

GAME RULES

SOCCER – INDOOR 7 v 7

BEDFORD, BRIGHTON, WINCHESTER

EQUIPMENT

- 1) BSSC will provide each team player with a team t-shirt of a designated color. Each player is required to wear that shirt or a shirt of the same color to each game. ALWAYS BRING AN EXTRA WHITE T-SHIRT IN CASE YOU PLAY A TEAM WITH A SIMILAR SHIRT COLOR.
- 2) BSSC will provide 1 game ball per team. Each team must always bring at least 1 game ball to each game.
- 3) Shin guards are mandatory. No exceptions!
- 4) Players may not wear loose or bulky jewelry (ex: hoop earrings, large rings, watches, loose neck chains, and bracelets). Wedding bands are OK.

PLAYERS & ROSTERS

- 1) There can be any number of players on a team roster, and rosters are open to players of all gender identities and expressions. A team on the field shall consist of not more than 7 players (6 field players & 1 goalie), with the following requirements:
 - a) **COED LEAGUES.** For coed soccer, rosters must have a minimum of 2 players who identify as women (“female players”). After this minimum is satisfied, all other roster spots are open to any gender. One female player is required to be on the field at the start of the game. No more than 5 male players may be on the field at any one time. If a team does not have at least 1 female player in a total of 4 players to start, that team shall forfeit the match. The forfeiting team is responsible for paying both teams’ ref fees and the game shall be played as a scrimmage with a referee.
 - b) **MEN’S & WOMEN’S LEAGUES.** For men’s soccer, rosters are open to only players who identify as men (“male players”). For women’s soccer, rosters are open to only players who identify as women (“female players”). Four players are required to be on the field at the start of the game to avoid forfeiting. The forfeiting team is responsible for paying both teams’ ref fees and the game shall be played as a scrimmage with a referee.
- 2) All players must be listed on the online roster and have signed the online digital waiver in order to be eligible to play.
- 3) Rosters are open throughout the entire regular season. Any player that plays on your team, even if just a sub, needs to be listed on the online roster.
- 4) **PROTESTING.** If your team thinks that an illegal player was used, the opponent picked up too many people, and/or neglected to inform you & the referee, you must bring it to the attention of the referee BEFORE the game is over. The referee will note the protest and talk to the opposing team after the game. The referee will NOT make a decision on the protest, but will gather information and forward to BSSC, so the Program Manager can determine the appropriate action.

DURATION OF GAME

- 1) Two 25-minute halves, running clock.
- 2) No Grace Period. Games start and end on time. The clock will start whether team is ready or not. Be dressed and warmed up at least 15 minutes before scheduled game.
- 3) The clock will run during player injuries.
- 4) **HALFTIME.** No more than 3 minutes and no less than 1 minute.
- 5) No timeouts.
- 6) Regular season games ending in a tie will remain a tie.
- 7) **PLAYOFFS OVERTIME.** See “Playoffs” section below.

ISSUES OUT AT LOCATION

- 1) **Problems At the Field/Gym** - For any issues during non-business hours (on weekends or after 5pm on weekdays), please call our After Hours Hotline (**617-462-8844**) to get in touch with a BSSC Rep.

Reasons for this may include, but are not limited to:

- a) **Another group on the field/gym** - BSSC has permits for all fields/gyms in use. If there is an issue, call the after hours hotline. Sometimes fields get accidentally double booked, please let the referee handle the other group.
- b) **Lights not turning on, or going out early** - While most fields have their lights on a timer, some are required to be turned on manually. Usually they go on 30 minutes before sunset. If there is an issue, call the after hours hotline
- c) **Referee not present** - If the referee has not arrived by game time, please call the After Hours Hotline and we will get someone there ASAP. We may ask you to start your game without them. (Teams should use the honor system to call the game until a referee arrives.)
- d) **No opponent present** - Scheduling mistakes, while rare, do happen. If nobody from the opposing team has arrived by game time, they may have misread the schedule and/or be at the incorrect field. Call the After Hours Hotline and we will try to contact them. Do not leave until BSSC has reached out to your opponent.

BALL IN & OUT OF PLAY

- 1) Ball is out of play when the ball has traveled beyond the sideline → Indirect Free Kick. **NO THROW-INS!**
- 2) Ball travels beyond the goal line → Corner Kick.
- 3) Corner Kicks & Kick Off = Indirect Kick.
- 4) Ball is in play at all other times from the start of the game to the finish, including: If it rebounds off the referee when they are on the field of play or in the event of an alleged infringement of the rules. Play the whistle!
- 5) Players must stand at least 5 yards away from the kicker on any indirect/direct kicks.
- 6) **Goal Kicks**. The ball must be stationary and is kicked from any point within the goal area by a player of the defending team. The ball is in play when it is kicked and clearly moves.
- 7) **OVERHEAD OBSTRUCTIONS**. If balls hit any overhead obstruction, the ball is moved to the nearest side and played in as a kick-in by the other team.

METHODS OF SCORING

- 1) A goal is scored when the entire ball hits inside the boundaries of the goal. The official will designate a goal has been scored by blowing the whistle and pointing to the center circle for a restart.
- 2) A goal may not be scored directly off of a kickoff unless touched by more than one person. Kickoffs are indirect and must be touched by more than one person before a goal can be awarded.

FOULS & MISCONDUCT

- 1) A **foul** occurs if a player:
 - a) Holds an opponent,
 - b) Handles the ball,
 - c) Dangerous manner (e.g. attempting to kick the ball while held by goalkeeper),
 - d) Prevents the goalie from releasing the ball from his hands

And when a player commits the following in a manner that the ref considers careless, serious, reckless, or involving excessive force:

- e) Intentionally or attempts to kick or trip an opponent,
 - f) Jump at, charge at, strike or elbows an opponent,
 - g) Pushes opponent
- 2) All fouls shall be penalized by awarding a Direct Free Kick. A defensive player (s) must stand 5 yards away from all kicks.
 - 3) Should a player intentionally commit one of these offenses within their own penalty area, it will result in a Penalty Kick. **All Penalty Kicks shall be 9 yards from the goal. To ensure player safety, players can use a maximum of 3 yards in the run up for a penalty kick.**

- 4) The following offenses are penalized with a Blue Card, Yellow Card, Red Card and a Direct Free Kick is awarded at the point of infringement:
 - a) playing in a manner considered dangerous,
 - b) slide tackling, or sliding to play the ball,
 - c) bicycle kicks,
 - d) intentional hand balls,
 - e) kicking a ball wildly out of play,
 - f) foul or abusive language,
 - g) encroachment

SERVING PENALTIES

- 1) A player who commits an offense and is penalized shall serve the penalty in full, even if the opposition scores. The referee will notify the opponent when it has been served.
- 2) Flagrant or intentional offenses which occur during the final two minutes of regulation or overtime, will result in automatic ejection from the game, and an additional one-game suspension.
- 3) Any ejection will result in a one-game suspension. Second ejection results in league suspension.
- 4) **BLUE CARD:**
 - a) **OFFENSE.** A player who commits a minor offense (i.e. slide tackling, obstruction, cursing).
 - b) **PENALTY.** Offending player is penalized 2-minutes and team must play a player down. If during the 2-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 2-minute penalty has expired.
- 5) **YELLOW CARD:**
 - a) **OFFENSE.** 2nd blue card or more severe penalty (i.e. dangerous uncontrolled play, verbal abuse), short of warranting an ejection will result in a Yellow Card.
 - b) **PENALTY.** Offending player is penalized 4-minutes and team must play a player down. If during the 4-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 4-minute penalty has expired.
- 6) **RED CARD:**
 - a) **OFFENSE.** Major/serious offenses (3rd blue, 2nd yellow, verbal or physical threats, fighting, seriously dangerous or violent play) will result in a Red card, an unconditional 5-minute penalty.
 - b) **PENALTY.** Players receiving a Red Card are automatically ejected from the game and must leave the field. Any ejection will result in a MINIMUM one-game suspension. Second ejection results in league suspension. During a 5-minute penalty, the penalized team may not return to full strength until the penalty time has expired, no matter how many goals the opposition may score. Flagrant or intentional offenses, which occur during the final two minutes of regulation or overtime, will result in automatic ejection from the game, and an additional one-game suspension.

GOALIE RESTRICTIONS

- 1) Goalie must wear a shirt that is a different color from both teams.
- 2) Goalie throws must hit the floor or player before crossing the midfield line → Indirect Free Kick will be awarded to the opposing team at the midfield.
- 3) Goalies may not touch or pick up any ball which they dribble into penalty area → Indirect Free Kick
- 4) Goalie is not allowed to drop kick or punt the ball → Indirect Free Kick
- 5) Goalie has 6 seconds to distribute the ball after gaining control → Indirect Free Kick
- 6) Goalies cannot handle a ball that has been directed with a foot by a teammate (**standard pass back rules apply**) → Indirect Free Kick on the edge of the goalie box, closest to where the infraction occurred.

- 7) Goalies cannot dribble ball out of goalie box and then back in → Indirect Free Kick on the edge of the goalie box, closest to where the infraction occurred.
 - a) **Bedford, Brighton:** Goalie box extends the entire width of the field.
- 8) Goalies are allowed to slide to play the ball within goalie box as long as it's not in a dangerous manner.

MISCELLANEOUS INTERPRETATIONS

- 1) Shin guards are mandatory!
- 2) Safety is the number one concern when officiating; players need to play under control at all times.
- 3) **NO OFF SIDES, NO THROW INS, NO SLIDING** (except goalies [feet first] to play ball within goalie box as long as it's done in a safe manner).
- 4) **SUBSTITUTIONS.** On "the fly." Unlimited # of substitutions can be made during the game.
- 5) **MANDATORY HANDSHAKE.** Teams must shake hands at the completion of the game. Failure to do so will result in a Red Card and 1 game suspension for the Captain of the team

PLAYOFFS

- 1) All players must be listed on and have signed their team's official roster in order to be eligible to play. No picking up players during playoffs.
- 2) To be eligible for the playoffs, players must play in in 1 game for 6 game seasons, 2 games for 8 game seasons, or 3 games for 10 game seasons. **Players may be listed on more than one roster within a league or division, however for playoffs they may ONLY play for ONE team per division/level. Please contact Program Manager for further clarification.**
- 3) As always, treat opponents and refs with respect.
- 4) **PLAYOFFS OVERTIME.** Playoff games ending in a tie go right to Penalty Kicks to determine the winner.
NO SUDDEN DEATH OVERTIME.
 - a) 1st round = 5 kicks (COED- minimum 2 kickers must be female players);
 - b) 2nd round = 5 kicks (COED- minimum 2 kickers must be female players);
 - c) 3rd round = 3 kicks (COED- min. 1 kicker must be female player);
 - d) 4th round = sudden death in PKs.
 - e) If you go past 1st round of PKs then players cannot kick twice until all teammates, (of same gender in coed leagues), have had a chance to kick. You do not have to be physically on the field at the end of regulation to be allowed to kick in PK's. Anyone on the team can kick.

TIE BREAKER POLICY TO DETERMINE PLAYOFF SEEDING

In the case of two or more teams finishing the regular season with same standings points, the following criteria will be used to determine playoff seeding:

- 1) Head-to-Head regular season game results
- 2) Team with less goals scored against
- 3) Coin flip

DISPUTES & FEEDBACK

In the absence of the Program Manager, any "game-time" decisions regarding any issue should be discussed with the following people present: the referee and both team captains (or a team rep if the captain is not present at the game). The referee will have the final say on any issue that arises before a game.

Any player or team that wishes to file a formal complaint, protest, or feedback must email the Program Manager within 24 hours of the incident. They will respond as soon as possible after receiving it.

Boston Ski & Sports Club reserves the right to add, change, or modify any rule at any time.