

Rules and Regulations of the Lou Fusz Athletic Indoor Winter League

ELIGIBLE TEAMS

Teams must register via the online registration application in GotSoccer. Teams must be registered with either USYSA or US Club Soccer, and identification cards from one of these organizations must be presented to the referees at each game. Rosters of existing USYSA or US Club Soccer teams can be used for the LFA Indoor Winter League or created online through GotSoccer on a game by game basis. Six boys and six girls teams from U8 through U15 will be accepted into the league.

NUMBER OF PLAYERS

All age groups from U8 through U10 teams: 6 field players + 1 goalkeeper = 7 total players

All age groups from U11 through U15 teams: 5 field player players + 1 goalkeeper= 6 total player Teams may have a maximum number of 15 players on their bench for each game. Traditional 11v11 teams may register twice and play half of their roster on each team (Example U13 girls team Lou Fusz Jones registers as Jones Red and Jones Blue with 9 players on each.)

A minimum of 5 players is required to start a game if at any time a team drops under 5 players, the team will forfeit the match.

PLAYER BENCH AREA

Only players, coaches and managers that are listed on the team's roster are allowed in the bench area. It is the coach's responsibility to keep his team's fans out of his players' area. Refusal to comply with this rule may result in a card for the coach. No food is allowed in bench area. No alcohol is allowed in bench area.

REFEREES

The LFA Indoor Winter League will use a single referee for all games, unless otherwise indicated. The referee will have the sole discretion of enforcing the rules of the game to the best of his/her ability and do his/her best to provide a safe, fair and fun environment for all concerned. All coaches, players and fans will give our referees the respect to which they are entitled.

A red card results in a player being sent off and that team playing down a man.

LENGTH OF GAME

All games will consist of (2) 25 minute "running clock" halves. Teams will be provided a 5-minute warm up period and a 1-minute break at halftime. Teams should be ready to play after the 5-minute warmup period has ended. If game times are running behind warm-up time could be shortened to 2 minutes but will never be less than 2 minutes.

SCORING FORMAT

(3) points will be awarded for a win, (0) points will be awarded for a loss, (1) point will be awarded for a tie. In the event of a tie in total point standings, the following sequence will be used:

- Head to head competition between the teams that are tied
- Best goal differential for all games (+5 or -5) maximum
- Fewest goals allowed
- Most goals scored
- Penalty shootout

SUBSTITUTION OPPORTUNITIES

The following is a list of substitution opportunities:

- After a goal is scored
- After a penalty has been issued
- When clock is stopped for injury
- Throw in or Free kick at referees discretion
- Any unusual stoppage at referee's discretion

Goalkeepers may be substituted on the fly, provided the referee has been notified and he/she is wearing a jersey that is different in color from his or her teammates. Additionally, the substitution of a goalkeeper must also comply with the standard substitution rules for all field players.

FREE KICKS

You cannot score from a kickoff. All free kicks and kicking situations that do not involve guaranteed substitutions must be put back into play in 6 seconds. If teams do not play the ball within 6 seconds, the ball will be given to their opponent. All set walls on free kicks must be back 7 yards. The kicking team may ask the referee to move the wall back 7 yards, in which case they have to wait for a second whistle to take the kick. Otherwise, teams do not have to wait for a whistle on a free kick if a guaranteed substitution has not taken place. You cannot score directly from a kick-in on the sidelines when the ball goes out of play.

OFFSIDE

There is no offside in the Premier Indoor League; however, we strongly suggest that coaches encourage their teams to play the game the correct way.

RESTARTS

The following is a list of restarts for league play:

- Ball goes out of bounds on the sideline: ball is thrown in
- End-line off defender: corner kick
- End-line off offensive player: ball is placed for a goal kick
- Any infraction inside the box (handball, tripping, pushing, etc): penalty kick is awarded at the penalty kick spot

If the ball hits a light or the ceiling it is a free kick for the opposing team.

GOALKEEPER RESTRICTIONS

At any time, a field player may pass the ball to the goalkeeper; they are allowed to use their feet but may not pick up the ball with their hands.

The goalkeeper can win the ball with his/her feet outside the penalty area and bring it back into the penalty area with his/her feet then pick it up with his/her hands, as long as the ball was not intentionally passed by their own teammate.

Goalkeepers have 6 seconds to distribute the ball after making a save. This means 6 seconds after the goalkeeper has the ball in her or her complete possession. A violation of this rule will result in a free kick at the top of the box.

Goalkeepers are NOT allowed to punt or drop kick the ball after receiving possession. The goalkeeper may place the ball on the ground and use his/her feet to distribute the ball into play or throw the ball into play.

Goalies may not throw the ball over half field.

Goalkeepers may play in the attack with their team.

SOCCER BALLS

The use of soccer balls outside the field playing surface is prohibited. The LFA Indoor Winter League will not provide warmup balls or game balls for the league. Each team is responsible for bringing balls to warm up with prior to the start of the game and the HOME TEAM shall provide the game ball. U12 and below will use a size (4) soccer ball and U13 and above will use a size (5) soccer ball. **EQUIPMENT**

All players must wear shin guards; players who do not will not be allowed to play until shin guards are on. All teams must wear the same colored jerseys. Players who do not have the same color jersey will not be allowed to play. Should a color conflict arise, the away team (listed on the schedule) will be required to change uniforms or wear pennies provided by the league. Players are allowed to wear indoor shoes, tennis shoes, turf shoes or rubber cleats. Jewelry and illegal or dangerous equipment (as per FIFA rules) will not be allowed. It is the responsibility of the coach/manager to ensure that his or her players are properly equipped. Any players who do not adhere to the equipment rules will be asked to leave the field of play to make equipment adjustments.

MISCELLANEOUS

- Spitting on turf will result in a yellow card infraction
- Lou Fusz Athletic and the LFA Indoor Winter League are not responsible for lost or stolen items
- Verbal abuse of referees by managers, coaches, players and/or fans will not be tolerated
- The LFA Indoor Winter League doesn't have a "no play from behind" rule. If the ball is poked from behind with no contact, it is a playable ball.
- The LFA Training Center at Rams Park does not allow any outside food or drink, except for water bottles.

LFA Training Center

1 Rams Way
Earth City, MO 63045