

# **Rockdale Youth Soccer Association Adult Co-Ed Over 30 Indoor Rules**

Revised 6/13/17

## **Players**

There must be a minimum of two females on the field at all times. If a team does not have two females to play, they will have to play down a player. The number of male players on the field may never be more than three.

No one that is not currently registered with RYSA Adult League may play with a team in a match. If this happens the match will be forfeited and may face disciplinary action from the league D&P committee.

Refer to "Over-30 pick-up rules on RYSA website for further explanation on player pick-up.

## **Substitutions**

Substitution is free and may be done while play is in progress, including goalkeepers. All players must enter and leave the field through their own team gates. Jumping over the wall will result in a two minute penalty. The exiting player must be within the das line and two steps from the gate before the entering player may come on to the field. The gate must remain closed except when substitution occurs. An unattended open gate while game is in progress is a two minute penalty.

## **Equipment**

All players are encouraged to wear the orange & gray shirts that can be purchased from the RYSA Adult League. Every player must wear shin guards and turf or tennis shoes. **NO CLEATS ALLOWED.** Home team wears orange and away team wears gray.

## **Rules of Play**

- A match will consist of two 25 minute halves.
- All restarts are indirect kicks.
- When a team hits the ball into the top net between the two red lines by one team, the opposing team will take a free kick from a point straight down from where the ball hit.
- When a team hits the ball into the side net above the glass or pink line, the opposing team will take a free kick from the white dashed line at the point the ball hit the net.
- When a team hits the ball into the net above the goals, it will result in a goal kick or corner kick.
- A ball kicked or thrown over three lines by the goalkeeper without the ball touching a player or the field between the red lines will result in a free kick for the opposing team from the red line closest to the goalkeeper at fault.
- Goals scored by male players count one point. Goals scored by female players count two points.
- Slide tackles are **NOT** allowed by field players and will result in a two minute penalty. Goalkeepers are allowed to slide in their box when making a save.

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### Penalties

- **Team Time Penalties – Blue Card - Result is a two minute penalty to be served by any player on the team. This violation of this type are listed below**
  - **Illegal substitutions**
  - **Leaving the player box to join a confrontation with players or referees on the field.**
  - **Dissent with regards to calls or decisions made by the referee.**
  - **Physical or verbal abuse of referees or players on the field from players in the player box when no specific offender is unidentified.**
  - **Unsporting behavior which, in the referee's discretion, does not warrant another type penalty.**
  - **Sixth foul accumulated by a team in one half.**
  
- **Other Offenses – Blue Card**
  - **Deliberate hand ball by a field player or goalkeeper outside their box.**
  - **Goalkeeper endangerment.**
  - **Unintentional boarding or driving of a player into the boards.**
  - **Persistent fouls by a player – 4 fouls in one half. Two minute penalty after the fourth and then every subsequent foul in the half. Each half will start a new count.**
  - **Use of foul language. Subsequent offenses will result in ejection.**
  - **Visible or verbal dissent.**
  - **Foul committed by a player in his own penalty area. A shoot out will be given as well.**
  
- **Cautionable Offenses – Yellow Card**
  - **Reckless fouls.**
  - **Taunting which is intended to embarrass, ridicule, or demean others.**
  - **Unsporting behavior by any non-player on the player side of the field.**
  - **Provoking altercation, making physical contact with a player (e.g. pushing or poking) short of fighting or using the ball in so doing.**
  - **Intentionally driving a player into the boards.**
  
- **Ejectionable Offenses – Red Card**
  - **Third blue card, second yellow card, or third overall card.**
  - **Vicious slide tackling.**
  - **Violent conduct or serious foul play.**
  - **Leaving team box or penalty box to engage in a fracas or confrontation with the opposition or game official.**

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- Extreme unsporting behavior, committing particularly despicable behavior including spitting at another player, persistent use of extremely abusive language, or bodily contact with a game official in dissent.

**Blue Card Offenses** result in a two minute penalty. Player serving penalty may re-enter the field after the expiration of two minutes or a goal scored by the opposing team, whichever occurs first.

**Yellow Card Offenses** result in a two minute penalty to be served in its entirety. The player serving the penalty must wait until the next stoppage of play after the expiration of the two minutes before reentering the field.

**Red Card Offenses** result in the offending player being ejected from the game and another player on the team serving a five minute penalty in the box. The player serving the penalty must wait until the next stoppage of play after the expiration of the five minutes before reentering the field.

### **Penalty Kick vs. Kick from the Arch**

Any foul committed inside the goal box that would be awarded a direct kick according to the FIFA laws of the games shall result in a penalty kick. Any foul committed inside the goal box that would be awarded an indirect kick according to the FIFA laws of the game shall result in a kick from the top of the arch and defending team shall be allowed to form a wall. Each shall require a second whistle to restart.

### **Ejection**

A player or coach ejected from a game will automatically sit out the next game unless the ejection is for violent conduct. In the case of violent conduct, the player or coach will sit out a minimum of the next two games. A RYSA Disciplinary & Protest committee hearing will be held and depending on circumstances leading to ejection, could result in suspension for the remainder of the season.

A player that is required to “sit out” a game, may not play in any division until they have served the game suspension with the team they were playing with when they received the suspension.

Disciplinary action may be taken against a team for misconduct by their fans.

### **Tournaments**

Teams may only play with their rostered players. No player pick-ups are allowed.

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**Overtime/Tiebreak Rules**

**Tiebreakers**

In the event two teams have an equal number of points, the following tiebreaker rules apply:

- Head to Head competition (wins/losses/ties)
- Goal differential
- Most goals scored
- Fewest goals allowed
- Coin Toss

**Semi-Final or Final Tiebreakers**

If tied and the end of regulation, the following penalty kick procedure should be followed:

- Each team picks three players
- All other players behind half field line
- One on one with keeper from red line. Keeper can come off his/her line once the whistle blows
- Five seconds (counted by referee) to take the shot. The shot must be off player's foot by the count of five.

If tied after three players, then each team picks three different players. This continues until one team has more goals than the other (both teams must have equal chances at scoring).

**Goalkeepers**

- Must be on the field at all times.
- May NOT dribble the ball into their box and then pick it up with their hands.
- May use his hands on a ball received from a head of a teammate.
- May not cross the red line at any time.
- Must put the ball in play within five seconds unless dribbled out of the box which then must be played in ten seconds.
- May take unlimited steps inside the box.
- May use hands on balls played to them by teammates from behind the red line nearest their box.

All fouls by the keeper inside the box are taken from the center of the arc outside the box, except in the case of a shoot-out. An intentional handball outside the box by the goalkeeper is an automatic two minute penalty and may result in a shoot-out depending on the situation.

**All decisions by RYSA management are final and their interpretations of all rules are official.**

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