friendly game may be played.

## **Team Registration**

- All players must be registered on a MAC team to participate in league play, an electronic online waiver or MAC Waiver/Roster form must be completely filled out and returned to the front desk.
- Coaches/Team managers are required to show proof of age, if requested. A copy of one of the following documents can be used as proof of age: a player pass, birth certificate, driver's license, state ID or passport.
- All players are permitted to register for one team only per league.
- ALL teams must pay the Registration Fees in full at or before the second game. Teams will not be allowed to play the third game if they are not paid in full.
- Players are NOT allowed to transfer to another team. Players may be added or dropped from the roster before the third game but all team rosters will be frozen thereafter.
- No team will be allowed more than eighteen (18) registered players (adult or youth) at any given time.
- All registrations expire at the end of each session.
- A youth player is one who will become nineteen (19) years of age or less during the current playing year.

## **Home Team**

- The team that is listed first in the schedule is the designated Home Team. In the event of a color clash, the away team must change. The MAC may provide pennies. The home team always has the kickoff at the start of the game.

## **Team/Player/Coach - Rules & Violations**

- Only registered players and THREE (3) coaches per team are allowed to enter the field and stay on the bench area. Suspended players or coaches are NOT permitted on the bench. If all coaches were suspended from the previous game, the game suspension for one of the coaches will be postponed for the next game.
- Teams found guilty of playing ineligible players shall forfeit all games in which such players participated.
- Players or coaches using profanity towards MAC officials, timekeepers, employees or management will be suspended from the facility.
- Players or coaches receiving a red card before, during or after a game are automatically suspended for the next game and may be suspended for additional games, pending a referee report. An investigation will follow regarding the incident(s), so please do not address this matter at the front desk after the game, as no explanation can be given until a complete referee report has been tendered with us.
- Any player or coach dismissed from the game must leave the bench area immediately before the game restart.
- A player or coach who has been suspended may join the team only after the suspension has expired.
- Any team found using suspended players will forfeit game and such players will be suspended the remainder of session.
- Any player or coach who receives TWO (2) red cards in a session will be suspended for the remainder of the session and may not be allowed to play or coach in the next session.
- Any team that receives FOUR (4) red cards in a session will be ejected from the league and face future suspension.
- Fighting or instigating a fight will NOT BE TOLERATED. A game with BOTH teams fighting will be terminated and neither team receives ANY POINTS. An Investigation will follow and suspensions may be assessed. Any player throwing a fist will be suspended from play in the facility for one year. Any infractions with the referee, between a player and/or a team, will result in a one-year suspension from the facility.
- Sportsmanlike behavior is required at all times ON and OFF the soccer field. The MAC reserves the right to dismiss any disruptive people from the facility.
- Coaches are responsible for their players and spectators of the team and for informing them of the MAC Rules and Regulations.

## **Protest:**

- Protest must be in writing and must be submitted to the League office no later than 48 hours after the game. Protests submitted after 48 hours will be dismissed.

### **Standings**

- POINTS shall determine the standing of teams in their respective divisions.
- League placement will be determined by: Points; Head-to-head; Goal differential in head-to-head games, Most wins; Least goals allowed; Most goals scored; Coin toss.
- Points are awarded as follows:
  - Three (3) for a Win; One (1) for a Tie; Zero (0) for a Loss; Three (3) for a Forfeit, with a 3-0 score.

**Awards:** Awards shall be given for 1st and 2nd place.

**Reschedules:** Teams may request a reschedule, but it is not guaranteed.

**Field of Play:** The field is approximately 185 ft. long by 85 ft. wide.

**Ball:** U8 to U12 use size #4 ball, U13 and older use #5 ball.

### **Players**

- The maximum number of players on the field is 7:, 6 field and one goalkeeper.
- No more than 18 players on a roster.
- The minimum number of players is 2 fewer than the maximum.
- Substitutions may occur on an unlimited basis and "on the fly." Both players must be within the touchline and no more than a yard from the bench door or are off the field of play within their own bench area when the substitution is made. Neither the entering nor the departing player may participate in play during any period of time that they are simultaneously on the field of play. An illegal substitution will be penalized a 2 MINUTE time penalty and a free kick from the location of the ball when play was stopped.
- Any player bleeding from a wound must leave the field of play and shall not return without first reporting to the referee. When clock is stopped because of injury, injured player must be substituted.

### **Equipment**

- All teams must have team uniforms that are the same in color and have unique numbers. The goalkeeper shall wear colors that distinguish them from the other players and from the referee. Away teams should change jersey if there is a conflict.
- Absolutely no outdoor cleats allowed, only flats and turf shoes permitted.
- All players MUST wear shin guards that must be entirely covered by the socks.
- A player must not use equipment or wear anything that is dangerous to himself or another player. Any cast worn must be properly padded to the satisfaction of the referee. Any players needing to wear a soft helmet, facemask, knee brace, cast, etc., are required to provide the league with a release or waiver from their doctor and parent/guardian. Players are not allowed to wear eyeglasses
- Only sports goggles or flexible frames are allowed. Bandanas (unless folded and worn as a head sweat band) and other objects or attire worn to intimidate opponents are forbidden.
- Any player without the proper equipment shall be sent to the bench to adjust their equipment and shall not return without first reporting to the referee who shall be satisfied that the player's equipment is in order.
- Any player without the proper equipment after the referee's warning will be penalized by a 2 minute time penalty.

## **Referee and Other Officials**

- The referee(s) shall be responsible for control of the game. The referee's decisions regarding play are FINAL.
- Timekeepers/referees operate the time and scoreboard details (including time penalties) under the Referee's jurisdiction.

## **Duration**

- Games will be 40 minutes long with no half time. All games will have a continuous clock. The clock may be stopped for serious injury only and when (in the opinion of the referee) a team is purposely wasting time in the last two minutes of the game.
- Play shall be extended at the end of any period to allow a penalty kick to be taken or re-taken.

## **Time out**

- Each team can call 1 time out in any game played at the MAC. The referee, at his discretion, will stop the game when appropriate, which may not be the exact time of the request. For U8 teams, the clock will stop for one minute only. For any older age group, the clock will run during the time out. Either way the duration for the time out will be one minute. Time outs called with three minutes or less on the clock, as stated above, will be observed, but the clock will run, for ALL age groups.

## **Start of Play**

- The ball is in play when it is touched and it moves in any direction. If the kicker plays the ball a second time, a free kick shall be awarded to the opposing team from the spot of the infraction. A goal may be scored directly from a kickoff.

## **Ball In and Out of Play**

- The ball is out of play when it completely passes over the perimeter wall, touches the net above the perimeter wall along the touchline, or the ceiling net. The ball will be placed 3 ft. from the wall at the point it went out of bounds. If the ball is kicked out of bounds (excluding corner kicks) from a defending team's goal box by the defending team (goalie included), the ball will be restarted from the first line closest to their goal. This includes balls that bounce out of play from kicks that were played from the goal box without contact from any player. Corner kicks and goal kicks are taken as described below. \*\*\*See also Goal Kicks and Corner Kicks.
- If the ball strikes the ceiling, overhead light fixtures or structure, a free kick shall be taken from the centerline of the first line crossed or closest line on the field.

**Offsides:** There is no offsides in any MAC indoor leagues

## **Method of Scoring**

- A goal is scored when the whole of the ball passes completely over the goal line, between the goalposts and under the crossbar, provided the attacking team has committed no infraction.

**Slaughter Rule:** If there is a goal difference of six, the losing team may add one player.

## **1v1 on the Walls**

- Only two players (one from each team) can compete for the ball in the designated area three feet from the wall. If one team has two or more players competing for the ball against the wall, a direct free kick will be awarded to the opposite team.

### **Fouls and Misconduct**

- NO SLIDE TACKLING ALLOWED
- The MAC discourages players from heading the ball in U12 Divisions and younger. This will be controlled as the referee sees fit and enforced with persistent infringement.

### **Penal Fouls**

- Fouls will be awarded to a player who intentionally kicks or attempts to kick, strikes, elbows, or attempts to strike or elbow, trips or attempts to trip, jumps at, charges in an unfair manner, pushes, when tackling; makes contact with the opponent before contacting the ball, holds, handles the ball deliberately, boards, slide tackles, commits a dangerous play, obstructs an opponent, charges a goalkeeper within the keeper's penalty area and prevents the keeper from releasing the ball shall be penalized by awarding a free kick to the offending team.
- Any of the above penal fouls committed by the defending team in its penalty area shall result in a penalty kick.
- Dangerous play, obstruction, "pass back" rule, goalkeeper double possession, and other non-penal fouls committed in the penalty area by the defending team shall be restarted with a free kick to the offending team at the top of the restraining arc.
- Blue Cards: A Blue Card may be assessed for:
  - a. Boarding, elbowing or any offense deemed severe, tactical or blatant in nature.
  - b. Fouls that endanger the keeper but falls short of serious foul play
  - c. Illegal substitution (including jumping the boards)
  - c. Spitting (including on carpet)
  - d. Leaving the penalty box before the expiration of the time penalty, and
  - e. Bringing the game into disrepute, unsporting behavior (dissent by word or action, encroachment, circumventing the "pass back" rule, improper equipment after a referee warning, time wasting, delaying the restart of play, leaning on teammate's shoulders in order to better play the ball, unfairly distracting the kicker, taunting by word or action and persistent infringement of the Laws).
- Blue Cards issued result in 2-MINUTE time penalty by offending player(s). The accumulation of 3 Blue Cards will equal a Red Card and the offending player is dismissed from the game and a teammate serves the 2 MINUTE time penalty.
- A Blue Card time penalty is postponed if it would reduce the team to less than the minimum. The offending player must go to the penalty box and must be replaced on the field to maintain the required minimum number of players.

### **Red Cards:**

- A Red Card may be assessed against players (including bench players) and coaches for violent conduct, serious foul play, spitting, striking, use of offensive, insulting, or abusive language, charging the goalkeeper in a violent manner, kicking the goalkeeper while the keeper is in possession of the ball, physically contacting a game official, leaving the penalty box or bench to engage in misconduct or confrontation, goalkeeper intentionally handling the ball outside the penalty area, and for intentionally denying a goal or goal scoring opportunity.
- Red Cards issued shall result in the player or coach being sent off, a 5 MINUTE time penalty, and suspension from the next game. The 5 MINUTE time penalty must be served in FULL, and shall not be shortened by goal scored by the opposing team. The game will NOT resume until offending player(s) or coach(s) leave the bench. The team will forfeit the game if all 3 coaches are sent off from the game.

- Red Card issued to non-players/coaches will result in time penalties to be served by any player from the field. A fine of \$25.00 will be assessed to a coach receiving a Red Card.
- A Red Card issued to a team that reduces the team to less than minimum would result in a game forfeit.

#### **Time Penalties:**

- The referee may apply the "advantage rule" when administering time penalties. The referee shall hold the appropriate card overhead from the moment of the foul until play is stopped and the time penalty assessed. If before play is stopped, the offending team scores a goal, the time penalty will be recorded against the offender but the time will not be served.

#### **Power Play:**

- If a goal is scored during a power play by the team with more players, then a player from the team scored against shall return to play. If more than one player is serving penalty, the player with the fewest time remaining shall return to play. If an equal number of players from both teams are legally on the field of play when a goal is scored, no player serving a time penalty shall return to play.

#### **Free Kicks and Restarts**

- When restarting the game after a stoppage of play for any cause not covered elsewhere in these Laws, the referee shall drop the ball at the place where play was stopped. If in the penalty area, the ball shall be dropped at the top of the restraining arc. A dropped ball may only be played after it touches the ground and may be two-touched.
- The ball must be stationary when a free kick is taken and the kicker shall have 5 seconds within which to play the ball after being signaled to do so by the referee. Failure to put the ball into play in time will result in the restart being "turned over" to the other team.
- When a free kick is being taken, all the opposing players shall be at least fifteen feet (5 Yards) from the ball and must not gesture in any way that will interfere in the taking of the kick.
- On a corner kick or when a free kick is being taken from the top of the restraining arc, all the opposing players shall be at least fifteen feet (5 Yards) from the ball. Violations of this rule will result in a T2 minute penalty.
- The ball is in play when it is touched and it moves. The ball must be played forward on all kickoffs and penalty kicks. All other free kicks may be played in any direction. The player taking the free kick may not play the ball a second time. A goal may be scored directly against the defending team from a free kick.
- When a defending team takes a free kick in their penalty area, the ball is in play when the ball exits the penalty area.
- Referees will only signal (whistle) on the following restarts: kick-off, and free kick from the top of the restraining arc.

#### **Penalty Kicks**

- A penalty kick will be awarded for all penal fouls committed by defenders against an attacker in the penalty area.
- The goalkeeper may move from side to side but some part of both feet must remain at the goal line, i.e. neither foot may be entirely forward of the goal line.
- All players except the kicker and goalkeeper must be outside the penalty area and off the restraining arc and no closer to the goal line than the penalty mark.
- The ball is in play when it is touched and it moves forward.
- The kicker cannot play the ball a second time until another player has touched the ball.

#### **Goal Throw**

- When the whole of the ball passes over the end perimeter wall over the goal and in the netting, having last been touched by the attacking team, play shall be restarted by a goal throw.
- The goal throw shall be taken anywhere within the penalty area. The ball is in play after it exits the penalty area.
- Players of the opposing team shall remain outside the penalty area until the ball exits the penalty area.
- A free kick at the top of the arc shall be awarded to the opposing team, if the player taking the goal kick plays the ball a second time before it leaves the penalty area.

### **Corner Kick**

- When the whole of the ball passes over the end perimeter wall between the corner flags, having last been touched by the defending team, play shall be restarted by a corner kick.
- The whole of the ball shall be placed on the corner spot at the nearest corner flag.
- A goal may be scored directly from a corner kick.

### **Goalkeeper**

- Goalkeepers may change on the fly during the game providing the new goalkeeper is wearing a neutral colored shirt that does not conflict with either team or the referee.
- A goalkeeper may punt the ball in league play only in U8 and U10 age divisions. In U11 and older divisions, the goalkeeper cannot punt the ball.
- The goalkeeper, having had control of the ball in his hands and having released it from hands to be played by him or teammate, shall not touch the ball with hands again until it has been touched or played by an opponent.
- The goalkeeper may dribble or air dribble the ball but must distribute the ball to another player within 5 seconds.
- Goalkeepers are not permitted to retrieve the ball outside the penalty area, bring the ball back into the penalty area, and then pick the ball up with their hands.
- The goalkeeper may not handle the ball in the penalty area if it was intentionally passed to him by foot and by a teammate.
- Any infringement of these laws will result on a free kick at the top of the restraining arc for the opposing team.
- Goalkeeper time penalties must be served by a teammate.
- The goalkeeper shall be considered to be in control of the ball by touching it with any part of his arm or hand.

### **Three Line Rule**

- The three line rule applies to U13 and older.
- If a player plays the ball over THREE (1/3 lines) lines in the air towards the opponent's goal line, without it touching another player, the perimeter wall or the referee on the field between the end lines, the referee shall award a free kick to the opposing team from the center of the first 1/3 line that the ball crossed.
- A goalkeeper, while standing in his own penalty area, may throw the ball over all 1/3 lines. Goalkeeper may throw the ball into the other team's goal, with the result being a goal scored.

### **Playoffs**

- Travel divisions in the MAC leagues U12 and up will have two playoff games, only in a 10 game season (Winter 2). This will include high school Boys and high school girls leagues.

**FIFA Laws of the Game:** For matters not specifically covered by these rules, FIFA Laws of the Game shall be followed when reasonably applicable or shall be determined by the MAC.