ADULT INDOOR SOCCER LEAGUE AT PINNACLE SPORTS

PLAYING RULES

as of November 5, 2026

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

1.01 Indoor Fields

Indoor Games will be scheduled on one of the three non-boarded rectangular Pinnacle Sports indoor soccer fields.

1.02 Field Designations

Fields are designated as Field 1, Field 2 and Baseball Field.

RULE 2. NUMBER OF PLAYERS AND THE BALL

2.01 Ball Size

All Adult Leagues use a size 5 ball.

2.02 Team Roster Size

Team Roster Size: 18 players – all players can dress for a game.

2.03 Open Men's and Women's Divisions

Five (5) outfield players plus one (1) goalkeeper. Minimum age is 18.

2.04 Open Co-Ed Division

Six (6) outfield players, three (3) of which must be female on the field at all times, plus one (1) goalkeeper. Goalkeepers can be male or female, but GK does not count towards the minimum females on the field. Minimum age is 18.

2.05 Age Eligibility

Age eligibility is determined using the age of the player on the session's first day that division play started.

2.06 Game Ball

The home team is the first team listed on the game sheet/scorecard and on the Dash/Daysmart game matchup. The home team provides the game ball. In case of a same-color (color conflict) jersey, the home team must change their jersey color.

RULE 3. SCORES, RESULTS & STANDINGS

3.01 Goal Differential Cap

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.

3.02 Mercy Rule (Player Addition)

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.

3.03 League Standings

Three (3) points for a win, one (1) point for a tie, and zero (0) points for a loss. See Indoor Soccer League Competition Rules for tie-breaking procedures.

RULE 4. REFEREES

4.01 Game Official

A Referee will oversee each game.

4.02 Payment of Referee

The referee fee ($18 per team per game) is paid directly to the referee prior to the start of the game. Teams must have the exact amount; the referee will not make change.

4.03 Referee No Show

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

5.01 Substitution Limits

Unlimited substitutions throughout the game.

5.02 Substitution Procedure

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.

5.03 Substitution Timing

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

6.01 Footwear

Indoor or outdoor soccer shoes are permitted.

6.02 Shin Guards

Shin-guards are recommended for all players.

6.03 Jewelry

We strongly recommend that no jewelry such as chains/necklaces, watches, bracelets, earrings, etc. are not worn during league play.

6.04 Team Jerseys

All players must wear the same-colored jerseys as their teammates; numbers on the back are recommended. In case of a same-color (color conflict) jersey, the home team must change their jersey color. The home team is the first team listed on the game sheet/scorecard and on the Dash/Daysmart game matchup.

6.05 Goalkeeper Jersey

The Goalkeeper's jersey must be a different color from both teams' jersey color.

RULE 7. DURATION OF THE GAME

7.01 Game Length

A. All games are 52 minutes running time.
B. Playoff Games (if tied after regulation) will have 5-minutes golden goal followed by penalty kicks.
C. For COED Leagues, First kick is to be taken by a female, rotate thereafter: female, male, female, male, etc.

7.02 Half-Time

There is no half-time.

7.03 Warm-Up Time

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.

7.04 Injury Stoppage

Running time for all injuries. If an injury timeout takes longer than five minutes, then the time may be stopped.

RULE 8. BALL IN AND OUT OF PLAY

8.01 Out of Bounds Conditions

The ball is out of play:

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

RULE 9. KICK-IN

9.01 Location of Restart

A Kick-In shall take place from the spot that the ball exited the field of play.

9.02 Kick-In Type

All kick-ins are indirect.

RULE 10. BALL STRIKING AN OVERHEAD OBSTRUCTION

10.01 Overhead Obstruction Restart

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

11.01 Definition

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 without the ball touching a player from either team.

11.02 Restart

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

12.01 Outdoor Rules Applicable

Law XII of the IFAB Laws of the Game is applicable with the following modifications:

12.02 Severe Fouls & Penalty Area Offenses

A foul that warrants more than the calling of a foul shall result in, at a minimum, a Penalty Kick if the offense occurred in the Penalty area, and a Yellow card.

12.03 Defending Fouls in Penalty Area

Any foul committed by the defending team in the Penalty Area shall result in a Penalty Kick awarded to the opposing team.

12.04 Slide Tackling

Slide tackling is not permitted and will result in a yellow or red card depending on the severity of the tackle.

12.05 Spitting

Spitting on the playing field is an automatic red card for the offending player and a 5-minute team penalty.

12.06 Dissent

Dissent by a player or team representative shall result in a yellow card.

12.07 Dissent Restart Location

In situations of dissent, the restart shall be at the spot of the infringement.

12.08 Red Card Ejection Protocol

Any player 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

13.01 Defensive Distance

Opposing players must retreat a minimum of five (5) yards from the spot of any Free Kick.

13.02 Free Kick Types

Free Kicks are Direct or Indirect as per the IFAB (FIFA) Laws of the Game.

13.03 Five-Second Whistle Rule

All Free Kicks are to be taken within five (5) seconds following a whistle to resume play by the Referee.

13.04 Co-Ed Attacking Half Restriction

In the Coed Divisions, all Free Kicks in the attacking half of the field must be taken by a female player or the ball must be played back to the defensive third of the attacking team.

RULE 14. GOALKEEPER RESTRICTIONS

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

14.01 Hand-to-Hand Violation

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, the goalkeeper is not permitted to handle the ball again unless touched or played by an opponent.

14.02 Bouncing Prohibition

Goalkeepers are not permitted to bounce the ball to themselves.

14.03 Pass Back Rule

Pass back to Goalkeeper Rules apply as per outdoor Laws of the Game.

14.04 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

15.01 Revisions

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

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 I**nside 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