

ADULT INDOOR SOCCER LEAGUE (ISL) AT PINNACLE SPORTS

PLAYING RULES

as of December 26, 2025

The following are the specific rules as they pertain to playing in the Adult 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:** Five (5) outfield players plus one (1) goalkeeper. Minimum age is 16.
- d. **Open Co-Ed Soccer League:** Six (6) outfield players, three (3) of which must be female, plus one (1) goalkeeper. Minimum age is 16.
- e. Age eligibility is determined using the age of the player on the session's first day that division play started.
- f. The home team provides game ball.

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 losing team may add one player to the field. When the lead goes back to four goals, the losing team returns to full strength.
- 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 (\$16 per team per game) is paid directly to the referee prior to the start of the game. Teams should have the exact amount, the referee will not make change.
- 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 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 and Uniform

- a. Indoor or outdoor soccer shoes are permitted.
- b. Shin-guards are recommended 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, numbers on the back are recommended.
- 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. 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.
- d. 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 fully 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

- a. A kick In shall take place from the spot that the ball went out of play.
- b. All kick ins are indirect

Rule 10 – 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 an indirect free kick awarded to the opposing team, from the center of the closest dashed line from where the ball was last touched.

Rule 11 —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 an indirect free kick to the opposing team from the center of the first dashed line that the ball crossed.

Rule 12 - 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, 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.
- d. Slide tackling is not permitted and will result in a yellow or red card depending on severity of the tackle..
- e. Spitting on the playing field is an automatic red card for the offending player and a 5 minutes team penalty.
- f. Dissent by player or team representative shall result in a yellow card.
- g. In situations of dissent, the restart shall be at the spot of the infringement.
- h. Any player sent or team bench person that receives a red card during a game must leave the field area and leave the complex. The team captain must provide player information.

Rule 13 – Free Kicks

- a. Opposing players must retreat a minimum of five (5) yards 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 14 -- 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 15 – 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.

PINNACLE SPORTS FACILITY RULES & POLICIES

as of November 15, 2025

Use of Pinnacle's indoor and outdoor resources is a privilege, and as a client, we appreciate your understanding that the facility must be kept to a high standard.

We reserve the right to charge a cleaning fee if fields, courts, or other resources are not left in the same quality or state when you arrive at the facility. You must dispose of all trash in trash cans, clean up any spills, keep your athlete's equipment in a neat and organized fashion that does not disrupt traffic flow inside the building.

Movement of any goals and equipment must be carried - pushing or dragging goals is not allowed.

As leaders in sport, you and your athletes will lead by example when it comes to teaching life skills such as appreciation, sportsmanship, and respect outside of the skills that are being taught and practiced on the field. We thank you for your understanding and support on the above concerns as the last thing we want to do is deprive you of the opportunity for future participation or incur fees due to issues.

THANK YOU FOR YOUR COOPERATION!

SYNTHETIC FIELD RULES & POLICIES

Use of Pinnacle's indoor and outdoor resources is a privilege, and as client, we appreciate your understanding that the facility must be kept to a high standard.

- **Approved Equipment** Only
- **No Metal Spikes** - Molded Cleats or Athletic Shoes Only
- **No Sports Drinks** — Water Only
- **No Food, Beverage, Gum, or Sunflower Seeds Allowed**
- **No Smoking or Tobacco Products** of Any Kind
- **No Glass** Bottles or Glass Containers of Any Kind
- **No Sharp Objects** (Tent Stakes, Corner Flags, or Chairs, or Other Objects that can penetrate the surface of the field.
- **No Chairs** Inside of the Netting/Boards or on the Playing Field
- **No Pets** of Any Kind
- **No Spectators Inside** of the Netting/Boards
- **Only Players, Coaches, and Referees are permitted on the field**
- **No Dragging or Pushing** of goals on the surface of the field. Goals must be carried.
- **No Spitting** (automatic red card and removal from facility)
- **No Music with profanity** permitted

**PLEASE DISPOSE OF ALL TRASH INTO PROPER CONTAINERS
THANK YOU FOR YOUR COOPERATION!**