

Ocean City Recreation and Parks  
Adult Indoor Soccer League Rules  
2023-2024 Season

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The Ocean City Adult 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. Players must be a minimum of 18 years of age prior to participating. For O30 your age is determined as of 12/31/2023. O30 teams may have 3 players on their roster who are at least 24 years of age or older.
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. Players must participate in a minimum of ½ a team's scheduled games to be playoff eligible. Players must check in with the scorekeeper each game. It is the player's responsibility to complete this.
4. League rosters are open but may not exceed the maximum number of players.

### Game Fundamentals

1. Teams must have a minimum of 4 players at all times.
  - a. West Gym: 6v6
  - b. East Gym: 5v5
2. Shin guards are **HIGHLY RECOMMENDED** for all players.
3. All team members should wear matching colored uniforms/shirts with a 6" (minimum) number.
4. The game has 2, 20-minute running clock halves unless the criteria of the below rule #6 are met.
5. In the final two minutes of the second half or overtime the clock shall stop on all whistles when the difference in score is two goals or less.
6. Each team has 1, 45-second timeout per game. This timeout may be called when in team possession only during a dead ball (which can include any restart i.e. Net ball or foul) or when their goalkeeper is in possession.
7. 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." Substitutions made in the last 2 minutes of the game, are not guaranteed. If a team chooses to sub, they must do so on "the fly" or when a time out has been properly called.
6. There are no offsides.
7. Slide tackling is illegal. A slide tackle is defined as a defensive move to dispossess an attacker from the ball. Goalkeepers may slide within the penalty area 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. 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.
12. Goalkeeper possession is relative to the position of the ball, not the person.
13. For all restarts a minimum of 10 feet of space must be given by the defense.
14. The goalkeeper must play the ball within 5 seconds of gaining control with his/her hands.
15. The goalkeeper may not handle a ball that is deliberately passed back by a teammate. To be considered a pass back, it must be (1) deliberate, (2) with the foot or any part of the foot, (3) and last played by a teammate.
16. If a team leads by 10 goals at any point in the second half, the game is over (mercy rule).
17. 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 (blue card) shall be served by the offender and will terminate if the opposing team should score. Penalties of 5 minutes (red card) shall be served in their entirety regardless of the number of times the opponent scores.
2. Fouls against the official (e.g. dissent) will result in a 2-minute non-releasable power play.
3. When players from both teams receive blue cards at the same time both players shall serve the entire penalty time and both teams shall play short regardless of any goals scored.
4. 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.
5. Unsportsmanlike conduct from the coach/bench shall result in a 2-minute non-releasable power play for which a field player will serve the penalty and the team will play shorthanded for the 2 minutes.
6. Players and coaches may not participate or be within the bench area while intoxicated. Drunk and/or disorderly conduct will be subject to game ejection and league suspension.
7. A player who accumulates three blue cards in one game shall be ejected (red card).
8. If, during the season, a player accumulates 5 blue cards he/she shall sit out their team’s next contest.
9. 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).
10. The League Director will inform ejected personnel by the Wednesday following the contest of their total suspension (minimum one additional contest). The *OCRP Player Conduct Guide* will be utilized

### Playoff Information

1. All teams deemed eligible by the League Director shall make the playoffs. (Maximum 8 Team Playoff)
2. The playoffs shall be single elimination.
3. 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.
4. In the penalty kick shootout each team will select 5 players for the shoot-out. Each team will also designate a goalkeeper. This keeper shall not be changed unless injured. Once all 5 players have shot then we shall start again with the first shooter. (The goalkeeper may be selected to shoot.)
5. Teams will be seeded in the playoffs by awarded points. Three for a win, 1 for a tie, 0 for a loss.
6. 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.