



Outdoor Soccer Rules and Regulations of Play

FIELD

- There is a total field length of 85 yards from end line to end line, and a total width of 40 yards from sideline to sideline.

EQUIPMENT

- Athletic shoes are required. Rubber soccer cleats are allowed on the turf field. Screw-ins and metal cleats are not allowed.
- All players must wear shin guards when on the field.
- The soccer ball will be FIFA-approved.

TEAM AND PLAYERS

- All players must be at least 20 years of age to participate, adequately and currently health insured, and registered with NIS, including full completion of the registration process.
- A player may only sign up for one team per league but may sign up for multiple leagues per season.
- Teams consist of 8 players on the field with other team members as substitutes. All players must be in uniform.
- Any fully registered player who has received a team shirt and does not wear it the day of the game can be asked for photo ID during check in.
- During playoffs if a fully registered player does not have their correct team shirt on the opposing captain may choose to not allow them to play.
- If the opposing captain does not permit the player to play because of not having his/her t-shirt, that player can pay the sub fee and play if they have participated in 3 regular season games.
- Teams must field at least five (5) and no more than eight (8) players; the 5th player must play the position of goalie.
- Co-ed teams are permitted; however, at least 1 female must participate at the start of each game.
- Only the Captain may dispute calls with the Head Referee. A team Captain may raise protest with the Referee but will accept the Head Referee's final ruling.
- A team must field at least 4 of its own players to begin a game.
- Substitute players must sign a waiver prior to playing and pay the \$10/night fee the night of the game. Any substitute who plays in at least 3 regular season games is eligible for playoffs.
- If a team is short players for a playoff game and no sub has qualified by playing in 3 regular season games, the captain may ask the opposing captain for approval of subs. This is up to the opposing captains discretion. If he/she approves an email must be sent to NIS prior to arriving at the game.
- A team may bring a female sub during the playoffs to get to the minimum of 2 females without the other captains approval if the female is not currently fully registered in the league. If the female sub is from another team in the league then she must be approved by the other captain. This rule is in place so that no playoff team receives an automatic out during the playoffs.

ROSTER REQUIREMENTS

- Captains will submit an official team roster to NIS prior to the first night of the session. Roster changes are allowed up until the end of the third week of play. After the third week, no new names may be added to a team's roster. Only players on the roster will be eligible to play.
- If a team is short the minimum number of fully registered players by the start of their game for week 1 they will automatically forfeit that game. They may still play but will receive a loss in the standings. This rule applies for week 2, 3, 4, and 5 as well.
- If a team is still short the minimum number of fully registered players at the end of their week 5 game (end of the regular season) the teams season will end and will be removed from the final 3 weeks of the league schedule.
- Captains will forfeit his/her free season/credit if this occurs.

GAME PLAY

REGULATION GAMES

- Regulation games last 56 minutes, 2-28 minute halves with a 1-minute half time.
- Teams must have at least five (6) males and two (2) females present and ready to play at the scheduled game time to field a full team.
- If fielding just 1 female, the team may only have a maximum of 7 people on the field.
- Teams that don't meet the minimum roster requirements to start a game will receive the following penalty: 5 minutes late – 1 goal, 10 minutes late – 2 goals, 15 minutes – forfeit and the game will be played for fun.
- A team playing a non-registered person or a person not registered on that team will forfeit that game.

KICKOFF

- Consists of the ball being placed at midfield. The ball must complete 1 full forward rotation before being touched by another player.

GOALKEEPERS

- Goalies may **NOT** throw the ball over the midfield line.
- Goalies are **NOT** allowed to slide tackle at any time.
- Goalies may kick the ball over half field after they catch or parry a shot.
- The goalkeeper may **NOT** handle the ball if it has been intentionally kicked or thrown to him/her by a teammate.
- The goalkeeper may not punt or dropkick the ball at any time.
- From the moment the goalkeeper takes control of the ball with his/her hands, he/she will be penalized for holding or bouncing the ball for more than 6 seconds. *Penalty - Indirect kick.*

OUT OF BOUNDS

- The ball is out when it has entirely crossed the sideline or end line.

OFFSIDES

- There is no offsides in outdoor soccer.

SLIDE TACKLING

- Slide Tackling is not allowed. This includes slide tackling by goalies.
- Intentional slide tackles will result in a direct kick being awarded to the opposing team at the point of the infraction. Multiple violations will result in a yellow card to the offending player and possible ejection from the game (red card).

THROW INS

- There are no thrown ins. Balls will be kicked in.
- Defenders must give their opponent 5 feet to put the ball in play.
- Attackers have 5 seconds to get the ball in play.
- Goalies may not throw the ball over the midfield line.

PENALTIES/FREE KICKS

- All free kicks outside the goal box will be indirect kicks.
- Goal kicks can cross the halfway line on the fly.
- Defenders must give their opponent 5 feet to put the ball in play on all free kicks and corner kicks.
- Attackers have 5 seconds to get the ball in play.

PENALTY SHOTS

- All other players must be outside the box and behind the ball prior to the kick being taken.
- If there is an infringement by the defending team and the goal is scored, the goal will count. If the goal is not scored, there will be a re-kick.
- If there is an infringement by the attacking team and the goal is scored, the goal will not count and the kick shall be retaken. If the goal is not scored, there is no re-kick.

INJURY AND SUBSTITUTIONS

- In cases of injury or illness, a time-out may be requested for participant removal and replacement with a substitute of the same gender.
- The clock will stop for all injuries. Any injury time will not be added on at the end of the game.

SUBSTITUTIONS

- Teams may substitute “on the fly.” All subs must enter at midfield. There is no limit on the amount of substitutions per team/per game. *NOTE: In order to substitute a player, the original player must be off the court/field before the new player enters the field of play. Any violation of this rule will result in a two-minute penalty where the team must play a man down.*
- In playoffs, no non-roster players will be allowed to play, unless they have subbed at least 3 regular-season games or he/she is approved by the opposing captain.

WINNING THE GAME

- The team that has more goals at the end of regulation will win the game.
- There will be no overtime during the regular season. All games with a tie score at the end of regulation will end as a tie.
- During the playoffs any game ending in a tie will go to a best of 5 shootout. Alternating male/female.

OFFICIALS

REFEREES

- Games must be officiated by a NIS Head Referee. When available, there will be at least two referees for each game. The Head Referee governs all game play and issues all final rulings.
- Referees have jurisdiction over play and may:
 - Call a time out, call off a game due to inappropriate behavior, or any other cause at the referee's discretion.
 - Penalize a player, including game ejection, for any reason. This includes, but is not limited to, un-sportsman like conduct, fighting, delay of game, and excessive verbal abuse. Ejected participants must leave the field area and may not return to the game.

YELLOW/RED CARDS

- **Yellow card** will be issued for dangerous uncontrolled play, verbal abuse, etc., anything short of warranting an ejection. Yellow card penalties are 5-minutes in duration. If during the 5-minute penalty, the opposition is awarded a goal, the penalized team may return to full strength, but the penalized player may not return until the 5-minute penalty has expired.
- **Red card** will be issued after a 2nd Yellow Card has been given and for verbal or physical threats, fighting, seriously dangerous or violent play. Players receiving a red card are automatically ejected from the game. Any ejection will result in a 1-game suspension. Second ejection results in league suspension.

PLAYOFFS

- All roster players are allowed to participate in the playoffs.
- Photo ID, Facebook Page, or Email from NIS sent to the player will be required for check-in during the playoffs.
- All teams will make the playoffs in a 4, 5, 6, and 8-team league. In a 7-team league the top 3 teams will make the playoffs. The number of teams who make the playoffs in leagues with a total number of teams above 8 will vary.
- Final standings and team position for playoffs will be determined in this order: Win/Loss Record, Score Differential, Head to Head (if applies), Points/Runs Allowed, Points/Runs Scored.
- Substitutes may participate in the playoffs if they have participated in at least 3 regular season games or if they are approved by the opposing captain. Subs will have to play the weekly fee to participate in the playoffs as well.

FORFEITING

Forfeit is strongly discouraged. Your teammates and opponents count on you to have a full team and competitive game. Each team must have at least 5 players, including 1 female to start a game.

FORFEITING IN ADVANCE:

- If a team knows in advance that it is going to forfeit and not show up, a team member must contact NIS by 12:00 pm the day before the game. If NIS is notified on time, the team will be given losses for all scheduled matches but no further penalty.
- If a voicemail message is left or an e-mail sent, it is not considered notification unless a reply to the team is received. Failure to do so will result in forfeiting all matches, and the team will be ineligible for league playoffs and/or removed from the remainder of the schedule.

- Any team that does not notify NIS in advance of their scheduled game or at all will need to provide one full-rate individual deposit for the next season/sport they register for.

FORFEITING AT GAME TIME/AFTER 12:00 PM DAY BEFORE:

- Any team that forfeits after 12:00 pm the day before the game will be assessed a \$50 fee that will be given directly to their opponent and removed from the remainder of the league schedule. This money will go directly to the team which did not receive notice that they would not have an opponent that given night. All participants are expected to be able to make arrangements for subs or to notify NIS prior to 12:00 pm about their plans to participate in that week's games.
- Captains will forfeit his/her free season/credit if this occurs.
- If a team shows up short players, the remaining members who are present should mix with the opponent and play a scrimmage. The team will not be penalized if this occurs. At least 5 players from the team must be present for this to apply
- If a team doesn't show up at all, has no members present, and doesn't notify NIS by game time they will be removed from the schedule for the remainder of the season.

REFUNDS

Refunds are not provided once the season begins or day the season is scheduled to start. If you need a refund because you are unable to play prior to the season we are very happy to reimburse you for your registration as follows:

- Up to 2 Weeks Prior to League Start: FULL REFUND (minus \$10 processing fee)
- Up to 1 Week Prior to League Start: REGISTRATION MINUS \$20
- Less than a week until League Start through the Season: Refunds Not Available. Credit available for a future season if no longer to play due to injury.

Sportsmanship and FUN!!

Above all, this league is for FUN and the enjoyment of all those involved. NIS and its officials will eject/expel players for inappropriate behavior. In addition, NIS will remove any players and/or teams who cannot adhere to its policies and standards without refund.