



NORTH STAR FC

Indoor Rules and Regulations

All participants must adhere to the following rules and regulations governed by NORTH STAR FC:

1. Players / Teams

- 1.1. Teams may roster up to 18 players.
- 1.2. Maximum of 7 for Games, Minimum of 4 players on the field for any league.
 - 1.2.1. Teams must have 4 players to start a game. Less than four players will result in a forfeit. Teams may play a pick-up game if this happens.
 - 1.2.2. Home team is listed first on the schedule. Away team must change colors if both teams are wearing the same color.
- 1.3. Teams will only have a maximum of 5 minutes to warm-up on the field prior to the start of the game. All games start at the top of the hour. Players may use any area outside of the field to warm-up / stretch.
- 1.4. Players and teams are expected to leave the field immediately following the conclusion of the game in order to enable starting the next game on time.
- 1.5. Any player not registered with NORTH STAR FC is not permitted to participate in any league matches. Teams that play with unregistered players will be forced to forfeit their match. This rule will be strictly enforced by the league and NORTH STAR FC.
- 1.6. Age Eligibility - Participation in adult leagues is restricted to adult players only. Minors are not permitted to compete in adult leagues. An exception is made for players who are 17 years of age, provided they are registered to play on the same team as their parent. No players under the age of 17 are allowed to participate under any circumstances.
- 1.7. Waiver Requirement - All players must complete and sign the league waiver in order to be eligible to participate in games.



2. Game Play

2.1. Game length will be 55 minutes total

2.1.1. Two 25-minute halves with a 5-minute halftime.

2.2. There are no overtime or shootouts. Games that are tied will be recorded as such. If a PK is awarded and time runs out, the PK can still be taken and will count if a goal is scored. Play will continue until 1 shot is taken.

2.2.1. Player equipment must meet USSF requirements. Players must wear shirts (matching), shorts, shin guards, socks (that fully cover the shin guards), and shoes. Shoes may be cleats, turf cleats, or flats; as long as they are safe in the opinion of the referee. Game shoes must be carried into the building.

2.2.2. NO jewelry allowed.

2.3. Kick offs take place at the center of the field by the home team. (Home teams are listed first on the schedule). The player who starts the play may not play the ball again until it is touched by another player. Kickoff allowed in any direction.

2.4. Goals may be scored from anywhere on the field. But not from any IFK dead-ball restart.

2.5. Substitutions may be made on the fly, similar to ice hockey or at any dead ball situation. All bench personnel must be behind the wall and exit and entrance into the game must be through the net separation points. Players must wait to enter the field until the substituted individual is within 5 feet of the wall. Neither player may play the ball while the substitution process is underway.

2.6. Restarts are all Indirect Free Kicks (IFK). (Except for a Penalty Kick) A wall may be constructed 3 yds from the ball. No opponent may be any closer than 3 yds. from the ball until the ball is played.

2.7. Ball In/Out of Play: The ball is in play off the solid walls. The ball is out of



bounds and played in by a Indirect Free Kick-in ONLY when it leaves the playing area (goes beyond the walls).

2.7.1. If ball contacts any net or ceiling structure, play will stop and a Indirect Free Kick for the opposing team of the one who last touched the ball will take place at spot enforced by the referee.

2.7.2. If the ball deflects off of a defending player and contacts the net at the end of the field, the restart will be a Corner IFK at the nearest white circle in the corner.

2.7.3. If the ball deflects off of a defending player and contacts the ceiling net above the goal area the IFK restart will be taken at the top of the goal area.

2.7.4. No attacking IFKs can be taken from within the defending teams Goal Area.

2.8. Fouls - Fouls are those recognized by USSF plus the following :

2.8.1. Shielding the ball by using 2 hands on the boards

2.8.2. Slide tackling is NOT allowed.

2.8.3. Restarts for all fouls are Indirect Free Kicks (IFK).

2.8.4. All fouls in the goal box that result in a penalty kick according to USSF rules will be issued as a PK.

2.9. Goalkeepers:

2.9.1. Cannot handle the ball with their hands if it is passed to them by their own team.

2.9.2. Punting is allowed

2.9.3. Goalkeepers intentionally taking out a player will automatically receive a red card and the opposing team will receive a penalty kick.

2.10. Penalty Kick requirements

- Ball is placed at the center line. All players are on the opposite half. The player taking the penalty kick has 7 seconds to dribble and score. The keeper is not allowed to leave their box, he/she is not required to stay on the goal line. After the 7 seconds have elapsed all the remaining players can join. If the player takes a shot and does not score they can try again until the ball is cleared out. If the keeper makes the save and



holds onto the ball they can hold for 6 seconds but then must release it.

Other : All other game issues outside of what has been mentioned will follow USSF rules.

3. Misconduct / Card System

3.1. Blue Cards are issued in lieu of a Yellow card. A Blue Card is considered a Temporary Suspension. Players who are issued a Blue Card sit out for 2 minutes and their team plays short. The Referee will signal the player to re-enter the field after the 2 minutes has expired. If a player receives a 2nd Blue Card then a Red Card shall be issued and the team plays short for the remainder of the game. If the number of players falls below the minimum (4), play will not continue and the opposing team will be awarded the win. If the opposing team scores while the team is playing short, the team that is penalized may play at full strength however, the player that is serving the 2-minute penalty must sit the full 2 minutes.

3.1.1. If a Goalkeeper is issued a Blue Card, the team may choose a field player to sit out the penalty. However, a Goalkeeper is required to be on the field.

3.1.2. If a Coach / Player is issued a Blue Card in the bench area the team plays short for 2 minutes. If the coach is penalized any field player can serve the penalty.

3.1.3. Blue Cards will be issued for ANY foul language on the field.

3.1.4. 3 Blue Cards in one season will result in a 1-game suspension. Any blue cards following the 1-game suspension will result in an automatic 1-game suspension.

3.1.5. If a blue card is given in the final minute of play in either half, the referee will be allowed to stop the clock until the restart is taken.

3.2 Red Cards issued will result in immediate suspension from the current



game for the individual and the team will play minus 1-player for the rest of the game. The player receiving the red card must sit for a total of 8 days no matter if they are playing on more than one team. Two red cards in one 8-week session will result in a 16-day suspension. NORTH STAR FC reserves the right to remove anyone from the facility for any duration of time.

3.3 Players or coaches serving a red card suspension are not allowed on the player side until the suspension is complete.

3.2. Verbal abuse of referees by COACHES, MANAGERS, PLAYERS, OR SPECTATORS will not be tolerated. COACHES ARE RESPONSIBLE FOR ALL PEOPLE IN THE BENCH AREA AND MAY BE RESPONSIBLE FOR THE CONDUCT OF THEIR SPECTATORS.

NORTH STAR FC management will do what they feel necessary to control the situation. NORTH STAR FC reserves the right to dismiss anyone from the facility for any duration without a refund.

*** NORTH STAR FC reserves the right to dismiss any player / coach / manager