

League Rules Updated:
11/8/2016



WINTER INDOOR
Super League

Information & Rules

Lamborghini Gold Coast—Athletic Centre | 49 Lawrence Street, St. Charles, MO 63301

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RULES & REGULATIONS

REFEREES

The LAC SuperLeague 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 to 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.

SLIDE TACKLES

Slide tackling, or sliding in general (aside from the goalkeeper in his/her own penalty area) is **NOT** allowed in league play. Violation of this rule may result in a card for the offending player.

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.

SOCCER BALLS

The use of soccer balls outside the field playing surface is prohibited. The LAC SuperLeague will not provide warm-up balls or 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.

NUMBER OF PLAYERS

Based on age group, the following number of players will be on the field for each division:

U8—High School 5 field players + 1 goalkeeper = 6 total players

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 or turf shoes. Jewelry and illegal or dangerous equipment (as per FIFA rules) will not be allowed. It is the responsibility of the coach/manager to ensure 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. **CLEATS ARE NOT ALLOWED!!!**

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 half-time. Teams should be ready to play after the 5-minute warm-up period has ended. If game times are running behind warm-up time could be shortened to 2 minutes, but will never be less.

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 sequences will be used:

- (1) Head to head competition between the teams that are tied.
- (2) Best goal difference for all games.
- (3) Fewest goals allowed.
- (4) Most goals scored.
- (5) Most shutouts recorded.

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SUBSTITUTION OPPORTUNITIES

Teams may choose to substitute on the fly or at guaranteed substitution opportunities. The following is a list of substitution opportunities:

- After a goal is scored
- After a penalty has been issued
- Clock is stopped for injury
- Prior to start of half
- Any unusual stoppage

All free kicks must be substituted for on the fly. This applies to fouls, etc. A substitute cannot enter the field of play, until the player coming off the field is completely off the playing surface. If a player enters the field prior to the other player coming off the field of play, a foul will be awarded to the opposing team.

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

All free kicks are direct, which means a goal can be scored directly from any kick, excluding kick-offs. You cannot score from a kick-off. 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 5 yards. The kicking team may ask the referee to move the wall back 5 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 balls goes out of play.**

KICK-INS

There will be NO throw-ins during league play. All balls that travel out of bounds on the sidelines will be a kick-in for the opposing team. You cannot score directly from a kick-in, the ball must touch someone, either from your team or the opposing team for a goal to count. (**Example:** If Team A kicks in the ball and the goalkeeper touches the ball before it crosses the goal line a goal will be awarded, however if no one touches the ball, a goal will not be awarded and the ball will be given to the goalkeeper in their hands to restart play.)

OFF-SIDE

There is NO OFFSIDE in the SuperLeague, however we strongly encourage that coaches/players not "cherry-pick" during games.

RESTARTS

The following is a list of restarts for league play:

- Ball goes out of bounds on the sideline: ball is placed on the line and kicked into play.
- Ball hits ceiling: ball is placed at center line of the field and a free kick is awarded for the opposing team.
- End-line off defender: corner kick spot.
- End-line off offensive player: ball is placed for a goal kick.
- Any infraction inside the box: (handball, tripping, pushing, etc.) - a penalty kick is awarded at the penalty kick spot.

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GOALKEEPER RESTRICTIONS

- At anytime, a field player may pass the ball to the goalkeeper and 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 and 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 his 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.

BUILD-OUT LINE

The SuperLeague will utilize a "Build-Out Line", which will be a YELLOW line that is painted across the field. This line is 14 yards off the end line. When the ball goes out of bounds for a goal kick or the ball is collected/possessed by the goalkeeper, all ATTACKING players must retreat BEHIND the yellow build-out line. Attacking players may NOT cross the build-out line, until a FIELD PLAYER touches the ball. For example, if the goalkeeper makes a save and then sets the ball on the ground to play with their feet, the attacking players may not cross the build-out line, until a field player on the opposing team touches the ball. If the referee feels that the goalkeeper is handling the ball for too long and will not release the ball (aka stall tactics), then the referee may award a free kick to the opposing team.

PLAYER SHOES

The LAC does not allow any **CLEATS** on their turf. Players will need to wear small rubber turf shoes, indoor shoes or tennis shoes for all games. This rule will be strictly enforced and any player who has **CLEATS** will not be allowed to play.

MISCELLANEOUS

- Spitting on the turf will result in a yellow card infraction.
- The St. Louis SuperLeague and the LAC are not responsible for lost or stolen items.
- Verbal abuse of referees by managers, coaches, players, and/or fans will not be tolerated.
- The SuperLeague 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 Lamborghini Athletic Centre does not allow any outside food or drink, except for water bottles.

If you are unsure about any of the above mentioned rules, please e-mail:

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