

Ocean City Recreation and Parks
Sunday Indoor Soccer League Rules
2021-2022 Season

The Ocean City Sunday Indoor Soccer League Rules are based on the Youth and Amateur Edition of the United States Indoor Soccer Association. The US Indoor Soccer Association Rule Book addresses any rule not specifically covered in this handout. If you would like a copy of this book go to <http://www.usindoor.com/>.

Eligibility and Team Composition

1. To participate in the High School League you must be enrolled in high school or a rising high school player.
2. Teams are limited to 18 players and 2 coaches per roster. Only these players and coaches may be in the bench area. (Penalty: Ejection of offender, 5-minute non-releasable power play for opponents).
3. A preliminary team roster will be due the first day of games. All league rosters are **Open** throughout the season. For the late additions they must be put on the roster before they are allowed to play though.
4. To be eligible for playoffs the player will have needed to be here for at least half of the regular season games.
5. All team coaches need to be 25 years old or older.

Game Fundamentals

1. All divisions play 5 on 5 (including the keeper). Teams must have a minimum of 5 players at all times.
2. Teams may borrow players from other Sunday Soccer league teams only to get to a minimum of 8 players for a game. During the regular season only.
3. All players **must** wear shin guards.
4. The game has 2, 20-minute halves.
5. Each team has 1, 45-second timeout per game. This timeout may be called only during a dead ball or when their goalkeeper is in possession.
6. During the regular season, games ending in a tie score will be recorded as a tie.

Playing Rules

1. Any ball that leaves the playing area, hits the netting above the dasher walls, strikes the ceiling, or contacts the divider curtain is out of bounds. Play will be restarted with a free kick or goalkeeper distribution as appropriate.
2. Goalkeeper distribution is a restart method in which the goalkeeper may throw or punt the ball. It is used when an attacking player last touches a ball before it goes out of bounds between the corner marks.
3. Any ball striking a lowered basketball standard is **inbounds**.
4. All restart kicks are direct and must be made within 5 seconds of the officials whistle.
5. For all out of bounds restarts there shall be 2 whistles, one to stop play and one to start play. This allows for a guaranteed substitution. If a team is attempting to delay the game by utilizing this rule the officials have the authority disallow the substitution. Substitutions may also be made “on the fly.”
6. There are no offsides.
7. Slide tackling is illegal. Goalkeepers may slide in order to protect the goal.
8. Changes in goalkeepers must be reported to the officials during a stoppage of play.
9. Any ball striking or flying over the gym partition (curtain) is out of bounds.
10. Kickoffs in the East Gym will occur from the top of the goal box. In the West Gym kickoffs will be from Mid-Court.
11. Guaranteed substitutions are not allowed in the last two minutes of the second half.
12. Running full speed into the dasher walls and/or breaking ceiling insulation can both be cited as “damage to the facility” and penalty time may be assessed.
13. Goalkeeper possession is relative to the position of the ball, not the person.
14. For all restarts a minimum of 10 feet of space must be given by the defense.

15. The goalkeeper must play the ball within 5 seconds of gaining control with his/her hands.
16. The goalkeeper may not handle a ball that is passed back by a teammate.
17. If a team leads by 10 goals at any point in the second half, the game is over (mercy rule).
18. The officials have the authority to rule on any point not covered by these rules or the US Indoor Soccer Youth and Amateur Rule Book.

Fouls and Misconduct

1. Any penalty of two minutes shall be served by the offender and will terminate if the opposing team should score. Penalties of 5 minutes shall be served in their entirety regardless of the number of times the opponent scores.
2. Fouls against the official (e.g. dissent, cursing at officials) shall not result in a powerplay but the offender shall serve the full penalty time.
3. A field player shall serve penalty time charged to the goalkeeper unless the official rules the foul to be flagrant in nature. In those cases the goalkeeper shall serve his/her penalty time.
4. Unsportsmanlike conduct from the coach/bench shall result in team penalty.
5. If, during the season, a player accumulates 4 blue, 1 yellow and 2 blue, or 2 yellow cards he/she shall sit out their team's next contest.
6. An ejection (red card) results in the offender being ineligible to participate in the current game and at least one subsequent game. A member of the offender's team shall serve a 5-minute non-releasable penalty. Following the 5-minute powerplay the team will be back to full strength. The offender's team does not play down for the entire contest (except when the ejection occurs with less than 5 minutes remaining in the contest).
7. The League Director will inform ejected personnel by the Wednesday following the contest of their total suspension (minimum one additional contest)

Playoff Information

1. All teams deemed eligible by the League Director shall make the playoffs (some divisions are limited to a final only).
2. All players will be required to play in **half** of the league games to be eligible for playoffs.
3. Teams may not borrow players from other Sunday Soccer League teams for playoff games.
4. The playoffs shall be single elimination.
5. Playoff games ending in a tie will have a 5-minute golden goal overtime period. If the game remains tied a penalty kick shootout will be used to determine the winner.
6. In the penalty kick shootout each team will select 5 players. From those 5, 3 will be selected to shoot. Each team will also designate a goalkeeper. This keeper shall not be changed unless injured. After each team has taken 3 shots the team with the most goals shall be declared the winner. If we are still tied then we go into sudden death with the other 2 players selected. Once all 5 players have shot then we shall start again with the first shooter. (The goalkeeper may be selected to shoot.) Teams will be seeded in the playoffs by regular season record.
7. The following tiebreakers will be used when necessary.
 - A. Head to Head competition.
 - B. Fewest Goals allowed.
 - C. Plus/minus goal ratio.
 - D. Coin Flip.

**ALL PLAYERS, COACHES, AND SPECTATORS ARE REMINDED THAT WHILE
COMPETITIVE THIS LEAGUE IS FOR FUN!!!!!!!!!!**