

**NJCS SOCCER CLUB**  
**OFFICIAL 7v7 MEN'S (40+) INDOOR SOCCER RULES**  
**REVISED OCTOBER 2019**

**Duration of the Game**

The game shall be divided up into two equal periods of 28 minutes each. There will be a 2 minute half time.

**Player eligibility**

For this particular 40 and over league, 3 players are allowed to be over 35. The goalkeeper can be 21 and over. All others must be 40 and over. **NO EXCEPTIONS**. If a teams is found to be in violation upon ID check, the game will end in a forfeit.

**Number of Players**

7 male players per side on the field (includes Goalkeeper)

If a team cannot field the minimum number of 5, a forfeit will be declared. This includes playoffs. If one team must forfeit, game will be played for fun however, waiver must still be signed. A team must have a least 11 players on its roster at the beginning of the season and to claim Championship prizes, discounts, and promos.

**Facilities:**

The following are **PROHIBITED** inside premises

*Alcohol, Pets, fighting.*

**Player Equipment**

**NJ Coed Sports team shirt MUST be worn to all games.**

The goalkeeper must wear colors which distinguish him from the other players, the referee and the referee assistants.. Shin guards and cleats or turf shoes are **REQUIRED**.

**The Start of Play**

Each team must stay in its own half of the field and the defending players must be at least 5 yards from the ball when it is kicked. After a goal, the team scored upon will kick off. After halftime, the teams change ends and the kickoff will be taken by the opposite team to that which started the game.

**NJ Coed Sports Coed Soccer** follows the guidelines of NCAA Soccer with these exceptions:

**SLIDE TACKLING IS NOT ALLOWED – Rules on making contact with the ground**

**We are trying to prevent as many injuries as possible so any type of sliding in the field of play is absolutely prohibited. The whistle will also be blown if you fall to the ground while you are making a play at the ball. Using your hands to touch another player to gain the advantage on a play is NOT ALLOWED.**

## **Substitutions**

**Subs or Guest Player** – A person over the age of 40 who is not a registered player.

**Borrowed player** – A person who is a registered player for another team within the same league.

Subs are allowed during the regular season but are not permitted for the playoffs.

Substitutes must **sign a waiver** and pay a fee of **\$12.00 prior to stepping onto the field.**

**A single person is allowed to sub a maximum of three (3) games per season.**

**A team can borrow up to 2 players from another team maximum in order to meet team minimum on the field.**

**A team may only “borrow” players from another team only if they have less than 6 players or do not meet the minimum of 5. A team “borrowing” can only play with a maximum of 6 players on the field with no substitutions.**

A team may elect to bring “guest players” only to replace a roster player. A team may not exceed the total number of players on their roster when using guest players. A team must have a majority of their team be roster players, you cannot have more subs/borrowed players than roster players on the team otherwise it is considered a forfeit.

### **Failure to have sub meet requirements:**

Captains: Due to legal reasons, allowing your sub to play without having him/her sign the waiver and be identified to a league organizer **prior** to game that they are subbing, will cost that team to forfeit that game.

### **NO SHOW without 24 hour notice:**

A team who simply does not show up without notifying NJ Coed Sports by us at [jay@njcoedsports.com](mailto:jay@njcoedsports.com) 12 hours prior to game time will forfeit that game. Since not showing up takes away from the opposing team due to them showing up only to have no opponent to play against, the forfeiting team will;

- Enter the playoffs at 4<sup>th</sup> place in the event the team makes the playoffs.
- In the event that the team wins the finals, the team will also forfeit their team bar tab.
- The captain of this team will most likely not be allowed to enter another team as the captain for a period of a year. They will however be allowed to play on and for any team for future leagues.

## **Referees**

The referee is responsible for control of the game and his/her decisions regarding facts connected with play are final. Do not disrespect the referee.

## **Tie Game**

During Regular season if a game ends in a tie, a tie will be declared. See ***Tournament Rules*** for tournament tie breaker.

## **Method of Scoring**

A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the cross bar, whether on the ground or in the air.

## **There is no Offside in indoor soccer**

## **Fouls and Misconduct**

### **Fighting or responding to a fight in a violent manner will almost always result in ejection from league, no refund.**

A direct free kick is awarded to the opposing team if a player commits any of the following 6 offenses in a manner considered by the referee to be careless, reckless or using excessive force: (a) kicks, (b) trips, (c) jumps at, (d) charges, (e) strikes, (f) pushes. A direct free kick is also awarded to the opposing team if a player commits any of the following 4 offenses: (g) holds, (h) spits, (i) deliberately handles the ball, or (j) tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.

A penalty kick is awarded if any of the above 10 offenses is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

An indirect free kick is awarded to the opposing team if a player, in the opinion of the referee, commits any of the following offences: (a) dangerous play, (b) impedes the progress of an opponent, or (c) prevents the goalkeeper from releasing the ball from his hands.

An indirect kick will also be awarded if the goalkeeper: (a) takes more than four steps while controlling the ball with his hands, before releasing it, (b) touches the ball again with his hands after it has been released from his possession and has not touched any player, (c) touches the ball with his hands after it has been deliberately kicked to him by a team-mate, (d) touches the ball with his hands after receiving it directly from a throw-in taken by a teammate, or (e) wastes time.

A player is cautioned and given a yellow card if he commits any of the following offences: (a) unsporting behavior, (b) shows dissent by word or action, (c) persistently infringes the Laws of the Game, (d) delays the restart of the game, (e) fails to stand the required distance for a corner kick or a free kick,

A player is sent off and shown the red card if he commits the following offences: (a) guilty of serious foul play, (b) guilty of violent conduct, (c) spits on an opponent or any other person, (d) denies an opponent a goal or an obvious goal-scoring opportunity by deliberately handling the ball, (e) denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick, (f) uses offensive language, or (g) receives a second caution in the same match. **Any player given a yellow card must leave the field for 2 minutes and that team must play down 1 player for that time.**

Yellow – 2 minutes no sub. Direct kick.

2 Yellow Cards in one game results in Red Card

1 Red Card = Ejection from game. May result in 1 or more additional game suspensions depending on severity.

2 Red Cards in one season results in ejection from that league, no refund

**Again: Fighting or responding to a fight in a violent manner will almost always result in ejection from league, no refund.**

### **SPORTSMANSHIP:**

We are all adults, and at NJCS we expect all participants to act like it. Serious unsportsmanlike behavior may result in that player being ejected from the game. An ejection may result in further suspension from participation in current and / or future NJCS sports or events. An ejected player(s) is required to leave the premises immediately – refusal to leave the premises may result in a team forfeit and / or increased length of suspension.

Rules are subject to review and change by NJCS directors following incidences.

### **Free Kick**

Free kicks are classified into two categories: "Direct" (from which a goal can be scored directly against the offending side) and "Indirect" (from which a goal cannot be scored unless the ball has been touched by a player other than the kicker before entering the goal).

For all free kicks the offending team must be at least 5 yards from the ball or the goal line until the ball is kicked.

### **Penalty Kick**

A penalty kick is a direct free kick taken at the penalty mark. All players except the player taking the kick and the goalkeeper must stay outside the penalty area and be at least 5 yards from the ball (hence the arc at the edge of the penalty area).

### **Throw- Ins are Kick-Ins in indoor.**

When the ball has wholly crossed the touchline, it is put back into play by a Kick-in from the spot where it went out and by a player from the opposite team to the player who last touched it. A goal cannot be scored directly from a Kick In.

**Goal Kick**

When the ball has wholly crossed the goal line after being last touched by a player from the attacking team, it is put back into play by a kick from the goal area by the defending team.

**Ball In and Out of Play**

The ball is out of play when (a) it has wholly crossed the goal line or touchline, whether on the ground or in the air, or (b) when the game has been stopped by the referee. The ball is in play at all other times.

**Corner Kick**

When the ball has wholly crossed the goal line after being last touched by a player from the defending team, it is put back into play by a kick by the attacking team from the corner on the side the ball went out.

**Tournament Rules**

The top 4 teams advance to the tournament for single elimination games. If there are two or more teams tied, the team with the best \*goal differential goes to the playoffs. \*(Goals scored minus goals scored against. Highest number of goals between the teams wins)

In the event that two teams are still tied after adding in goal differentials, the next tiebreaker will be head to head play with the winner of the head to head play during the regular season going on to the tournament.

If the teams tied during their regular season game, the next tiebreaker will be the team with the most number of forfeits losses.

If all of the above still end in a tie, then a coin flip will determine the team that will play in the tournament.

If a tie exists at the end of a tournament game the game will be decided by going immediately into Penalty Kicks. Each team will pick 5 players (minimum of 2 females) to kick alternating shots. At the end of the 5 kicks the team with the most points wins. If a tie still persists, single round (call and answer) penalty kicks will take place. The same 5 kickers must be used in the same order in overtime PK's until a winner is decided when a team makes its kick and the other team misses.

All other playoff scenarios that occur will be treated on a case-by-case basis by the NJCS Manager in charge.

The NJCS Manager has the final say on any disputes and will treat each situation in the fairest and most logical way.

Please email Jay Oliva at [jay@njcoedsports.com](mailto:jay@njcoedsports.com) if you have any questions about these rules.