

ADULT INDOOR SOCCER LEAGUE (ISL) AT PINNACLE SPORTS

PLAYING RULES

as of September 29, 2025

The following are the specific rules as they pertain to playing in the Youth Indoor Soccer Leagues at Pinnacle Sports. These rules have been modified for indoor play. The IFAB (FIFA) Laws of the Game (the rules that govern the outdoor game) will be applicable unless altered by the rules herein.

Rule 1—The Field of Play

- a. Indoor Games will be scheduled on one of the three non-boarded rectangular Pinnacle Sports indoor soccer fields.
- b. Fields are designated at Field 1, Field 2 and Baseball Field.

Rule 2—Number of Players and the Ball

- a. All Adult Leagues use a size 5 ball
- b. Team Roster Size: 18 players – all players can dress for a game
- c. **Open Men's and Women's Soccer League:** Six (6) outfield players plus one (1) goalkeeper. Minimum age is 16.
- d. **Men's 30+ Soccer League:** Six (6) outfield players plus one (1) goalkeeper. Minimum age is 30, although each team is permitted to have a maximum of two (2) players aged 28 or older. Players must be 28 or older at the time of the first game of the session.
- e. **Open Co-Ed Soccer League:** Six (6) outfield players, three (3) of which must be female, plus one (1) goalkeeper. Minimum age is 16.
- f. **30+ Co-Ed Soccer League:** Six (6) outfield players, three (3) of which must be female, plus one (1) goalkeeper. Minimum age is 30. Each team is permitted to have a maximum of 2 players aged 28 or older. Players must be 28 at the time of the first game of the session.
- g. Age eligibility is determined using the age of player on the session's first day that division play started.

Rule 3 – Scores, Results & Standings

- a. For scoring purposes, a +/- 6 goal difference will be utilized. Meaning, if the score is 10-0 the result will be recorded as 6-0. If the score is 11-4 the result will be recorded as 10-4.
- b. In the event of a team leading by five goals, the leading team may remove one player from the field. Should the score get within four goals, teams will again play even strength. If the game gets more lopsided (more than five goals), teams can remove an additional player (a maximum of two players).
- c. Standings—Three (3) points for a win, one (1) point for a tie, and zero (0) points for a loss. See ISL Competition Rules for tie breaking procedures.

Rule 4 – Referees

- a. A Referee will oversee each game
- b. The referee fee (\$15 per team per game) is paid directly to the referee prior to the start of the game. Teams should have the exact amount.
- c. If a referee does not show up for a game. The game should go ahead as scheduled and will count towards the standings. The teams involved may agree to use a coach/club member to step in and officiate the game. There will be no reschedules if the referee does not show up

Rule 5—Substitutions

- a. Unlimited substitutions throughout the game.
- b. Substitute Player(s) may enter the field of play provided the Player(s) that are being substituted for are
 - a. Coming off the field of play and are in the bench area; or
 - b. Within three (3) feet of the team's own bench area and are headed to immediately go off the field into the team bench area.
- c. There are no guaranteed substitution times. All substitutions are made on the fly within the designated team bench area.

Rule 6—Player's Equipment

- a. Indoor or outdoor soccer shoes are permitted.
- b. Shin-guards are mandatory for all players.
- c. No jewelry such as chains/necklaces, bracelets, earrings, etc.
- d. All players must wear the same-colored jerseys as their teammates, with a permanent number on the backside of the jersey/t-shirt.
- e. Goalkeeper's jersey must be a different color from both teams' jersey color.

Rule 7—Duration of the Game

- a. All games are 52 minutes running time.
- b. There is no half-time.
- c. Play is extended to permit the taking of a penalty kick or shoot-out.
- d. There is no guaranteed warm-up time on the field prior to your game. Use space outside of the playing fields for warm up where appropriate.
- e. Running time for all injuries. If an injury time out takes longer than five minutes, then the time may be stopped.

Rule 8 – Ball In and Out of Play

- a. When the ball has wholly passed over the goal line or touchline on the ground or in the air; or
- b. When the play is stopped by the Referee.

Rule 9 -- Kick In and Top of Penalty Arc

- a. An Indirect Free Kick restart shall be awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the touchline, on the ground or in the air, as follows:
 - a. A Kick In shall take place from the spot that the ball was last touched except
 - b. When the Ball is played out of play from inside the penalty area the game is restarted with a restart from the Top of the Penalty Arc.
 - i. A restart on a Free Kick from the Top of the Penalty Arc may only occur after Referee whistles to resume play.

Rule 10 -- Corner Kick

- a. A Corner Kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the defending team, and a goal is not scored.
- b. In the Coed Division, all Corner Kicks must be taken by a Female.

Rule 11 -- Goal Kick

- a. A Goal Kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored.

Rule 12 – Ball Striking an Overhead Obstruction

- a. If the ball is touched by a player that hits the ceiling or equipment attached to the ceiling, the game is restarted with a free kick awarded to the opposing team, from the center of the closest dashed line from where the ball was last touched.

Rule 13 —Three-Line Violation

- a. A player is guilty of a three-line violation when a pass, or last touch of the ball crosses the three lines (the two dashed lines and the halfway line) in the air towards the opponent's goal. This is without the ball touching a player from either team.
- b. In the event of a three-line violation the game will restart with a free kick to the opposing team from the center of the first dashed line that the ball crossed.

Rule 14—Fouls, Misconduct, and Time Penalties

- a. Law XII of the IFAB Laws of the Game is applicable with the following modifications:
- b. A foul that warrants more than the calling of a foul shall result in, at a minimum, the issuance of a Blue Card designating a two (2) minute time penalty, or Penalty Kick if offense occurred in the Penalty area, and Yellow card
- c. Any foul committed by the defending team in the Penalty Area shall result in a Penalty kick awarded to the opposing team and the issuance of a Blue Card (a minimum of a two (2) minute time penalty)
- d. Slide tackling is not permitted. Violation shall result in a two (2) minute time penalty.
- e. In situations where a team ends up with Too Many Players on the Field, a two (2) minute team time penalty will be awarded to the opposing team.
- f. Spitting on the playing field or at an opponent shall result in a five (5) minute time penalty, and a Red Card.
- g. Dissent by Player or Team Representative shall result in a two (2) minute time penalty and a Yellow Card.
- h. In situations of Dissent, the restart shall be at the spot of the infringement unless it occurred inside the defending penalty area where the restart shall be at the Top of the Penalty Arc.
- i. A five (5) minute time penalty, shootout or Penalty Kick if offense occurred in the Penalty area, and Red card shall be assessed for:
 - a. Violent Conduct
 - b. Serious Foul Play
 - c. Issuance of a second Yellow Card
 - d. Biting or Spitting at an Opponent
 - e. Spitting on the Field of Play

- f. Using Offensive, Insulting or Abusive Language and/or action(s)
- j. Any player sent or team bench person that receives a Red Card during off a Game must leave the field area and leave the complex.
- k. In situations where a team has a numerical advantage in players and scores a goal during the serving of a two (2) minute penalty, the player serving the penalty may re-enter the game.
- l. In situations where a team has a numerical advantage in players and scores a goal during the serving of a five (5) minute penalty, the player serving the penalty may not re-enter the game until the entire five (5) minute time penalty is served.

Rule 15 – Free Kicks

- a. Opposing players must retreat a minimum of ten (10) feet from the spot of any Free Kick.
- b. Free Kicks are Direct or Indirect as per the IFAB (FIFA) Laws of the Game
- c. All Free Kicks are to be taken within five (5) seconds following a whistle to resume play by the Referee
- d. In the Coed Divisions, all Free Kicks in the attacking half of the field must be taken by a Female.

Rule 16 -- Goalkeeper Restrictions

The following shall result in Direct Free Kick awarded to the opposing team at the top of the penalty area arc:

- a. Hand to Hand Violation by Goalkeeper: If a Goalkeeper who had the ball in control in his/her hands, releases the ball from their hands to be played either by themselves or a teammate, and the goalkeeper is not permitted to handle the ball again unless touched or played by an opponent.
- b. Goalkeepers are not permitted to bounce the ball to themselves.
- c. Pass back to Goalkeeper Rules apply as per outdoor Laws of the Game.
- d. Five-Second Distribution Violation—A Goalkeeper with possession of the ball in their hands or at their feet within their penalty area, must distribute the ball outside their penalty area within five seconds of having received the ball within the penalty area.

Rule 17 – Revisions to Playing Rules

League Management reserves the right to make changes to the Playing Rules at any time. League Management may distribute notice to all teams and post updates on the Pinnacle Sports website.