



7 v 7 Coed Indoor Soccer Rules

Revised November 2025

NJ Coed Sports indoor leagues generally follow **FIFA/NCAA rules** with the specific modifications below.

Game Format

- **Teams:** 7 v 7 (6 field players + 1 goalkeeper)
- **Gender Requirement:** Minimum 2 women on the field at all times (not counting the goalkeeper who can be either male or female).
- No more than 5 total men on the field.
- **Minimum to Start:** 5 players. Fewer than 5 = **forfeit**.
- **Game Length:** Two **28-minute halves** with a **2-minute halftime**.
- **Offside:** **No offside** in indoor soccer.

If a team has only **1 female player**, they **may play**, but must **play down one field player** (6 total including GK).

For **playoffs and finals**, teams **cannot use guest players** and may still play with only **1 female**.

Teams must have **at least 11 players** on their roster at the start of the season.

The Mirror Rule

****"Mirror Rule" Exception:**** Teams with fewer than 5 players or no female players may still participate in a "legal" game only if the opposing team faces the same situation. For example, if both teams have no female players or only one female player each, they can play with 7 players total. Additionally, a team is not allowed to remove players from the field to "mirror" the opposing team in order to spare their opponent from a forfeit.

Facilities & Behavior

Prohibited inside the facility:

- Alcohol
- Pets

All players are expected to **clean up after themselves** and respect the facility so that we can continue to host leagues.

Player Equipment

- All players must wear their **assigned team jersey**.
- Goalkeepers must wear colors that **distinguish them** from all other players and referees.
- **Shin guards:** Optional but recommended.
- **Footwear:** Turf shoes recommended. **No sneakers.** Cleats made for grass are **strongly discouraged**.

Start & Restart of Play

- Kickoff is taken from the center spot.
- All players must be in their own half; opponents must be at least **5 yards** from the ball.
- After a goal, the **team that was scored on** takes the kickoff.
- Teams **switch sides at halftime**; the other team takes the second-half kickoff.
- **All free kicks, including kickoffs, are indirect**, except for penalty kicks.

Sliding, Contact & Safety

To reduce injuries:

- **Slide tackling is not allowed** anywhere on the field.
- Any purposeful **sliding or going to ground while challenging for the ball** will be called a foul.

- Using your **hands or arms to grab, push, or hold** an opponent to gain an advantage is not allowed.

Substitutions, Guest & Borrowed Players

Definitions

- **Sub/Guest Player:** A person **21+** who is **not** a registered player in that league.
- **Borrowed Player:** A person who is **already rostered** on another team **in the same league**.

Regular Season

- Subs/guest players **are allowed** in the regular season.
- All subs/guests must:
 - **Sign a waiver**
 - **Pay an \$18 fee**
 - **Be checked in by an NJCS organizer before** stepping on the field
- If a captain allows a sub/guest to play **without a signed waiver and check-in**, the game is an **automatic forfeit** for that team.
- A single player may sub in a maximum of **3 games** per season.
- A team may **borrow up to 2 players** from other teams **only to avoid a forfeit**.
- Borrowed players may **only be used to reach 7 total players**, not to exceed that.
- A team may bring guest players only to **replace** missing roster players and may **not exceed** its roster size.
- A team must always have a **majority of roster players**.
 - If a team uses **more subs/borrowed players than roster players**, the game is a **forfeit**.

Playoffs & Finals

- **No subs, guest players, or borrowed players** are allowed in playoffs or finals.

No-Show & Forfeits

Teams are expected to communicate cancellations.

- Teams must notify NJ Coed Sports at jay@njcoedsports.com at least **12 hours before game time** if they cannot play.
- A team that **does not show up** and **does not provide 12-hour notice** will:
 - Enter the playoffs as the **#4 seed** at best (if they qualify).
 - If they win the finals, they **forfeit their team bar tab**.
 - The captain will **likely be barred from entering another team as captain for one year**, but may still play as a regular player in future leagues.

Referees

- The referee is in **full control** of the game.
- All decisions by the referee regarding play and discipline are **final**.
- **Dissent or disrespect** toward referees will not be tolerated and may result in cards, ejection, or suspension.

Fouls, Cards & Discipline

Standard soccer fouls (kicking, tripping, charging, pushing, holding, deliberate handball, etc.) are enforced.

Yellow Cards

A player may receive a yellow card for:

- Unsporting behavior
- Dissent by word or action
- Persistent infringement of the rules
- Delaying restart of play
- Failing to respect the required distance at free kicks/corner kicks

Yellow Card Penalty

- Player must leave the field for **2 minutes**.
- Team must **play down one player** for that full 2 minutes (no replacement).
- Restart is an **indirect free kick** to the opposing team.

Red Cards

A player may be sent off for:

- Serious foul play
- Violent conduct or fighting
- Spitting on a player or any person
- Denying an obvious goal-scoring opportunity by deliberate handball or foul
- Offensive or abusive language/gestures
- Receiving a **second yellow card** in the same match

Red Card Penalties

- **2 Yellow Cards in one game = Red Card.**
- **1 Red Card:** Ejection from the game + **minimum 1-game suspension** (more if warranted).
- **2 Red Cards in one season:** Ejection from the **league**, no refund.
- **Fighting, or responding to a fight violently**, will almost always result in **ejection from the league with no refund**.

Sportsmanship

We are an **adult recreational league**. NJ Coed Sports expects all participants to:

- Show **respect** toward teammates, opponents, referees, and staff.
- Avoid abusive language, taunting, or intimidation.

Serious unsportsmanlike behavior may result in:

- **Ejection from the game**
- **Suspension** from current and/or future NJCS leagues or events

Any player who is ejected must **leave the premises immediately**. Refusal to leave may result in a **team forfeit** and/or additional suspension.

Free Kicks

- **All free kicks are indirect** (a goal must touch another player before entering the goal).
- Opponents must be at least **5 yards** from the ball.

Penalty Kicks

- The kicker may take only one step to kick. Plant and shoot.
- Awarded for fouls inside a team's own penalty area that would normally result in a direct free kick.
- Taken from the **penalty mark** with only the **kicker and goalkeeper** inside the penalty area.
- All other players must remain **outside the penalty area** and at least **5 yards** from the ball until it is kicked.

Kick-Ins (Throw-Ins)

- Indoor soccer uses **kick-ins instead of throw-ins**.
- When the ball wholly crosses the touchline, the opposing team of the last toucher restarts with a **kick-in** from the spot where it went out.
- A goal **cannot be scored directly** from a kick-in (indirect).

Goal Kicks

- Awarded when the attacking team last touches the ball and it wholly crosses the goal line (not a goal).
- Taken from **inside the goal area** by the defending team.

Corner Kicks

- Awarded when the defending team last touches the ball and it wholly crosses the goal line (not a goal).
- Taken from the **corner** on the side where the ball went out.

Goalkeeper Restrictions

- No Punting or throwing over half on a goal kick.
- The goalkeeper may **not** handle a **deliberate back pass** from a teammate's foot or receive the ball directly from a teammate's kick-in with their hands.
- Violations result in an **indirect free kick** to the opposing team from the spot of the infraction.
- Time-wasting by the goalkeeper may also result in an **indirect free kick**.

Playoffs & Tiebreakers

Playoff formats (Top 4, Top 6, or Top 8) depend on the number of teams and are **single-elimination**. Games may be **shortened** on playoff nights due to multiple matches.

Standings Tiebreakers (Regular Season)

If two or more teams are tied on points, tiebreakers are applied in this order:

1. **Goal Differential** (goals scored – goals conceded)
2. **Head-to-Head Result(s)** between tied teams
3. **Most Goals Scored** over the season
4. **Fewest Forfeit Losses**
5. **Coin Flip** (if still tied)

For multi-team ties, the same criteria are applied across all tied teams until the tie is broken.

Playoff / Finals – Penalty Kicks

If a **playoff or finals** match is tied at the end of regulation:

1. Teams go **directly to penalty kicks**.
2. Each team selects **5 players** (minimum **2 women**) to take alternating kicks.
3. The team with the **most goals after 5 kicks each** wins.
4. If still tied, teams go to **sudden-death penalty kicks**: The **same 5 kickers** must be used in the **same order**.
5. One team scores and the other misses in the same round = game decided.

All other playoff situations will be handled **case-by-case** by the NJCS Manager on site. The NJCS Manager has the **final say** on any disputes and will act in the fairest and most logical way.

Rule Updates & Contact

Rules are **subject to review and change** by NJ Coed Sports directors following incidents or for safety concerns as needed.

For questions or clarifications, please contact:

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