

**MAJOR INDOOR SOCCER LEAGUE**

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**2006-2007**

**RULES OF THE GAME**

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**RULES OF THE GAME 2006-2007**

# MAJOR INDOOR SOCCER LEAGUE

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## 2006-2007 RULES OF THE GAME

**APPROVED BY MISL MANAGEMENT COMMITTEE**

<b>RULE 1</b>	<b>THE FIELD OF PLAY</b>
<b>RULE 2</b>	<b>THE BALL</b>
<b>RULE 3</b>	<b>PLAYERS AND SUBS</b>
<b>RULE 4</b>	<b>PLAYERS' EQUIPMENT</b>
<b>RULE 5</b>	<b>REFEREES</b>
<b>RULE 6</b>	<b>ASSISTANT REFEREE AND OTHER OFFICIALS</b>
<b>RULE 7</b>	<b>DURATION OF THE GAME</b>
<b>RULE 8</b>	<b>THE START OF PLAY</b>
<b>RULE 9</b>	<b>BALL IN AND OUT OF PLAY</b>
<b>RULE 10</b>	<b>METHOD OF SCORING</b>
<b>RULE 11</b>	<b>DELAY OF GAME: VIOLATIONS</b>
<b>RULE 12</b>	<b>FOULS AND TIME PENALTIES</b>
<b>RULE 13</b>	<b>RESTARTS</b>
<b>RULE 14</b>	<b>PENALTY KICK AND SHOOTOUT</b>
<b>RULE 15</b>	<b>RESTARTS - BALL OVER THE PERIMETER WALL</b>

**2-MINUTE POWER PLAY PENALTIES WILL BE HIGHLIGHTED IN BLUE**

**5 MINUTE MISCONDUCT (NON-POWER PLAY) DISSENT OR TECHNICAL OFFENSES WILL BE HIGHLIGHTED IN YELLOW**

**REPORTABLE ADMINISTRATIVE OFFENSES WILL BE HIGHLIGHTED IN YELLOW**

**EJECTIONABLE OFFENSES WILL BE HIGHLIGHTED IN RED**  
**"STRAIGHT" RED = 2 MIN POWER PLAY**

**RECENT CHANGES HIGHLIGHTED IN GREEN**

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## **RULES OF THE GAME 2006-2007**

# MAJOR INDOOR SOCCER LEAGUE

---

## TABLE OF CONTENTS

---

### **RULE 1 THE FIELD OF PLAY**

- 1.1 DIMENSIONS
- 1.2 MARKING
- 1.3 PENALTY AREA
- 1.4 PENALTY KICK MARK
- 1.5 FREE KICK MARK
- 1.6 TOUCHLINE
- 1.7 CORNER MARK AND FLAG
- 1.8 GOALS
- 1.9 REFEREE CREASE
- 1.10 PLAYER BENCHES
- 1.11 PENALTY BOXES
- 1.12 CARPET
- 1.13 PLEXIGLAS
- 1.14 GAME CLOCK
- 1.15 HORN
- 1.16 EXCEPTIONS
- 1.17 THREE POINT ARC

### **RULE 2 THE BALL**

- 2.1 APPROVED BALL SPECIFICATIONS
- 2.2 BALL CHANGE
- 2.3 PROPERTY
- 2.4 DEFECTIVE BALL

### **RULE 3 PLAYERS AND SUBS**

- 3.1 TEAMS
- 3.2 OFFICIAL LINE-UP
- 3.3 SUBSTITUTES
- 3.4 UNLIMITED SUBSTITUTION
- 3.5 TIMED SUBSTITUTIONS
- 3.6 GOALKEEPER SUBSTITUTION
- 3.7 GUARANTEED SUBSTITUTION
- 3.8 INADVERTENT RESTART
- 3.9 TEAM CAPTAIN
- 3.10 INJURED GOALKEEPER
- 3.11 GOALKEEPER WARM-UP
- 3.12 INJURED PLAYER
- 3.13 PENALIZED PLAYER INJURY
- 3.14 SUBSTITUTION ON FREE KICKS, GOALKEEPER DISTRIBUTION, CORNER KICKS, AND KICK-INS:

---

## **RULES OF THE GAME 2006-2007**

# MAJOR INDOOR SOCCER LEAGUE

---

3.15 BLOOD:

## **RULE 4 PLAYERS' EQUIPMENT**

- 4.1 USUAL EQUIPMENT
- 4.2 FOOTWEAR
- 4.3 SHINGUARDS
- 4.4 GOALKEEPER
- 4.5 DANGEROUS EQUIPMENT
- 4.6 INFRINGEMENT

## **RULE 5 REFEREES**

- 5.1 REFEREES
- 5.2 POWERS
- 5.3 WARN / PENALIZE / REPORT / CAUTION / EJECT
- 5.4 GAME REPORT

## **RULE 6 ASSISTANT REFEREE AND OTHER OFFICIALS**

- 6.1 ASSISTANT REFEREE
- 6.2 4<sup>th</sup> OFFICIAL
- 6.3 TIMEKEEPER
- 6.4 PENALTY BOX ATTENDANTS

## **RULE 7 DURATION OF THE GAME**

- 7.1 DURATION
- 7.2 INTERVALS BETWEEN PERIODS
- 7.3 TIMEOUTS
- 7.4 OVERTIME PERIOD

## **RULE 8 THE START OF PLAY**

- 8.1 BEGINNING THE GAME
- 8.2 AFTER A GOAL HAS BEEN SCORED
- 8.3 AFTER THE END OF EACH QUARTER
- 8.4 PUNISHMENT
- 8.5 RESTART - CAUSE NOT MENTIONED
- 8.6 FIVE SECOND PLAY REQUIREMENT

## **RULE 9 BALL IN AND OUT OF PLAY**

- 9.1 BALL IN PLAY
- 9.2 BALL OUT OF PLAY

## **RULE 10 METHOD OF SCORING**

- 10.1 LEGAL GOAL
- 10.2 SCORING

---

# RULES OF THE GAME 2006-2007

# MAJOR INDOOR SOCCER LEAGUE

---

## 10.3 OUTSIDE INTERFERENCE

### RULE 11 DELAY OF GAME VIOLATIONS

- 11.1 THREE-LINE PASS
- 11.2 TOP OF ARC: DEFENSIVE RESTART: MODIFIED: SEE 15.2
- 11.3 GK TWO-LINE PASS:

### RULE 12 FOULS AND TIME PENALTIES

- 12.1 FOULS
- 12.2 TIME PENALTIES
- 12.3 PENAL TIME PENALTIES
- 12.4 FOUR FOUL PENALTY
- 12.5 DELAYED TIME PENALTIES (BLUE OR YELLOW CARD ADVANTAGE)
- 12.6 ADDITIONAL POWER PLAY PENALTIES
- 12.7 MISCONDUCT PENALTIES
- 12.8 MISCONDUCT TECHNICAL INFRACTIONS 12.8(a) (10)
- 12.9 EJECTIONS
- 12.10 DURATION/EXPIRATION OF TIME PENALTIES
- 12.11 GOALKEEPING RESTRICTIONS
- 12.12 GOALKEEPER PRIVILEGES
- 12.13 PENALTIES ASSESSED TO GOALKEEPER
- 12.14 EJECTED COACH RESTRICTION
- 12.15 WARNINGS

### RULE 13 RESTARTS

- 13.1 DEFINITION
- 13.2 DEFINITION OF PLAYING FIELD
- 13.3 RESTART REGULATIONS AND RESTRICTIONS
- 13.4 FREE KICK RESTART
- 13.5 DROP BALL RESTART
- 13.6 GOALKEEPER DISTRIBUTION
- 13.7 KICK-IN
- 13.8 CORNER KICK
- 13.9 BALL OVER PERIMETER WALL (NOT BETWEEN CORNER FLAGS)

### RULE 14 PENALTY KICK AND SHOOTOUT

- 14.1 DEFINITION
- 14.2 PLAYER POSITIONS DURING PENALTY KICK
- 14.3 BALL IN PLAY
- 14.4 INFRINGEMENTS/SANCTIONS
- 14.5 VIOLATIONS AFTER THE PENALTY KICK IS TAKEN
- 14.6 PENALTY KICK IN EXTENDED PLAY
- 14.7 SHOOTOUT
- 14.8 APPLICATION OF SHOOTOUT

---

## RULES OF THE GAME 2006-2007

# MAJOR INDOOR SOCCER LEAGUE

---

## **RULE 15 RESTARTS - BALL OVER PERIMETER WALL**

- 15.1 KICK-IN
- 15.2 BALL OVER PERIMETER WALL (NOT BETWEEN CORNER FLAGS):
- 15.3 GOALKEEPER DISTRIBUTION
- 15.4 CORNER KICK

# MAJOR INDOOR SOCCER LEAGUE

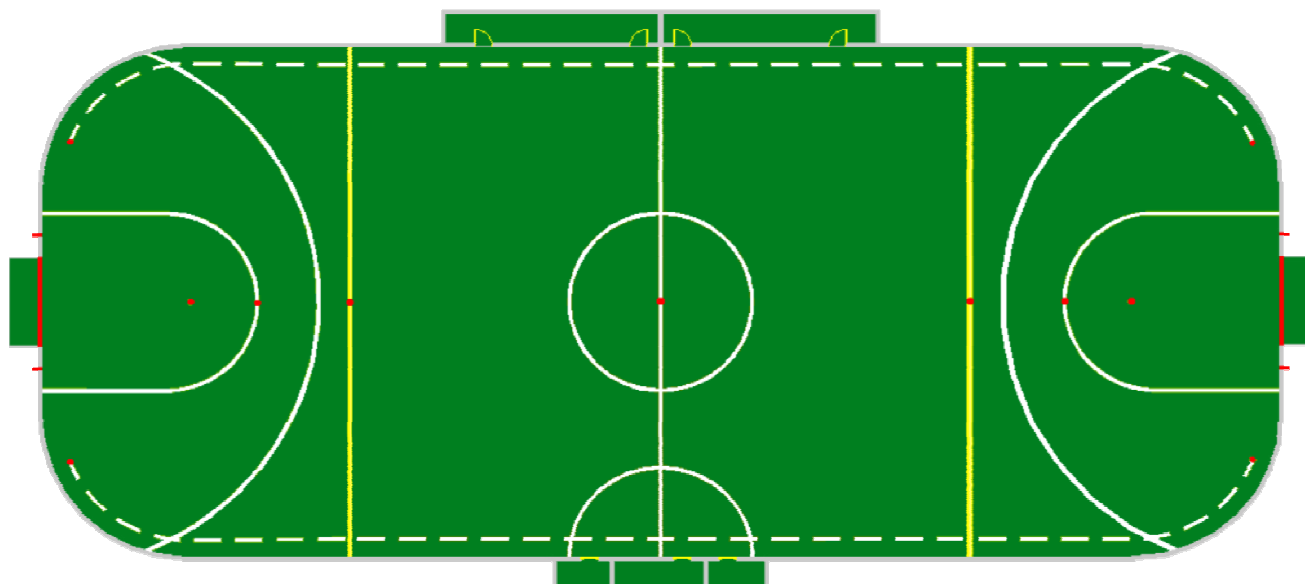
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EJECTIONABLE OFFENSES HIGHLIGHTED IN RED

## RULE 1 THE FIELD OF PLAY



**1.1 DIMENSIONS:** The length of the field of play shall not be more than 210 feet, nor less than 175 feet, and its width not more than 100 feet, nor less than 75 feet. The recommended field of play shall be 200 feet in length and 85 feet in width.

**1.2 MARKING:** The field of play shall be marked with distinctive white lines (except yellow lines explained below), not less than four inches (4") nor more than five inches (5") in width. A perimeter wall, which shall be part of the playing surface, shall enclose the touchlines and goal lines. A half-way line shall be marked out across the field of play. The center of the field of play shall be indicated by a nine-inch (9") circular red mark and a circle with a fifteen-foot (15') radius shall be marked from the center of this mark. A yellow line marking shall be placed across the field fifty feet (50') from each goal line. Both yellow line markings shall extend vertically to the top of the perimeter wall. A nine-inch (9")

## **RULES OF THE GAME 2006-2007**

# MAJOR INDOOR SOCCER LEAGUE

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circular red mark (Shootout Mark) shall be at the center of each yellow line. (While it is preferable that all nine-inch (9") circular marks be red, it is permissible for all circular marks to be white.)

**1.3 PENALTY AREA:** At each end of the field of play two (2) lines shall be drawn at right angles to the goal line outside of each goalpost. They shall be measured eight feet (8') from the inside of each goalpost. These shall extend into the field of play for a distance of twenty feet (20'). From the midpoint between the lines' ends, a semicircle with a radius of fifteen feet (15') shall be drawn to join the two (2) lines drawn at right angles to the goal line. The area enclosed by these lines and the goal line and the area inside the goal shall be called the Penalty Area.

**1.4 PENALTY KICK MARK:** A nine-inch (9") circular red mark shall be made within each Penalty Area twenty-four feet (24') from the midpoint of the goal line, measured along an un-drawn line at right angles thereto. These shall be the Penalty Kick Marks.

**1.5 FREE KICK MARK:** A nine-inch (9") circular red mark shall be placed at the top of each Penalty Area arc for executing free kicks.

**1.6 TOUCHLINE:** A touchline shall be placed three feet (3') inside the perimeter wall on each side of the playing area. It shall be marked parallel to the perimeter wall by a series of lines a minimum of three feet (3') and a maximum of six feet (6') in length with a one-foot (1') space between each line, from Corner Mark to Corner Mark.

**1.7 CORNER MARK AND FLAG:** A corner flag, the top of which shall be raised three feet (3') above the perimeter wall, shall be placed at a point along the perimeter wall at each corner of the field of play measured twenty feet (20') from the inside of the nearest goal post. A red corner mark, nine inches (9") in diameter, shall be placed three feet (3') inside the perimeter wall, directly below and perpendicular to the corner flag. A 15-foot mark, one foot by two inches wide (1' x 2") shall be taped at the base of the perimeter wall dasher boards 15' from the Corner Mark in the direction of the nearest goal post.

**1.8 GOALS:** The goals shall be placed on the center of each goal line within the perimeter wall and shall consist of two (2) upright posts, equidistant from the corner flags and fourteen feet (14') apart (inside measurement), joined by a horizontal crossbar, the lower edge of which shall be eight feet (8') from the surface of the carpet. The width and depth of the goalposts and crossbars shall not be less than four inches (4") nor exceed five inches (5"). The goalposts, crossbar and goal line shall have the same width. Nets shall be attached to the posts, crossbars and to the ground behind the goals. They should be appropriately supported and be so placed as to allow the goalkeeper ample

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## RULES OF THE GAME 2006-2007



# MAJOR INDOOR SOCCER LEAGUE

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room. The depth of the goal net shall be a minimum of five feet (5'). The goal post and crossbar shall be red in color.

**1.9 REFEREE CREASE:** In the neutral zone, inside the field of play at the halfway line, a semicircle having a radius of fifteen feet (15') shall be drawn from a point at the perimeter wall. The Assistant Referee shall stand at the halfway line outside the field of play adjacent to the Referee Crease. The Fourth Official shall be adjacent to the Assistant Referee.

**1.10 PLAYER BENCHES:** Player benches for each team must be placed on the opposite side of the field from the penalty boxes, timekeeper and Assistant Referee. Player benches must be separated from each other by a suitable partition of Plexiglas and bench areas must be protected from spectator areas by suitable Plexiglas partitions at the rear and to the sides of each bench. Both player benches shall have identical measurements and two (2) doors, which shall be equidistant from the halfway line.

**1.11 PENALTY BOXES:** Penalty boxes for each team shall be adjacent to the Assistant Referee on the side of the field opposite the team benches. Penalty boxes shall be protected from spectator areas by suitable Plexiglas partitions.

**1.12 CARPET:** An artificial playing surface (carpet) shall be affixed to the surface of the playing field. The Referees are directed to stop play if, in their opinion, the condition of the carpet creates a situation which is dangerous to the players or is deemed critical to the position of the players or ball thus creating an unfair advantage to a player or a team. If play is stopped to attend to carpet problems, play shall be restarted in accordance with Rule 8.5. **A report of carpet problems shall be made to League Operations.**

**1.13 PLEXIGLAS:** League operations shall delineate Plexiglas requirements. Referees shall stop play immediately should the Plexiglas be shattered while the ball is in play. Play shall be restarted in accordance with Rule 8.5.

**1.14 GAME CLOCK:** The game clock counts down the game time of each quarter and overtime period, while the ball is in play, and the intervals between quarters and any overtime. The game clock shall be clearly visible to the team benches, penalty boxes, and game official provided that it does not interfere with or obstruct the field of play. Besides game time, the game clock separately counts down and identifies Power Play time penalties. In case of a question over time remaining, the authority of the Referee supersedes any reading on the game clock.

## MAJOR INDOOR SOCCER LEAGUE

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**1.15 HORN:** Each game facility has a horn or buzzer, subject to the control of the Timekeeper, to be sounded upon the expiration of each quarter, any overtime period, and otherwise as set forth in Rule 6.

**1.16 EXCEPTIONS:** The Commissioner must approve any exception to specifications in Rule 1.

**1.17 THREE POINT ARC:** From the center of each goal line, an arc of a circle, having a radius of forty-five feet (45') shall be drawn in the area between the fifty-foot (50') yellow line and the penalty area.

# MAJOR INDOOR SOCCER LEAGUE

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## RULE 2 THE BALL

**2.1 APPROVED BALL SPECIFICATIONS:** The ball to be used is the MISL approved ball, which shall meet the following specifications: The ball shall be spherical and the outer casing shall be leather or other approved material. No material shall be used in its construction that might prove dangerous to the players. The circumference of the ball shall not exceed twenty-eight inches (28") and shall not be less than twenty-seven inches (27"). The weight of the ball at the start of the game shall not be more than sixteen (16) ounces nor less than fourteen (14) ounces. The pressure shall be equal to 9.0-10.5 lb./sq inch.

**2.2 BALL CHANGE:** The ball shall not be changed during the game unless authorized by the Referee.

**2.3 PROPERTY:** The ball used in any game shall be considered the property of the Club in whose arena the game is played, and at the end of play it must be returned to the Referee.

**2.4 DEFECTIVE BALL:** If the ball bursts or becomes deflated during the course of the match, the game shall be stopped and restarted in accordance with Rule 8.5. If the ball bursts or becomes deflated during a stoppage of the game or during a restart after a stoppage of the game, the game shall be restarted with the appropriate restart. If the ball bursts during the taking of a penalty kick, the kick shall be retaken unless it has rebounded from the goalkeeper, goalpost, or perimeter wall, in which case the game shall be restarted with a Drop Ball in accordance with Rule 8.5.

# MAJOR INDOOR SOCCER LEAGUE

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## **RULE 3 PLAYERS AND SUBS**

**3.1 TEAMS:** A game shall be played by two (2) teams, each consisting of not more than six (6) nor fewer than four (4) players on the field, one of whom must be the goalkeeper. The Home team and the Visiting team shall each dress a maximum of sixteen (16) players and minimum of twelve (12) players. If multiple time penalties are being served, there shall be a minimum of four (4) players per team, including the goalkeeper, on the field of play.

**3.2 OFFICIAL LINE-UP:** Not later than fifteen (15) minutes prior to the commencement of the game, the official line-up card shall be submitted to the Referees by each team. No change to the line-up card may be made once submitted, except to replace a team's starting goalkeeper, who is injured prior to the scheduled kickoff, with another goalkeeper. Starter's names shall be designated, and these players must be on the field of play at the start of the game. If a team refuses to start a game with the selected starters as indicated on the submitted lineup card, the Referee shall file a report with the League office.

**3.3 SUBSTITUTES:** All team bench personnel and players listed on the Official Line-up shall be subject to the authority and jurisdiction of the Referee.

**UNLIMITED SUBSTITUTION:** During dynamic play, substitutions may be made at any time on an unlimited basis, provided the player substituted for is within the touchline at his own bench area, or off the field of play within his own bench area, before the substitution is made. Notwithstanding the above neither the player entering the field nor the departing player may participate in play and or gain an advantage during a period of time when they are simultaneously on the field and the ball is in play. Such violation shall result in a 2 minute Team Power Play penalty. It shall be the coach's choice as to which player serves the two (2) minute Power Play penalty which shall not accrue against that player for purposes of multiple accumulated time penalty ejection. Substitutions shall not be allowed following infractions whistled where the ball has not left the field of play. A warning shall be administered for the first violation and a 2 min Team time penalty shall be assessed for subsequent violations of this rule by the same team.

**NO ONE, INCLUDING THE SAME PLAYER WHO EXITED THE FIELD, IS ALLOWED TO COME BACK ON WITHOUT A WARNING OR VIOLATION BEING CALLED. THE INFRACTION IS FOR ANY PLAYER COMING BACK ON.**

**3.5 TIMED SUBSTITUTIONS:** During guaranteed substitution occasions, teams shall be allowed fifteen (15) seconds to complete all player substitutions. Following a goal being scored, only those players coming on as subs. will be

# MAJOR INDOOR SOCCER LEAGUE

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permitted on the field of play. All other players, coaches, trainers or anyone else on the players' bench, will not be permitted onto the field for the purpose of or to participate in, the celebration of a goal being scored. A team in violation should be immediately advised by the referees to remove those team members not permitted from the field and be issued a team warning. A warning shall be issued to the offending team for its first violation under this Rule. The warning shall be ceremonial, delivered at the Referee crease and announced by the Public Address Announcer. **Subsequent violations in a game shall result in a report to the league office.**

**3.6 GOALKEEPER SUBSTITUTION:** Any teammate may change place with the goalkeeper at any time as per regular substitution procedures, provided that the goalkeeper wears a jersey that distinguishes him from the other players and the Referees. The only exception to this rule is when a team substitutes its goalkeeper while in possession of the ball during a delayed time penalty situation, in which case, the player replacing the goalkeeper does not need to wear a jersey which distinguishes him from the other players and the Referees during the delayed penalty situation.

**3.7 GUARANTEED SUBSTITUTION:** During guaranteed substitution occasions, teams shall be allowed fifteen (15) seconds to complete all player substitutions. The restart of play will be delayed to allow completion of substitution(s) on the following occasions:

- (a) After a goal has been scored.
- (b) After a time penalty has been assessed.
- (c) On an injury timeout.
- (d) At any unusual stoppage acknowledged by a Referee.
- (e) After a team timeout or Referees' timeout including approved timeouts designated by the League.
- (f) Prior to the start of the 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> quarters, and any overtime period.

**3.8 INADVERTENT RESTART:** If play is inadvertently restarted with too many players on the field after any guaranteed substitution, no penalty shall be assessed, and the game shall be restarted again properly.

**3.9 TEAM CAPTAIN:** Each team shall appoint a captain who shall be identified by wearing an official armband furnished by the club. No goalkeeper as designated on the lineup card or player/head or assistant coach shall be permitted to be captain. In the event of a dispute or problem, the Referee will inform the team captain of the decision and each captain will advise his coach. Only when invited by the Referee shall the captain have the privilege of discussing any point relating to interpretation of the Rules that may arise during the progress of the game. **A protest or complaint about a penalty is NOT a matter "relating to interpretation of the Rules" and a five-minute Misconduct penalty shall be imposed against any captain or other player making such protest/complaint.**

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## RULES OF THE GAME 2006-2007

# MAJOR INDOOR SOCCER LEAGUE

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**3.10 INJURED GOALKEEPER:** In a situation where a goalkeeper is injured, a team trainer, after being signaled to enter the field of play, may attend to the goalkeeper. Following this attention, this injured goalkeeper may stay in the game. In any second situation and those thereafter, where a trainer is signaled onto the field to attend to this particular goalkeeper, that injured goalkeeper must be removed from the field of play and shall not be permitted to rejoin play until the next guaranteed substitution or when the ball has gone over the perimeter wall. In the case where a goalkeeper returns before such guaranteed substitution or the ball has gone over the perimeter wall, play shall be stopped for such and a five (5) minute Misconduct Technical Infraction penalty (non-Power Play) shall be assessed to that goalkeeper. In cases where the trainer is summoned to treat an injury to a goalkeeper between periods, or at halftime, this shall not be considered a suspension of play for purposes of this rule if the start of play is not delayed as a result.

**3.11 GOALKEEPER WARM-UP:** In cases where a team's trainer enters the field of play after being requested to do so by the Referee to attend to an injured goalkeeper, another goalkeeper from that team may warm up with a practice ball in close proximity to his Club's bench. Once the trainer leaves the field, the goalkeeper's warm-up must conclude.

**3.12 INJURED PLAYER:** In cases where either team's trainer is requested onto the field by the Referee to attend an injured player, excluding the goalkeeper (Rule 3.10), that player may not rejoin play until the next official stoppage in play at which time substitutions are guaranteed or when the ball has gone over the perimeter wall. Referees are advised to stop play only after the team having an injured player on the field of play has gained possession of the ball, the position of the injured player on the field of play is critical to the playing of the game or the injury is deemed critical in nature. In the case where a player returns before such guaranteed substitution or when the ball has gone over the perimeter wall, play shall be stopped for such Misconduct Technical Infraction resulting in 5 minute Misconduct penalty (non-Power Play) against the offending player.

**3.13 PENALIZED PLAYER INJURY:** If a penalized player is injured and requires medical attention, he may proceed to his team's bench area, and a substitute may be designated by the coach to serve the injured player's time penalty in the penalty box. In this case, the injured player may not rejoin play until the first guaranteed substitution or when the ball has gone over the perimeter wall following the expiration of his time penalty.

**3.14 SUBSTITUTION ON GOALKEEPER DISTRIBUTION, CORNER KICKS, AND KICK-INS:** Goalkeeper Distributions, Corner Kicks and Kick-In restarts shall **not** be delayed for substitution purposes. Notwithstanding the above, if too many players are simultaneously on the field when the ball is in play and either player

## MAJOR INDOOR SOCCER LEAGUE

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participates in play and gains an unfair advantage an illegal substitution violation resulting in a two-minute Power Play (as in Rule 3.4) shall be assessed.

**3.15 BLOOD:** The Referee shall send any player to his team bench who requires treatment for blood regardless whether the blood is his own or another's, or is on his body or uniform. Following treatment, the player must show the Referee, prior to reentering at a guaranteed substitution or the ball over the perimeter wall, that he has covered any wound or that the blood has been adequately treated, the blood must be removed from the player's uniform and obtain the Referee's approval. This shall be recorded by the AR and treated the same as an injury stoppage.

# MAJOR INDOOR SOCCER LEAGUE

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## **RULE 4 PLAYERS' EQUIPMENT**

**4.1 USUAL EQUIPMENT:** The equipment of a player (during the entire game) is a shirt, shorts, socks, shin guards, and indoor soccer footwear. Numbers shall be required to appear on the back of the shirt and on the front of the shirt or shorts. The number on the back shall not be less than eight inches (8") in height and the number on the front shall not be less than three inches (3") in height. In addition, the surname of each player shall appear on the back of his uniform and shall be in letters not less than three inches (3") in height. Shirts are to remain tucked into the shorts, and socks are to be pulled to the knee, thereby covering the shin guards. Protruding apparel under the shorts, if worn, must be of the same color as the dominant color of the team's shorts. **Players not conforming to League standards will be reported to the League operations for administrative action.**

**4.2 FOOTWEAR:** A player's footwear must conform to the following standards: Flat soled shoes or other footwear designed for artificial surface must be worn. No footwear with fewer than thirty (30) molded mini-studs shall be permitted. A player who loses a shoe during the normal course of play may continue to participate until the next stoppage in play. Under no circumstances may a player leave the bench without shoes to participate. **Players not conforming to League standards will be reported to League operations for administrative action.**

**4.3 SHINGUARDS:** All players must wear shin guards during play. Shin guards are defined as protective equipment that is commercially available and designed specifically to protect the shins. A player who loses a shin guard during the normal course of play may continue to participate until the next stoppage in play at which substitutions are guaranteed. Under no circumstances may a player leave the bench without shin guards to participate. **Players not conforming to League standards will be reported to the League operations for administrative action.**

**4.4 GOALKEEPER:** **Uniform and Equipment:** The Goalkeeper's uniform should feature different colors than his Teammates', opponents' and the Game Officials' uniforms. The Goalkeeper uniform and equipment shall conform to MISL guidelines. The Goalkeeper's dominant jersey color(s) shall be completely different than his Team's jersey color(s) and that of the opponents Team. While the Goalkeeper's shorts and socks may be the same as the rest of his Team, the League strongly encourages the Goalkeeper to wear an entire outfit that completely contrasts that of his Team's. Each Team should carry an extra, unnumbered Goalkeeper jersey for a player not normally a Goalkeeper who is substituted at Goalkeeper for whatever reason. Any field player who replaces the goalkeeper must wear a goalkeeper jersey, except in delayed time penalties situations. The goalkeeper may wear protective headgear if approved by the League. A complete player uniform (shirt, shorts, and socks) and goalkeeper

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## **RULES OF THE GAME 2006-2007**



## MAJOR INDOOR SOCCER LEAGUE

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uniform shall be presented by each team to the game officials 60 minutes prior to scheduled kickoff for inspection.

**4.5 DANGEROUS EQUIPMENT:** Players shall not be permitted to wear necklaces, chains, or bracelets at any time during the playing of the game. Players not conforming to League standards will be reported to the League operations for administrative action. Rings shall not be worn; however if a player is unable to remove a ring, he shall be required to properly tape the ring to his finger to ensure that it does not present a danger to him or other players. Any cast worn must be properly padded to the satisfaction of the Referee. If a Referee finds that a player is wearing articles not permitted by the Rules and/or constitute a danger to him or other players, he shall order the player to properly pad or remove the dangerous articles.

**4.6 INFRINGEMENT:** For any infringement of this rule, the player at fault shall be sent off the field of play to adjust his equipment and he shall not return without first reporting to a Referee, who shall be satisfied that the player's equipment is in order. The player shall only enter at a guaranteed substitution. A Misconduct penalty shall be assessed to the offender who enters the game in breach of the conditions of this Rule having failed to carry out the equipment adjustment as ordered.

# MAJOR INDOOR SOCCER LEAGUE

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## **RULE 5 REFEREES**

**5.1 REFEREES:** Two (2) Referees and one (1) Assistant Referee, shall officiate each game. A 4th Official, Timekeeper, and two (2) Penalty Box Attendants assist them. The authority of the Referees commences when they enter the arena. The Referees are responsible for the record of the game, the control of the timekeeper and allowing the full or agreed time, adding time lost through accident or other cause. When referenced anywhere in these Rules, the word "Referee" shall refer to both Referees on the field of play and for purposes herein the male gender shall refer to both male and female.

**5.2 POWERS:** Referees' decisions on points of fact connected with play shall be final so far as the result of the game is concerned. The Referee's power to assess penalties, and maintain control of the game, extends to violations of these Rules committed during play, during stoppages, and as players and other team personnel proceed to and from the field of play. The Referee has the power to:

**5.3 WARN/PENALIZE/REPORT /CAUTION/EJECT:** From the time the Referee enters the arena, he has the authority to penalize or report any team, player, or bench personnel, as required by these Rules, for fouls, time penalties, warnings, including all Blue, Yellow, and Red Card offenses, regardless whether the ball is "in play." Should a player simultaneously commit two (2) or more different violations, the Referee shall penalize the most serious violation.

- (a) Apply Advantage: The Referee allows play to continue when the team against which an offense has been committed will benefit from such an advantage and penalizes the original offence if the anticipated advantage does not ensue at that time.
- (b) Exercise Discretionary Power: The Referee has discretionary power to stop the game for any violation and to suspend or terminate the game by reason of the elements, interference by spectators, or other cause which he deems necessary. In such case the Referee files a detailed report.
- (c) Prohibit Entry Onto Field: The Referee ensures that no unauthorized persons enter the field of play. Bench personnel may enter the field of play at their team bench at a timeout or between periods.
- (d) Restart Signal: The Referee signals the restart of the game after all stoppages. A whistle is required for Corner Kicks, Penalty Kick, Shootouts, Kick Off, and restarts at Free Kick Mark. The Referee shall whistle to alert the timekeeper on Goalkeeper Distributions.
- (e) Ball Approval: Decide that the balls provided for a match meet with the requirements of Rule 2.1.
- (f) Halt Play Due To Injury: The Referee may stop the game, if a player has been injured, and have the player removed from the field of play, in accordance with Rule 3.12.

# MAJOR INDOOR SOCCER LEAGUE

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- (g) Non-Player Discipline: **Penalize** or **eject**, as set forth under Rule 12 any coach or non-playing team personnel who enters the field of play without Referee permission, except:
- (1) During game stoppages officially designated and acknowledged by the Referee.
  - (2) During an injury timeout when acknowledged by the Referee.
  - (3) Between quarters and overtime periods.
  - (4) In cases of a goalkeeper injury at which times the coach and/or other non-player team personnel may attend to the injured goalkeeper with the permission of the Referee.

**5.4 GAME REPORT:** The Referee shall file a Game Report that includes information on any disciplinary action taken against players, and/or team officials and any other reportable incidents that occurred before, during, or after the game.

# MAJOR INDOOR SOCCER LEAGUE

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## **RULE 6 ASSISTANT REFEREE AND OTHER OFFICIALS**

**6.1 ASSISTANT REFEREE:** The Assistant Referee's duties, subject to the Referees' decision, shall be:

- (a) Responsible for indicating illegal substitutions.
- (b) Signaling three-line player violations and two –line goalkeeper violations.
- (c) Supervising the timekeeper.
- (d) Keeping a record of the game to include required "reportable" information as specified elsewhere in these Rules.
- (e) Controlling the penalty box area.
- (f) Supervising the serving of time penalties under the Referees' jurisdiction and ensuring the correct posting of Power Play time penalties on the arena scoreboard.
- (g) Checking the players and starters on the official line-up.
- (h) Signaling the Other Timeout each quarter (if applicable).
- (i) Indicating ball out of play in the bench areas and penalty box areas.

The Assistant Referee shall signal violations of this Rule by means of a whistle. The decision of the Referee shall supersede.

**6.2 4<sup>th</sup> OFFICIAL:** A 4<sup>th</sup> Official shall assist the Assistant Referee in keeping a record of the game.

**6.3 TIMEKEEPER:** The timekeeper shall act as the official timekeeper for the game and shall be equipped with an appropriate stopwatch. The timekeeper shall assist the Referees by operating the official clock and scoreboard.

**6.4 PENALTY BOX ATTENDANTS:** A penalty box attendant shall be seated in each penalty box. He shall assist in the administration of time penalties in cooperation with the Referees and Assistant Referee. He shall be equipped with a stopwatch to assist the Referees by keeping back-up game time.

# MAJOR INDOOR SOCCER LEAGUE

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## **RULE 7 DURATION OF THE GAME**

**7.1 DURATION:** The duration of a regulation game shall be four (4) quarters of fifteen (15) minutes each for a total of sixty (60) minutes, subject to the following:

- (a) Ball in Play: The clock will be stopped when the ball is out of play as indicated by either of the Referees or Assistant Referee and the ball shall not be deemed in play until it has been played (touched).
- (b) For restarts by the defensive team originating in their own penalty area, the ball shall not be in play until it has left the penalty area.
- (c) Clock Malfunction: If the ball is put into play and the clock malfunctions, the Referee shall correct the amount of time on the scoreboard clock.

**7.2 INTERVALS BETWEEN PERIODS:** A three (3) minute time interval shall be provided between the first and second quarter, third and fourth quarter and between any overtime periods. There shall be a fifteen (15) minute halftime intermission. With thirty (30) seconds remaining in each of the above-described intervals (i.e. after 2:30 has elapsed between quarters and 14:30 at halftime), the arena horn/buzzer will sound to advise teams to immediately prepare to start the game as soon as the clock is reset following the second horn/buzzer signaling the end of the interval.

### **7.3 TIMEOUTS:**

- (a) Team Timeout: Each team shall be allowed a maximum of two sixty (60) second timeouts per half but no more than three timeouts in a game, requested by a player legally on the field of play or the Head Coach. A player shall request a timeout by making the "T" sign with both hands. Such requests for timeout may only be made to the Referees on the field of play (not the Assistant Referee) at a normal stoppage when that team is in possession of the ball on the ensuing restart. The goalkeeper may request a timeout when the ball is in his possession (in both hands or one foot on the ball unchallenged) within his penalty area.
  - 1. Overtime: Each team shall be allowed one sixty (60) second timeout per overtime period.
  - 2. Inappropriate Request: If a goalkeeper signals or requests a timeout at an inappropriate time or place, the Referee shall stop play and award a free kick to the opposing team at the Free Kick Mark.
- (b) Referee Timeout: The Referees may call a Referee Timeout during any unusual penalty situation for the purpose of sorting out time penalties and clarifying the circumstances to the Public Address Announcer. During such timeout all players must return to the vicinity of the player benches and no player including the team captain shall be permitted in the area of the Referee Crease. **Such violation shall be considered a five (5) minute Misconduct penalty.**
- (c) Official Timeouts: One timeout of 60 seconds duration per quarter during regulation.

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## **RULES OF THE GAME 2006-2007**

## MAJOR INDOOR SOCCER LEAGUE

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1. The Official timeout shall be taken at the first stoppage under 8:00 minutes remaining on the scoreboard clock. (A Team or Referee Timeout taken before these times would serve as the Official Timeout.)
2. Official Timeouts should be taken immediately after the following circumstances:
  - a. Ball over the wall (Kick-in, GK Distribution, or Corner Kick)
  - b. Goal
  - c. Penalty
  - d. Injury timeout
  - e. Team timeout serves as Official timeout if precedes 8:00
  - f. Referee timeout serves as Official timeout if precedes 8:00
3. No Official Timeouts shall be taken during overtime.

**7.4 OVERTIME PERIOD:** If the score is tied at the end of the fourth quarter, an overtime period for the purpose of determining a winner according to the following procedure will be conducted:

- (a) Coin Toss: At the beginning of the first overtime period, the visiting team captain shall call the coin toss. The team winning the toss shall have the option of choice of goals or the kickoff. Teams shall change ends and alternate possession at the beginning of each overtime period thereafter.
- (b) Overtime Duration: The overtime period shall be fifteen (15) minutes. It shall be a sudden death period with the team which scores first declared the winner. If a winner has not been decided in the first overtime period, additional fifteen (15) minute sudden death overtime periods shall be played until a winner is declared.

# MAJOR INDOOR SOCCER LEAGUE

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## **RULE 8 THE START OF PLAY**

**8.1 BEGINNING THE GAME:** The home team shall decide the choice of ends, and visiting team shall take the kick off. After the Referee has whistled, the game shall be started by a player taking a kickoff (i.e. a kick at the ball while it is stationary in the center of the field of play). Every player of the team opposing that of the kicker shall remain not less than fifteen feet (15') from the ball. Players from both teams shall remain in their own halves of the field until the ball is in play. The ball shall be deemed in play when it has been played (touched) in any direction. The kicker shall not play the ball a second time until another player has touched it. Playing the ball twice includes instances where a player taking the kick plays the ball off the perimeter wall to himself, before it has been touched by another player. A goal can be scored directly from a kick off.

**8.2 AFTER A GOAL HAS BEEN SCORED:** The game shall be restarted in like manner (Rule 8.1) by the opposing team.

**8.3 AFTER THE END OF EACH QUARTER:** The next quarter will begin after a 3 minute break with the teams switching sides, and the team that did not kick off the previous quarter will kick off to begin the new quarter.

**8.4 PUNISHMENT:** For any infringement of this Rule, the kick off shall be retaken, except in the case of the kicker playing the ball again before it has been touched by another player. For this offense, a player of the opposing team shall take a free kick.

**8.5 RESTART - CAUSE NOT MENTIONED:** In any situation where a team has clear possession of the ball when play was stopped for any cause not mentioned in the rules, the team with possession shall be awarded a free kick. When restarting the game after a stoppage of play for any cause not mentioned elsewhere in these Rules and neither team was in possession, the Referee shall drop the ball at the place where it was when play was stopped and it shall be deemed in play when it has touched the ground. When restarting the game after a stoppage of play, which occurred while the ball was inside the penalty area, the Referee shall drop the ball at the Free Kick Mark. Once the ball has touched the ground, a player may play the ball twice (or more times) in succession. A player shall not play the ball until it has touched the ground. If this Rule is not complied with, the Referee shall again drop the ball.

**8.6 FIVE SECOND PLAY REQUIREMENT:** Failure by a team to put the ball into play within five (5) seconds after the Referee has signaled the ball ready for play or by the blowing of the whistle, shall result in a possession turnover to the opponent. A whistle to restart play is required after a five second play requirement violation.

# MAJOR INDOOR SOCCER LEAGUE

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## **RULE 9 BALL IN AND OUT OF PLAY**

**9.1 BALL IN PLAY:** The ball is in play at all times from the start of the game to the finish, including:

- (a) If it rebounds from a goalpost, crossbar, corner flag post or perimeter wall into the field.
- (b) If it rebounds off a Referee when he is on the field of play.
- (c) In the event of a supposed infringement of the Rules until a decision has been made by the Referee.

**9.2 BALL OUT OF PLAY:** The ball is out of play:

- (a) When it has wholly crossed the perimeter wall.
- (b) When it has made contact with any part of the building superstructure above the field of play. For such contact, a free kick will be awarded to the opposing team at the Shootout Mark nearest to the yellow line to where the ball was last played.
- (c) When the game has been stopped by one of the Referees.
- (d) In situations where the ball becomes lodged between sections of glass or the perimeter wall, it shall be considered put out of play and the Referees shall restart play with a Drop Ball in accordance with Rule 8.5.



# MAJOR INDOOR SOCCER LEAGUE

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## **RULE 10: METHOD OF SCORING**

**10.1 LEGAL GOAL:** Except as otherwise provided by the Laws, a goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar, provided it has not been thrown, carried or intentionally propelled by hand or arm, by a player of the attacking side, except in the case of a goalkeeper who was within his own penalty area when he legally propelled the ball.

**10.2 SCORING POINT VALUES:** Point values shall be assigned as follows:

(a) Goals scored from on or beyond the three-point arc shall be worth THREE (3) points.

1) A player kicks, heads or otherwise legally hits the ball into the opponent's goal from on or beyond the opponent's 45-foot-arc and the ball does not hit any other offensive players, it is a three-point goal.

2) If a player kicks, heads or otherwise legally hits the ball from on or beyond the opponent's 45-foot-arc and the ball hits another offensive player who is inside the 45-foot-arc and goes into the opponents' goal, it is a two-point goal.

3) If a player kicks, heads or otherwise legally hits the ball from on or beyond the opponent's 45-foot-arc and the ball hits a defensive player (regardless of whether he is inside or outside the 45-foot-arc) and goes into the opponents' goal it is a three-point goal.

4) If a player kicks, heads or otherwise legally hits the ball from on or beyond the opponent's 45-foot-arc and the ball hits the dasher boards, glass, goalpost, crossbar or corner flag and bounces back and hits a defender (including the goalkeeper) and goes into the opponents goal, it is a three-point goal.

5) A player scores an own goal from on or beyond his team's the 45-foot-arc; three points are awarded to the opposing team. An own goal is defined as when a player has possession of the ball and subsequently knocks the ball into his team's goal

(b) All other goals, including penalty kick goals, shall be worth TWO (2) points.

The team scoring the greater number of points during the game shall be declared the winner.

**10.3 OUTSIDE INTERFERENCE:** A goal cannot, in any case, be allowed if the ball has been touched and/or prevented by some outside agent from passing over the goal line. If this happens in the normal course of play, other than at the taking of a penalty kick (see Rule 14), the game shall be restarted in accordance with Section 8.5

# MAJOR INDOOR SOCCER LEAGUE

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## **RULE 11 DELAY OF GAME: VIOLATIONS**

**11.1 THREE-LINE PASS:** If a player, including the goalkeeper (see 11.3 for additional goalkeeper restriction), plays the ball over three lines (two yellow lines and halfway line) in the air towards his opponent's goal line, without it touching another player, the perimeter wall or a Referee on the field of play between the yellow lines, the Referee shall award a free kick to the opposing team at Shootout mark of the first yellow line that the ball crossed.

**11.2 TOP OF ARC; DEFENSIVE RESTART: MODIFIED SEE 15.2 BALL OVER PERIMETER WALL (NOT BETWEEN CORNER FLAGS):**

**11.3 GK TWO-LINE PASS:** If a goalkeeper plays the ball other than by hand over two lines (defensive yellow line and halfway line or halfway line and attacking yellow line) in the air towards his opponent's goal line, without it touching another player, the perimeter wall or a Referee on the field of play between the yellow lines, the Referee shall award a free kick to the opposing team at Shootout mark of the defensive yellow line.

# MAJOR INDOOR SOCCER LEAGUE

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## **RULE 12 FOULS AND TIME PENALTIES**

**12.1 FOULS:** A player who intentionally commits any of the following offenses while the ball is in play shall be penalized by the Referee awarding a free kick to the opposing team, to be taken at the point of the infraction, subject to exclusions in Rule 13.

- (a) Kicks or attempts to kick an opponent;
- (b) Trips an opponent, i.e. throwing or attempting to throw him by use of legs or by stooping in front or behind him;
- (c) Jumps at an opponent;
- (d) Charges an opponent from behind unless the latter is shielding the ball in a legal manner;
- (e) Charges an opponent in a violent or dangerous manner. If a player deliberately turns his back to an opponent when he is about to be tackled, he may be charged but not in a dangerous manner;
- (f) **Strikes, elbows, attempts to strike or elbow, or spits at an opponent. A two (2) minute Power Play time penalty must be assessed for any of these offenses. Spitting calls for immediate ejection.**
- (g) Holds an opponent;
- (h) Pushes an opponent;
- (i) Handles the ball, i.e. carries, strikes, or propels the ball with his arm or hand (this does not apply to a goalkeeper in his team's penalty area);
- (j) **Boarding, i.e. propelling an opponent into the perimeter wall. A two (2) minute Power Play time penalty must be assessed for boarding.**
- (k) Playing in a dangerous manner;
- (l) Charging fairly at an improper time, i.e. playing with the shoulder, when the ball is not within playing distance of the players concerned;
- (m) When not playing the ball, intentionally obstructing an opponent, i.e. running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent.
- (n) Charging the goalkeeper except when he is outside the penalty area.

Additionally, the Referee may award a free kick against a player who acts in an unsportsmanlike manner.

**12.2 TIME PENALTIES:** Time penalties shall be classified and noted as follows:

<b>2-MINUTE POWER PLAY PENALTIES</b>	<b>HIGHLIGHTED BLUE</b>
<b>5-MINUTE MISCONDUCT: (NON-POWER PLAY)</b>	<b>HIGHLIGHTED YELLOW</b>
<b>DISSENT</b>	
<b>TECHNICAL OFFENSES</b>	
<b>REPORTABLE ADMINISTRATIVE OFFENSES:</b>	<b>HIGHLIGHTED YELLOW</b>
<b>EJECTIONABLE OFFENSES</b>	<b>HIGHLIGHTED RED</b>

**12.3 PENAL TIME PENALTIES:** A two (2) minute Power Play time penalty may be assessed against players for committing any of the offenses outlined in Rule

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## **RULES OF THE GAME 2006-2007**

# MAJOR INDOOR SOCCER LEAGUE

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12.1 (a) –(n) committed while the ball is in or out of play. A time penalty must be assessed for incidents of boarding, elbowing, **spitting**, striking, and for other offenses deemed severe, blatantly tactical, or blatant in nature. If the offense occurred within the offender's penalty area, while the ball was in play, a penalty kick shall be awarded. A penal time penalty must be assessed to any player who accumulates four (4) fouls in one half. These penalties shall be administered by the showing of a Blue Card by the Referee and shall be two (2) minutes in length. **In situations of a foul being so severe as to warrant an Ejection, a two-minute Penal time penalty shall also be assessed and served by a teammate (Coach's choice) of the player ejected.**

**12.4 FOUR FOUL PENALTY:** Any player who accumulates four (4) fouls in one half will be assessed a two (2) minute Power Play Time Penalty. If the individual player accumulates an additional four (4) fouls in the same half, he will be assessed another two (2) minute Penal Time Penalty. For the sake of this rule, two overtime periods equal a half and the same rule applies for overtime. Fouls accumulated in the first half will not carryover to the second half and fouls accumulated in the second half will not carryover to the overtime periods. In the interval between periods, the officials will provide each coach with a list of those players having accumulated 2 or more fouls

**12.5 DELAYED TIME PENALTIES (BLUE OR YELLOW CARD ADVANTAGE):** In situations where the Referee would want to penalize a player for an infraction by issuing a time penalty while at the same time wishing to apply the advantage clause of Rule 5 the Referee shall acknowledge the foul or infraction and signal that the advantage is being continued by **raising a Card above his head and maintaining that signal until such time as:**

- (a) Opponent Possession: The offending team gains control of the ball, upon which the Referee shall signal the foul or infraction by means of a whistle and appropriately penalize the offending player. Possession shall be defined as a player having clear control of the ball for more than one (1) second.
- (b) The Referee stops play by whistling any other stoppage (i.e. foul by either team or ball out of play). The player guilty of the foul that initiated the **delayed blue or yellow card advantage shall be appropriately penalized, and play shall be restarted as appropriate for the more serious offense. If a foul is committed during the advantage worthy of a second time penalty, both penalties shall be assessed and appropriately served.**
- (c) Goal: If a goal is scored during the Delayed Card Advantage the offending player's penalty shall be recorded for accumulation purposes, but he shall serve no time. A previously penalized player shall be released from the penalty box in the event of a Power Play goal.

**12.6 ADDITIONAL POWER PLAY PENALTIES:** As delineated elsewhere in the Rules, a two (2) minute Power Play Penalty shall be issued for the following:

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## RULES OF THE GAME 2006-2007

# MAJOR INDOOR SOCCER LEAGUE

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- (a) Substitution violation: see Rule 3.
- (b) Multiple Misconduct penalties: On every third Misconduct penalty assessed against any team (player or non-player) a two (2) minute Power Play penalty (Coach's choice) shall be served.

**12.7 MISCONDUCT PENALTIES:** A five (5) minute Misconduct Penalty shall be assessed against players who show disapproval, by word or action, of the decision by the Referee or other game officials or acts in a severe unsportsmanlike manner. These penalties shall be administered by the showing of a Yellow Card and shall be five (5) minutes in length. Misconduct penalty time shall not be entered on the arena scoreboard. As no Power Play is awarded to the opposing team, the offending player may not exit the penalty box until the first guaranteed substitution or when the ball goes over the perimeter wall and is out of play, after his penalty time has expired. Similar misconduct by bench personnel (or non-players) shall be recorded for purposes of multiple penalty Power Play and ejection for that individual. Should any player or non-player exhibit misconduct at the conclusion of the game, the Referee shall not display the appropriate card, but shall submit a detailed report to the League and inform the team that such a report has been filed.

- (a) Misconduct by Non-Players: Misconduct involving non-playing personnel shall be considered administrative in nature, and shall be reported to the League. No time penalty shall be served for such offenses.
- (b) Team Misconduct: Team Misconduct shall be defined as physical or verbal abuse of the Referees where the offender is not identifiable. For any team violation, the Referees shall assess a Misconduct penalty to the coach of the offending team. This Rule shall not prohibit Referees from penalizing individual players or non-playing personnel. The Referee may issue a "bench warning" before issuing an individual or team misconduct. For Player/Head Coaches, the Team Misconduct Penalty shall count towards the accumulation of penalties for such Player/Head Coach.
- (c) Game Delay (Team Misconduct): Should a game be delayed because a team is not present or prepared to play, the coach shall be assessed a Misconduct penalty. This rule shall apply to the commencement of the game; and to its recommencement after a timeout, at the conclusion of the halftime interval, after the interval between quarters, as well as any other recommencement during the course of the game.
- (d) Ball Played or Thrown Off the Playing Field: During a stoppage of play immediately following a goal, should a player intentionally kick, throw or play the ball off the playing field, such player shall be assessed a Misconduct Time Penalty.

**12.8 MISCONDUCT TECHNICAL INFRACTIONS:** A five (5) minute non-Power Play penalty may be assessed for the following offenses:

- (a) Player Violations. A player committing any of the following offenses:
  - (1) Illegal return of goalkeeper after injury stoppage.

## MAJOR INDOOR SOCCER LEAGUE

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- (2) Illegal return of player after injury stoppage.
  - (3) Player leaves penalty box prior to expiration of time penalty.
  - (4) Player guilty of gesticulation on free kick.
  - (5) Player violates penalty kick procedures after a team warning
  - (6) Player interferes in shootout procedures
  - (7) Player commits delay of game violation
  - (8) Encroachment, after a team warning.
  - (9) Violations by the coach shall result in Misconduct penalty and the incident shall be reported to the League. A player coach shall serve his penalty time in the box like a normal player. A report shall be filed for non-player coach.
  - (10) A player who removes his jersey when celebrating a goal must be cautioned for unsporting behavior
- (b) Violations by other non-player personnel shall result in Misconduct penalty and the incident shall be reported to the League.
  - (c) Delay of Game: Players of either team shall not engage in tactics that delay the restart of the game immediately following the Referee's whistle to stop play.
  - (d) Team Violations: The following offenses committed by a Team shall result in Report to league. No player need serve a penalty but shall count toward multiple misconducts (3) resulting in a Power Play.
    - (1) After a warning, illegal substitution – delay of game.
    - (2) Illegal substitution for playing with no goalkeeper.

**12.9-1 EJECTIONS (with Power Play):** A player or non-player shall be ejected and a two (2) minute Power Play Penalty awarded for incidents of:

- (a) Violent Conduct or Serious Foul Play.
- (b) Foul or Abusive Language or Action.
- (c) Head Butting.
- (d) Third man into an Altercation.
- (e) First man off the Bench joining an Altercation.
- (f) Leaving the penalty box and joining an Altercation.
- (g) Spitting on or at an opponent or game official.

**12.9-2 EJECTION (without Power Play):** Accumulation of three (3) time penalties: If a player accumulates three (3) time penalties he shall be ejected. No additional two-minute power play time penalty accompanies such ejection.

**12.10 DURATION/EXPIRATION OF TIME PENALTIES:** Two-minute Penal time penalties issued to players shall be subject to the following concerning duration and expiration of penalty time. A player whose time penalty has expired must immediately leave the penalty box, subject to other restrictions in this Rule.

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## RULES OF THE GAME 2006-2007

## MAJOR INDOOR SOCCER LEAGUE

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- (a) Power Play Goal: If a team is reduced to a lesser number of players on the field of play than its opponents due to time penalties, and such team is scored upon by its opponent, then the player having the least amount of un-expired Power Play time remaining may return. (This includes cases where a Power Play goal is scored during a delayed blue or yellow card.)
- (b) Equal Number of Penalties: In situations where an equal number of players from each team are serving time penalties and a goal is scored, no player shall be released and no time penalty voided, as it is not a Power Play goal.
- (c) Multiple Penalties (Team): There must always be a minimum of four (4) players on the field for each team. If a team has two (2) players serving Penal penalties and a third player receives another penalty, the third player must go to the penalty box. He shall, however, be replaced by a substitute since four (4) players must be on the field. The penalty time for the third player will not commence until that of the first player has elapsed. The first penalized player shall not return to the field until the first guaranteed substitution after the expiration of his penalty time or the opposing team scores a goal. Should both the first and second penalties elapse while all three players are still in the penalty box (the team is now entitled to five players), then the first penalized player may rejoin play. Likewise, in the case where the third player's penalty elapses, the second player may rejoin play. In the final case, the third player may exit the penalty box at the first guaranteed substitution or ball over the perimeter wall after the expiration of his penalty.
- (d) Multiple Penalties (Player): For multiple time penalties assessed against a player in a single instance (ball out of play until restart), the guilty player shall serve the entire accumulated time. If appropriate, he shall be joined by a teammate in the penalty box, who shall return to play at the conclusion of the Power Play time penalty as a field player.
- (e) Penalty Box Exit: Once a player enters the Penalty Box, he shall remain there for the duration of his penalty time; he shall not be released to join his team at time outs or at quarter breaks. A player shall not leave the penalty box unless released at one of these occasions:
  - (1) The expiration of his time penalty, provided that his release does not place too many players on the field (when three or more players are serving time penalties)
  - (2) At the end of half he would be allowed to go into the locker.
  - (3) A Power Play goal is scored against his team (and his penalty has the least remaining time among his penalized teammates if any)
  - (4) Should a player leave the penalty box prior to the expiration of his time penalty to participate in play, this shall be considered a Technical Infraction.
  - (5) Should a player leave the penalty box prior to the expiration of his time penalty to participate in dissent or an altercation, this shall be considered Violent Conduct and he shall be ejected.

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## RULES OF THE GAME 2006-2007

## MAJOR INDOOR SOCCER LEAGUE

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- (f) Penalty Box Decorum: Penalized players must go directly to the Penalty Box immediately following the signal by the referee. The player is required to remain seated until 10 seconds prior to release. Players are not permitted to leave the Penalty Box during timeouts or at the end of a quarter. Failure on the part of the player to abide by the Penalty Box Decorum will result in a warning. Further violations will result in a 5-minute misconduct penalty.

**12.11 GOALKEEPING RESTRICTIONS:** Infractions 12.11 (a) and 12.11 (b) shall cause the Referee to stop play and award a free kick to the opposing team at the Free Kick Mark:

- (a) Ball Played to Goalkeeper's Hands From Teammate: A goalkeeper is not permitted to play the ball with his hands in the event that the ball has been deliberately kicked to him by a teammate. Subject to the terms of RULE 12.11 (a), a player may pass the ball to his own goalkeeper using his head or chest or knee, etc. If, however, in the opinion of the referee, a player uses a deliberate trick while the ball is in play in order to circumvent this Rule, the player shall be cautioned for Misconduct, shown the yellow card and a kick is awarded to the opposing team from the place where the infringement occurred or at the Top of the Penalty Arc if the infraction occurred from within the Penalty Area

A player using a deliberate trick to circumvent the Rule while he is taking a free kick, shall be cautioned for Misconduct and shown the yellow card. The free kick is retaken. In such circumstances, it is irrelevant whether the goalkeeper subsequently touches the ball with his hands or not. The offence is committed by the player in attempting to circumvent both the letter and the spirit of Rule 12.

- (b) Illegal Procedure - Handling: A goalkeeper who receives the ball outside of the penalty area shall not handle the ball inside the penalty area.

Additionally, the following situations specifically concerning goalkeepers shall apply:

- (c) Handball Outside Penalty Area: Intentional handball violations committed by the goalkeeper outside the penalty area shall be interpreted to be "severe in nature" and a two (2) minute Power Play Time Penalty must be assessed against the goalkeeper who, in the opinion of the Referee, intentionally handles the ball to break up a play or save a shot at goal outside of the penalty area regardless of the position of his body. The potential for a Shootout resulting from such a play needs be noted. Situations whereby the goalkeeper first handles the ball within the penalty area but his momentum carries him outside the penalty area while handling the ball shall not be deemed "severe in nature" and no time penalty shall be assessed.
- (d) Goalkeeper Striking: If during play, the goalkeeper either intentionally strikes an opponent by throwing the ball violently at him or pushes him



# MAJOR INDOOR SOCCER LEAGUE

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with the ball while holding it, the Referee shall assess a two (2) minute Power Play Time Penalty. A penalty kick shall be awarded if the offense was initiated within the penalty area.

- (e) **Goalkeeper Joining An Altercation:** In situations where there is an altercation, the goalkeepers of the respective teams must remain in their respective penalty areas, or retreat into their respective penalty areas during such altercation. Such violation shall result in a FIVE-minute MISCONDUCT Penalty assessed against the offending goalkeeper. Referees may assess additional penalties for any participation in the altercation.
- (f) **Goalkeeper Delay:** If a goalkeeper or 6<sup>th</sup> Attacker is in possession of the ball in his team's own half of the field or receives the ball while in this area, the goalkeeper must release the ball from his possession within five (5) seconds. Further, the goalkeeper, after distributing the ball may receive the ball back from a teammate. For violation of this rule, the Referee shall stop play and award a free kick to the opposing team at the Shootout Mark of the yellow line closest to the offending team's goal. A goalkeeper or a 6<sup>th</sup> attacker has only five seconds from the time he receives the ball on the defensive half of the field to play the ball over the half way line, or to a teammate.

## 12.12 GOALKEEPER PRIVILEGES

- (a) **Obstructing Goalkeeper:** If a player intentionally obstructs the opposing goalkeeper in an attempt to prevent him from putting the ball into play, the Referee shall award a free kick.
- (b) **Charging Goalkeeper:** In cases of body contact in the Penalty Area between an attacking player and the opposing goalkeeper not in possession of the ball, the Referee shall stop the game if, in his opinion, the action of the attacking player was intentional, and award a free kick.
- (c) **Endangering the Goalkeeper:** A player who intentionally commits a foul against the goalkeeper which in the opinion of the Referee, falls short of serious foul play (ejection) but nevertheless endangers the goalkeeper beyond what is considered to be the normal hazard of play shall be assessed a two (2) minute Power Play Time Penalty.
- (d) GK bouncing the ball while in possession in penalty area is allowed

**12.13 PENALTIES ASSESSED TO GOALKEEPER:** The goalkeeper must serve any time penalty assessed to him. He shall not be released to rejoin play until the first guaranteed substitution or ball over perimeter wall following the expiration of his time penalty. For Penal (Power Play) Time Penalties the goalkeeper shall be joined by a teammate in the penalty box, who shall return to play at the conclusion of the time penalty as a field player. The above also applies to 6<sup>th</sup> Attackers who are penalized. He is treated as a goalkeeper, although he may remove his goalkeeper jersey and give it to a teammate if the team does not have an extra 6<sup>th</sup> Attacker jersey.

## MAJOR INDOOR SOCCER LEAGUE

---

**12.14 Ejected Coach Restrictions:** An ejected coach may not, from the time of his ejection until the conclusion of the game, have any communication with his team's players in the arena, exclusive of his team's dressing room. This prohibition shall include any type of communication through gesticulation, radio, electronic device, or otherwise. The Referees shall report any such action to the League.

**12.15 WARNINGS: The warning shall be ceremonial, delivered at the Referee crease and announced by the Public Address Announcer.**

**3.4 SUB VIOLATION ON DYNAMIC FREE KICK**

**3.5 TIMED SUBS...>15" NEVER ISSUED**

**12.7 (b) BENCH MISCONDUCT WARNING**

**12.8 (a) (5) WARNING FOR PENALTY KICK ENCROACHMENT**

**12.8 (a) (8) ENCROACHMENT**

**12.8 (d) (1) TEAM VIOLATION FOR SUB...**

**12.10 (f) PENALTY BOX DECORUM**

**13.4 (M) (2) ENCROACHMENT**

**14.2 (b) ENCROACHMENT ON PK**

**14.4 PENALTY KICK VIOLATIONS**

# MAJOR INDOOR SOCCER LEAGUE

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## **RULE 13 RESTARTS**

**13.1 DEFINITION:** A "Restart" is a manner of resuming play after a stoppage other than a kickoff. For a stoppage of play while the ball was in play on the playing field, the following are possible:

FREE KICK	(Rule 13.4)
PENALTY KICK	(Rule 14)
SHOOTOUT	(Rule 14.7)
SUPERSTRUCTURE	(Rule 9.2)
THREE-LINE/TWO-LINE GK PASS	(Rule 11.1)
DROP BALL	(Rule 8.5, 13.5)

For a stoppage to play because the ball left the playing field, the following are possible:

KICK-IN	(Rule 15.1)
CORNER KICK	(Rule 15.4)
GOALKEEPER DISTRIBUTION	(Rule 13.6)
FREE KICK AT THE FREE KICK MARK	(Rule 15.2)

**13.2 DEFINITION OF PLAYING FIELD:** For purposes of determining restarts, the playing field includes the team bench and area in goal.

**13.3 RESTART REGULATIONS AND RESTRICTIONS:** If a team commits an infraction causing a stoppage of play, the opposing team is awarded a "free" kick restart. The Referee may allow a free kick to be taken from a point within a three-foot (3') radius of the point of infraction unless, in his opinion, a team gains an unfair advantage in which case the kick shall be retaken. Before a free kick is taken, the ball must be stationary and the kicker shall have five (5) seconds within which to play the ball after being spotted and signaled to play by the Referee.

- (a) A goal may be scored directly against either team from any restart.
- (b) In case a free kick is taken from an opponent's Free Kick Mark, Penalty Kick Mark, Shootout Mark, Corner Mark, or otherwise controlled by the Referee, the Referee signals the restart with a whistle.
- (c) Except for a Drop Ball or Shootout, if the kicker, after taking the free kick plays the ball a second time before another player has touched it, a player of the opposing team shall take a free kick. Playing the ball twice includes playing the ball on the rebound off the perimeter wall before being touched by another player.
- (d) During the taking of a free kick, all of the opposing players shall be at least fifteen feet (15') from the ball until it is in play.
- (e) Failure to put the ball into play within five (5) seconds of the Referee's signal will result in the restart being "turned-over" to the opponent.
- (f) If, when a free kick is being taken, any player gesticulates in a way to distract his opponent(s), this shall be considered a Misconduct-Technical Infraction resulting in five (5) minute penalty assessed against the offending player.

## MAJOR INDOOR SOCCER LEAGUE

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**13.4 FREE KICK RESTART:** When play has been stopped for a foul listed in Rule 12.1 or for an infraction listed elsewhere in the Rules, play shall be restarted with a "free" kick taken by a player of the opposing team or GK distribution as listed below..

- (a) Restart: Infraction in defensive penalty area: The restart for any infraction committed by the attacking team in the defensive penalty area will be a GK distribution (see 13.6).
- (b) Free Kick Originating in Attacking Penalty Area: Any free kick awarded to the attacking team for a foul or an infraction which occurred in its opponents' penalty area shall be taken at the Free Kick Mark.
- (c) Pass-back: The free kick occurring after a pass-back is taken at the Free Kick Mark.
- (d) Delayed Penalty: The restart occurring after a delayed Blue Card is taken in accordance with the applicable section of Rule 12.
- (e) Shootouts: The restart for a foul warranting a shootout is taken in accordance with Rule 14.
- (f) Penalty Kick: The restart for an infraction warranting a penalty kick shall be taken in accordance with Rule 14.
- (g) Restarts - Ball over perimeter wall: See rule 15.
- (h) Corner Kick: The restart for a corner kick shall be taken in accordance with Rule 15.4.
- (i) Superstructure Violation: If a Superstructure violation (Rule 9.2b) occurs (ball hitting the superstructure above the playing field), the restart shall be taken at the Shootout Mark nearest to the yellow line to where the ball was last played.
- (j) Three-Line or Goalkeeper Two-Line Pass Violation: The restart of a player three-line pass or goalkeeper two-line pass violation shall be taken at the offending team's defensive Shootout Mark.
- (k) Infraction in Bench Area/Penalty Box: If play is stopped for an infraction which occurred in the bench area or penalty box, the game shall be restarted with a free kick taken by a player of the opposing team from the place where the ball was when play was stopped subject to exclusions in Rule 13.
- (l) Any other stoppage delineated elsewhere in these Rules.
- (m) Encroachment:
  - (1) If a player of the opposing side encroaches into the penalty area or within fifteen feet (15') of the ball before a free kick is taken, and a member of the team taking the kick requests compliance with Rule 13.1, the Referee shall delay the taking of the kick until the player complies. If upon the request of the Referee that player does not comply by immediately retiring the proper distance, he shall be considered guilty of encroachment.

# MAJOR INDOOR SOCCER LEAGUE

---

- (2) If a defending player within fifteen feet (15') intentionally interferes with the taking of a free kick, he shall be considered guilty of encroachment. For the first violation, the Referee shall issue a team warning for encroachment to the offending team. For any subsequent violation after being warned for encroachment, this shall be considered a Misconduct-Technical Infraction resulting in five (5) minute penalty assessed against the offending player

**13.5 DROP BALL RESTART:** If neither team has clear possession of the ball at a stoppage, the Referee restarts play with a Drop Ball where the ball was when play was stopped. A Drop Ball originating while the ball is inside a penalty area takes place at the Free Kick Mark. Once the ball contacts the ground untouched the ball is "in play." In situations where the ball becomes lodged between sections of glass or unplayable at the base of the perimeter wall, it shall be considered out of play and the Referees shall restart play with a Drop Ball.

**13.6 GOALKEEPER DISTRIBUTION:** Play restarts with a goalkeeper distribution by hand after an attacking player has last touched the ball before crossing the perimeter wall between the corner flags, for any infraction committed by the attacking team in the Penalty Arc or after a timeout initiated by the GK in his own penalty area,. The distribution shall be taken from any point within the penalty area by the goalkeeper. The ball is considered in play once it travels outside the penalty area. The following provisions also apply:

- (a) Referee Whistle: The Referee hands the ball to the goalkeeper and whistles to alert the timekeeper to the restart. Time shall commence when the ball leaves the penalty area. Goalkeeper must have foot on goal line before ref will toss the ball to initiate Goalkeeper Distribution.
- (b) Player Positions: Opposing players remain outside the penalty area until the ball leaves the penalty area.
- (c) Goalkeeper Infraction: A goalkeeper taking a distribution may not play the ball again after it has left the penalty area until it is touched by another player. Otherwise, the opposing team shall be awarded a free kick where the violation occurred.

**13.7 KICK-IN:** See Rule 15.

**13.8 CORNER KICK:** See Rule 15

**13.9 BALL OVER PERIMETER WALL (NOT BETWEEN CORNER FLAGS):**  
See Rule 15

# MAJOR INDOOR SOCCER LEAGUE

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## **RULE 14 PENALTY KICK AND SHOOTOUT**

**14.1 DEFINITION:** A penalty kick is a free kick from the Penalty Mark taken by a properly identified opponent against the goalkeeper without interference by other players. A penalty kick is awarded against a team, which while the ball is in play commits within its own penalty area (or area within the goal) one of the fouls listed in Rule 12.1(a) –(n) which warrants a time penalty. A penalty kick can be awarded irrespective of the position of the ball at the time an offense is committed.

**14.2 PLAYER POSITIONS DURING PENALTY KICK:** The Referee will not whistle for the taking of a penalty kick until the players are positioned in accordance with the following:

- (a) All players, with exception of the properly identified player taking the kick and the opposing goalkeeper, shall be on the field of play but behind the yellow line.
- (b) The defending goalkeeper remains on his own goal line, facing the kicker, between the goal posts until the ball is kicked. Encroachment from this position to interfere with the kicker shall result in a warning. Subsequent violations shall result in a five (5) minute Misconduct non-Power Play Penalty.

**14.3 BALL IN PLAY:** The player taking the kick must kick the ball forward. The ball shall be deemed in play after it has been played (touched).

**14.4 INFRINGEMENTS/SANCTIONS:** If the Referee gives the signal for a penalty kick to be taken and, before the ball is in play, one of the following situations occurs:

VIOLATION/KICKER: The player taking the penalty kick infringes the Rules; the Referee allows the kick to proceed.

- (a) If the ball enters the goal, the kick is retaken.
- (b) If the ball does not enter the goal, the kick is not retaken.

VIOLATION/GOALKEEPER: The goalkeeper infringes the Rules; the Referee allows the kick to proceed.

- (a) If the ball enters the goal, the goal is awarded.
- (b) If the ball does not enter the goal, the kick is retaken.

VIOLATION/DEFENDING TEAM: A teammate of the goalkeeper crosses the yellow line, the Referee allows the kick to proceed.

- (a) If the ball enters the goal, the goal is awarded.
- (b) If the ball does not enter the goal, the kick is retaken.

VIOLATION/TEAMMATE OF KICKER: A teammate of the kicker crosses the yellow line, the Referee allows the kick to proceed.

- (a) If the ball enters the goal, the kick is retaken.
- (b) If the ball does not enter the goal, the kick is not retaken.

# MAJOR INDOOR SOCCER LEAGUE

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VIOLATION BOTH DEFENDING TEAM AND ATTACKING TEAM: A player of both defending team and attacking team infringe the Rules: the kick is retaken.

For any infringement of Rule 14.4, the offender shall receive a warning. Subsequent violations shall result in a five (5) minute Misconduct Penalty (non-Power Play) assessed against that individual.

**14.5 VIOLATIONS AFTER THE PENALTY KICK IS TAKEN:** If after the penalty kick has been taken:

- (a) The kicker touches the ball a second time: a free kick is awarded to the opposing team from the place where the infringement occurred
- (b) An outside agent stops the ball, as it moves forward, the kick shall be retaken.
- (c) The ball rebounds into play from the goalkeeper, crossbar, goalpost, perimeter wall, or corner flag post and is stopped in its course by an outside agent; the Referee shall stop play and restart by dropping the ball in accordance with Rule 8.5.

**14.6 PENALTY KICK IN EXTENDED PLAY:** Play shall be extended at the end of any period to allow a penalty kick to be taken or retaken. The extension shall last until the Referee has decided whether or not a goal is scored

- (a) Direct from the penalty kick.
- (b) Having rebounded from either goal post or crossbar directly into goal, or
- (c) Having touched or been played by the goalkeeper.
- (d) Or any combination of (b) and (c)

The period shall terminate immediately after the Referee determines whether a goal has been scored. The provisions of all foregoing paragraphs shall apply in the usual way except that no players other than the kicker and the opposing goalkeeper shall be allowed on the field.

**14.7 SHOOTOUT:** A shootout shall be awarded for any of the following fouls committed by a defending player in his defensive half of the field:

- (a) A foul from behind against an attacking player, having control of the ball and one or no defensive players between himself and the goal.
- (b) Any foul where he is the last player on his team between the attacking player with the ball and the goal.
- (c) A Penalty Kick, if appropriate, shall take precedence.

**14.8 APPLICATION OF SHOOTOUT:**

- (a) The ball is placed at the Shootout Mark nearest the attacking goal.
- (b) All players of the attacking team stand behind the halfway line and outside of the center circle. Players of the defending team stand behind the halfway line and inside of the Center Circle.

## MAJOR INDOOR SOCCER LEAGUE

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- (c) The goalkeeper has at least one foot on his goal line and may not move off of it until after the Referee whistles the Shootout to begin.
- (d) Once the Referee whistles the Shootout to begin, from that moment, all of the players behind the halfway line may move into the attacking half of the field. The player taking the Shootout plays the ball forward using any legal manner to score (e.g., direct shot on goal, dribbling and shooting, playing the ball off of the boards, passing to a teammate, etc.), and play resumes; except that
- (e) Neither team may substitute for the first three (3) seconds of a Shootout. Such a substitution shall be assessed a two (2) minute Power Play penalty. (It shall be the coach's choice as to which player serves the 2-minute Power Play penalty, which shall not accrue against that player for purposes of multiple accumulated time penalty ejection.)
- (f) The goalkeeper shall be restricted to goalkeeping privileges while inside the penalty area. Any foul (Rule 12.1) committed by the goalkeeper, regardless of field position, shall be penalized by an additional Power Play penalty and the taking of a penalty kick by any member of the offended team. The goalkeeper shall serve the appropriate time penalty, which shall be recorded.
- (g) If a shootout infraction is called with less than 5 seconds remaining in any quarter, the game shall be extended to allow the shootout to conclude by the ref adding time to show 5 second of remaining time on the scoreboard clock.



# MAJOR INDOOR SOCCER LEAGUE

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## **RULE 15 RESTARTS - BALL OVER PERIMETER WALL**

**15.1 KICK-IN:** When the ball is played over the perimeter wall along the touchline, it shall be kicked in from the point it crossed the perimeter wall by an opponent of the team who last touched the ball before it went out of play. The Referee shall signal the commencement of the Kick-In. If the ball touches a player or personnel on the bench, who is inadvertently extending into the playing field, or if the ball exits the field through an open bench door, the Kick-In shall be awarded to the opposing team.

**15.2 BALL OVER PERIMETER WALL (NOT BETWEEN CORNER FLAGS):** If a defensive player, plays the ball directly over the perimeter wall while it is in play from anywhere in the defensive zone (between Goal line and Yellow line), the Referee shall award a free kick to the opposing team at the Free Kick Mark (Top of the Penalty Arc) closest to the offending team's goal. Any ball which hits a player, the boards, plexiglass, a ref or bounces on the field before going out of play over the wall or glass shall result in a Kick-In. This rule is in no way intended to punish good defensive play; a block or deflection by a defender, which then passes over the perimeter wall, shall result in a Kick-In at the touchline. A ball going over the perimeter wall last played by the attacking team, shall result in a Kick-In at the touchline.

**15.3 GOALKEEPER DISTRIBUTION:** After an attacking player has last touched the ball before crossing the perimeter wall between the corner flags, play restarts with a goalkeeper distribution by hand in accordance with Rule 13.6

**15.4 CORNER KICK:** When the whole of the ball having last been played by one of the defending team passes over the end perimeter wall between the corner flag posts, excluding when a legal goal is scored, a member of the attacking team shall take a corner kick, subject to exclusions in Rule 11.2. A goal may be scored directly from such a kick.

- (a) Placement: The whole of the ball shall be placed on the corner mark at the nearest corner flag post, and it shall be kicked from that position.
- (b) Whistle: The blowing of the whistle by the Referee shall take place prior to the taking of a corner kick.