



Pascack Valley Indoor Soccer League

[League Info](#) | [Administration](#) | [Schedules](#) | [Directions](#) | [Scrap Book](#)

[Site Map](#)
[Home](#)

League Indoor Playing Rules - 2010

Revised 10-26-2009

Please read through the [modified procedures](#) for last minute postponements and cancellations

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1. FACILITIES

Each home team must provide:

1. During the regular season each town must provide a minimum of six playing dates. The number of hours during the regular season must total at least 4 hours per team entered. In addition, each town must provide at least one equivalent session during the playoffs.
2. Two goals (12 ft. Wide by 7 ft. High) each equipped with a net.
3. One size 4 indoor (fuzzy yellow) soccer ball which is used for all divisions.
4. A centerline dividing the halves of the gymnasium is to be marked on the floor with paint or tape.
5. A Penalty Area marked on the floor with paint or tape. This penalty area shall be a rectangle 32' long and 21' deep. The goals shall be placed in the center against the back wall.
6. Between the goal posts a goal line must be marked. A penalty mark shall mark a spot 20 feet in front of the goal line. (This mark will most often be outside the penalty area.)
7. Three feet in front of the goal and centered on the goal, a one foot long goalie's touch line must be marked.
8. It is the responsibility of the home team to remove or protectively cover all hazards on or around the playing surface that may cause injury.
9. One set of numbered team shirts that shall remain constant during the season. Coaches and Assistant Coaches shall also be clearly identified. A set of second color shirts must be available for the home team, if the visitors' color resembles the home team's colors.

2. TEAMS

1. Each town must enter three teams in Divisions 3, 4 and 5, which may be boys/coed and/or girls. Towns may also enter optional teams in Divisions 2 and 6 if the league offers them in a particular year. The age brackets for 2009-2010 are as follows:
 - Division 6 (8 and under) - 8/1/01 to 7/31/03
 - Division 5 (10 and under) - 8/1/99 to 7/31/01
 - Division 4 (12 and under) - 8/1/97 to 7/31/99
 - Division 3 (14 and under) - 8/1/95 to 7/31/97
 - Division 2 (16 and under) - 8/1/93 to 7/31/95
2. a. A town may also enter a team in Division 2 or other divisions that may be established by the League.
 - b. Towns entering Girls' teams are encouraged to field a full roster of 3 teams (Div. 3, 4, and 5). However, with the permission of the Trustees, towns may be allowed to enter only a Div. 5 team or only teams in Divisions 5 and 4 providing that such a town will have the responsibility to complete its slate with teams from other towns. Partial girls' team slates will not be accepted into the program.
 - c. A town that solicits another town's team in order to complete its slate of teams, bears the full responsibility to provide for the home gymnasium and referee for all home games of the solicited team.
3. At the start of the season, all players must be residents of the township represented by the team, except in those cases when a permanent recreational combined program of two townships exists. Combined high school programs are not acceptable for this exemption. Application for a recreational Combined Program Exemption must be submitted to the Board of Trustees no later than October 1st prior to the opening of the season. Such application should include a history of the towns' recreational programs as well as cogent reasons for a combined program in the League. The foregoing notwithstanding, the TRUSTEES COMMITTEE, in order to facilitate Division 2 competition, may permit exceptions to this rule upon written appeal from a town.
4. Additional teams may be eligible from a town in order to round out a league. Duplicate teams must maintain separate rosters and coaching and no crossover of players between teams is allowed at any time during the season.

5. Prior to the start of the season each town will submit a complete roster of each team on forms provided by the league.

a. Each team may list up to twenty players on the roster.

b. The name, will be noted on the roster for each player. The jersey number will be filled in by the coach on the Game Time Roster prior to each game.

c. Team rosters may be revised once during the season. No additions may be made after January 31.

d. Failure to submit rosters to the REGISTRATION COMMITTEE by the last registration date listed on the season schedule will deem the town not in good standing and will result in that town's dismissal from the program for the current season. The minimum number of players required to register a team on the initial registration date is the number of players required for that Division plus 2. Boys and girls programs will be evaluated separately.

e. Before the start of each season, all players shall have available identification cards issued by the league. Coaches shall have two copies of the approved Game Time Roster and all players' and coaches' identification cards available at the start of each game for inspection by the referee. Failure to do so by half-time of a game will result in a forfeit.

f. Players arriving after the game begins must be checked in by the referee prior to entering the game. Check-in will only occur during a stoppage of play during which time the player will present his or her card to the referee.

g. Game Time Rosters will not be accepted by the referees unless they are complete. This includes the listing of the opponent, the numbering of the players, play-up section completed (if required), and coaches' signature in place. Referees will initial each play up next to the players name. Referees will write their names before giving a copy of a team's roster to their opponent.

6. A team must be guided by at least one league-certified coach. Failure to do so by half-time will result in a forfeit.

3. CONDUCT OF GAMES

1. The basic concept behind this program is to provide the youngsters with an opportunity to play indoor winter soccer.

The stress is and must remain on good clean fun. Excessive pressure by parents, spectators, and coaches will not be tolerated.

2. This competition is an informal arrangement between the participants and each town does so at its own risk and agrees to accept the responsibility for the injuries - at home or away -- to its players or damage to its property. Each town will notify each player's parents or guardians in writing that he or she is participating in a voluntary activity with an organization that cannot and does not accept any liability during the conduct of the program. Prior to commencing play each town shall certify in writing that each parent or guardian has read and signed a release in a form approved by the league.

3. New Jersey law provides protection from liability suits for voluntary coaches, referees, and administrators if they have been properly certified as having passed a "safety instruction course". Such courses are given on a regular basis by the Sports Medicine Department of The Valley Hospital in Ridgewood. Prior to commencing play each town shall certify that each coach and assistant coach has taken said course and has been certified.

a. Coaches and Assistant Coaches shall have available identification cards issued by the league. The Facilities and Coaching Committee shall validate such cards when the coach or assistant coach has satisfied the requirements of the compulsory PVISL Safety Instruction Course and such additional instructions as developed.

4. Smoking, drinking, and eating in the gymnasium is not allowed. A wet floor can be very dangerous.

5. Coaches, assistant coaches, town representatives, and assistant town representatives are responsible for the proper behavior of their players and spectators before, during and after the game. Coaches and assistant coaches can be punished by a yellow or red card or the town can be suspended from play for failing to carry out this rule.

6. Each town is responsible for the conduct of its spectators and supporters. Games that must be cancelled because of unruly behavior of spectators or of a team will be charged with a loss to the offending town.

7. Teams are awarded three points for a win, one point for a tie and no points for a loss. The total points earned determine the standings. If the number of points are tied, then the standings are determined which team won when the tied teams played each other. If they played to a tie, the team with the greater number of wins gains the advantage. If both teams have the same number of wins, the teams' records against common opponents will determine standings. If that is inconclusive, a flip of a coin will determine standings.

8. Do not pile on points. When you are leading by five (5) goals, good sportsmanship demands that you play your substitutes. Massacres are discouraging, and we want the children to enjoy themselves. Please help.

9. There are no restrictions as to clothing as long as a team shirt is worn. (Goalies must wear a neutral shirt color). Kneepads or sweatpants to protect against floor burns are acceptable.

10. Non-appearance of a town (20 minutes after starting time) results in a loss. However, the idea is for the youngsters to play. Advance rescheduling may be allowed as long as mandated postponement procedures are followed.

11. The number of players competing is as follows:

Division 6 - goalie and six (6) players

Divisions 5 and 4 - goalie and five (5) players

Divisions 3 and 2 - goalie and four (4) players

The minimum number of players required to start, and continue, a game is a goalie plus the required number of field players for that Division, minus one. If the player count is reduced below this minimum, due to injury or a red card issuance, the game cannot continue and the team in violation will forfeit the game.

12. Forfeit - Since the purpose of the League is to provide an opportunity to play soccer for its members, forfeiting of games is discouraged. If a forfeit must be declared the opposing team shall be notified at least 48 hours in advance. Infringement of this rule will be forwarded to the GAMES CONDUCT COMMITTEE for disciplinary action and may result in fines and/or suspensions.

4. REFEREES

1. The League will create a pool of qualified referees. This group of referees shall attend an Orientation and Instructional Program, as prepared by the REFEREES COMMITTEE of the TRUSTEES COMMITTEE, and obtain certification by the PVISL. Such certification shall include a PVISL-issued "referee card" to be issued for each season. Each referee shall carry this card to every game he/she officiates.

a. Said referees shall have attained the age of twenty-one (21). However an 18-year-old referee with a US Soccer Federation License may referee for Divisions 3, 4, & 5 and referees who have attained the age of 15 and are US Soccer Federation licensed may referee games in divisions 6 and 5.

b. A referee may not have immediate family relation participating in the contest.

c. A coach or assistant coach may not officiate in a game in which his team is participating

2. Only PVISL-certified referees may officiate games. The REFEREE ASSIGNMENT COMMITTEE, to be appointed by the TRUSTEES COMMITTEE, will assign these referees to the games. The ASSIGNMENT COMMITTEE will have sole discretion for referee assignments for regular season and play-off games.

a. The home team shall present payment to each referee before the game. The fees are as follows: Divisions 6 \$30.00 per game; Division 5 and 4, \$30.00 per game; Division 3, \$35.00 per game; Division 2, \$60.00 per game (two referees @ \$30.00 each).

b. Referees shall be assigned to playoff games by the REFEREES ASSIGNMENT COMMITTEE.

c. All referees are available to officiate playoff games.

3. At the sole discretion of the REFEREES ASSIGNMENT COMMITTEE two referees may officiate a game.

4. A referee may officiate only 4 games during a day.

5. The REFEREES ASSIGNMENT COMMITTEE may suspend or decertify a referee for failure to perform his or her duties in accordance with the written instructions received during the training session (s) or for other serious infractions.

5. FINANCES

1. Each town will be assessed a registration fee of a minimum of \$100.00 at the start of the season for up to four (4) teams. If the town registers more than four teams, those teams will be assessed an additional \$25.00 per team.

2. In addition each club will purchase liability insurance for each team through the league sponsored insurance program.

3. All financial obligations must be satisfied before a town can participate in the Play-Offs.

4. Each town will be assessed a playoff fee at the start of the season to defray the cost of the playoffs. This fee will be calculated as follows:

a) Venues - Towns will be assessed ~~\$150.00~~ **\$160.00**, but will receive a credit of \$30 at the end of the season for each playoff game hosted at its venue.

b) Referees - Towns will be assessed \$35 per registered team, except for division 2 which will be \$50 per team. The league will be responsible for paying playoff referees.

6. SAFETY

1. No games should be conducted without the presence of a first aid kit. It is the responsibility of each team to have a first aid kit at all times.

2. At all times, one person from the home team shall be present and shall be responsible for the proper availability of the facilities, available in case of emergencies and deal with problems of the physical plant.

3. All players shall wear shin guards and eyeglass straps. Those requiring glasses are encouraged to wear sports safety glasses. Hats are not permitted.

4. Towns are responsible for the proper deportment of its fans and players at all times while participating in the program. Disorderly conduct that endangers persons and property will result in an assessment of at least 2 demerits to the offending town. Further, the offending town will be responsible for the cost of any repairs required as a result of the offense.

7. REPORTING RESULTS

1. It is the home team's responsibility to report the results of the games played to the league statistician on the same day of the game; a violation of the above will result in a \$25.00 fine assessed

against the town.

2. Scores of games will not be published showing more than a five (5)-goal advantage.

8. WHO MAY PLAY

1. All players listed on a team's roster may dress and play in all regular season and playoff games.
2. Substitutions can be done at any time during the game. No stoppage of play is required.
 - a. Only two players may be substituted at one time when play is in progress. Goalkeeper substitutions must be made only at a stoppage of play.
 - b. During stoppage of play, any number of players can be replaced.
 - c. Players replaced must be off the floor before substitutes come in. A violation of this rule is punished by a corner kick.
3. A younger player may play "up" in an older team.
 - a. Players that play "up" three times must remain in the older team for the remainder of the season and playoffs.
 - b. The player is deemed to have played "up" for a team if the player has already checked in with the referee and the game has commenced regardless of whether the player actually participates in the game.
 - c. Players playing up may get checked in by the referee up to the start of the second half.
 - d. If rostered players become available during the first half of the game, after the referee has already checked in a younger player that is playing up, and the number of players available for play exceeds the two substitutes rule per paragraph e, then the player that is playing up will leave the game at half time. The younger player that played up will be deemed to have used one of his play-ups even though he/she did not play the full game.
 - e. The practice of moving players 'up' is to be discouraged and used only if the older team cannot field a minimum of two substitutes. In that event, younger players may be added only to raise the number of players allowed on the given gym for the given level plus 2. The referee must be notified to make the younger players eligible.

9. LENGTH OF GAMES

1. Games will be played in two halves with a three-minute break at half-time.
Div. 6 thru Div 2 ... 20 Minute halves
2. There are no time-outs. The clock runs continuously except when a lengthy delay is caused:
 - a. in order to attend to an injured player.
 - b. to correct a problem with the playing area.
 - c. to correct a crowd control problem.
3. The referee, at his own discretion, may add time to the game to make up for time delays as outlined above and elsewhere in the rules.

10. APPLICATION OF OUTDOOR RULES

1. All outdoor rules (FIFA) apply indoors with the following exceptions:
 - a. no offside rule applies
 - b. no corner kicks (see exception later).
 - c. All free kicks are "INDIRECT". The ball must travel at least the distance equal to the width of the ball before another attacking player may play the ball. An infraction of this rule will result in the awarding of a free kick to the opposition at the same point.
 - d. Opposing players must be 10 feet away from the ball on a free-kick, a kick in, and a kick off.
 - e. When a ball goes 'out' over a sideline, the opposing team is awarded a kick-in, (not a throw-in).
 - f. Fouls, deliberate 'hands' etc. by a defending player inside his own penalty area results in a penalty kick, which is taken from a spot 20 feet from the goal line for Divisions 6, 5 and 4 and 23 feet from the goal line for Divisions 3 and 2. Outdoor penalty kick rules apply.
 - g. All outdoor rules pertaining to fouls, unsportsmanlike conduct apply. Infractions result in a free kick.
 - h. The start of the game, the second half and play after a goal, is restarted in the center of the gymnasium. Opposing players must be 10 ft. from the ball at the start. The ball must be moved forward at the "kick-off".
 - i. Sliding and/or slide tackles are NOT permitted even if properly executed, except by the goalie within the box.
 - k. All FIFA outdoor rules regarding passbacks to the goalkeeper now apply. An infraction results in an indirect free kick taken by the opposition from a point on the penalty area line closest to the place of the infraction.

11. RULES REGARDING THE BALL IN PLAY

1. Whenever possible, play should not be interrupted. The ball bouncing off walls at the sides and ends are in play.
2. Each gymnasium will have its own special "ground rules" pertaining to what is "out". These must be explained to the referee and visiting coaches prior to the start of the game.

3. Striking the ceiling results in a free-kick, below the point where the ball struck the ceiling.
4. If a defending player strikes the ceiling within his own penalty area, a corner kick is awarded.
5. A ball striking ANY part of a basketball assembly ABOVE the goal is a dead ball resulting in a goalie throw-in.
6. A ball lodged behind the goal results in a goalie throw-in.
7. If a ball is unplayable after going over the end-line the defending goalie gets the ball for a throw-in, regardless who kicked the ball over the end-line.
8. If, in the opinion of the referee, a defender deliberately kicks the ball into the end-line obstruction or behind the goal in an effort to gain a goalie's throw in, the defending team is penalized with a corner kick.
9. A ball striking a spectator is considered "out" only if, in the opinion of the referee, the spectator purposely re-directed the ball. A ball that goes into the bleachers but then back into play will not automatically result in stoppage of play.
10. On a free kick, kick-in, penalty kick, or kick-off, the kicker may not play the ball again until another player has touched the ball even though it may have hit a wall, goal post, or grandstand. A violation will result in a free kick for the opposition.
11. When any free kick is taken, the ball must travel at least the distance equal to the width of the ball before another attacking player may play the ball. An infraction of this rule will result in the awarding of a free kick to the opposition at the same point.

12. LIMITS ON SCORING

1. To score from a kick-off, a free-kick, or a corner kick, the ball must be touched first by a second attacking player.
2. An attacking player cannot score from his own half of the gymnasium, unless the ball is touched by another attacking player in the defenders half of the gymnasium.
3. A game shall be terminated upon reaching a ten (10) - goal differential. In such case the winning coach shall be given a yellow card and his team will be penalized one point in the standings. A repeat offense results in a second yellow card for the coach, which constitutes a red card with the applicable penalties. The team will also be penalized one point in the standings.
4. A deliberate "own-goal" will be considered unsportsmanlike conduct and will result in a yellow card issued to the coach and the team will lose one point in the standings.

13. RULES APPLYING TO THE GOALIE

1. Goalie must wear a neutral colored shirt.
2. a. Goalies return the ball into play with a "throw-in". The ball must strike the floor, a wall, or a player prior to crossing the half-line. Otherwise a free-kick is awarded to the opposition at the half-line where the ball crossed the line.
 - b. A goalie's AWARDED throw-in may not be touched by a player from either team until the ball has passed outside the penalty area. A violation results in another goalie's awarded throw-in.
3. The goalie must throw-in the ball from the point where he caught the ball, or where he arose from the ground. A goalie may not run up to the edge of the penalty box to throw-in. A goalie may take reasonable evasive action to avoid collisions. An infraction of this rule results in a corner kick.
4. If a goalie is awarded a throw-in without having first captured the ball (the ball hitting the basketball assembly, ball lodged behind the goal etc.) he must take the throw-in from behind the goalies TOUCH LINE which is located three (3) feet in front of the goal line. Violation results in a corner kick.
5. If a goalie touches the ball with his hands outside the penalty area, the opposition is awarded a free kick from the point of the infraction.
6. If a goalie kicks or punches the ball from inside his penalty area over the half-line without first touching a wall, the floor, or another player, the opposition is awarded a free-kick at the half-line at the point where the ball crossed the line. A goalie, however, may take a free kick from inside his own penalty area, in which event, this rule does not apply.
7. Outside the penalty area, the goalie is like any other "field" player. However, once the goalie has touched the ball with his hands, he may not kick the ball over the half-line regardless of the fact that he is outside the penalty area. (This rule is designed to prevent the goalie from rolling the ball to himself outside the penalty area in order to kick it over the half-line). An infraction of this rule results in a free kick at the half-line.

14. COURTESY AND DISCIPLINE

1. The visiting team is awarded a kick-off to start the game. No coin toss is required for the regular season.
2. When a kick-off, a kick-in, a free kick, a corner kick, an awarded keeper's throw-in, or a penalty kick is awarded, play may not resume until after a referee's whistle.
3. A referee may issue a yellow card to a player, coach, or assistant coach for a serious infraction of the rules or a repeated minor one. A "yellow-carded" player is benched for a minimum of two minutes and may not return to the game until advised by the referee. A substitute may take the "excused" player's place. Two yellow card infractions by a player within a single game constitute a red card. Further, three yellow cards accumulated by a player during the season and play-offs will result in an automatic one game

suspension. A yellow carded coach shall be required to retake the annual coach's course administered by the Board of Trustees. In addition a \$50.00 fine will be assessed against the coach's town. Two yellow carded infractions by a coach within the same season shall result in a one game suspension and a \$100.00 fine assessed to the town. Completion of the course is a prerequisite to the coach's further participation in the League in subsequent years.

4. Excessive offensive behavior may be penalized by a game misconduct penalty (a red card), where the player or coach is removed from the game. A substitute can replace the banished player. A banished coach must leave the building. The Registration Identity Card of the red-carded player or coach shall be forwarded to the GAMES CONDUCT COMMITTEE along with the referee's reports.

Such a remedy should be only used in very extreme cases where the safety of other players is involved. It is up to the coaches to instill a spirit of good sportsmanship that will prevent such an occurrence.

5. A player who is red-carded as described above is automatically suspended for at least one game or more dependent on the ruling of the GAMES CONDUCT COMMITTEE. A coach who is red-carded will be automatically suspended for a minimum of two games. The GAMES CONDUCT COMMITTEE reserves the right to impose additional sanctions. A second red card automatically banishes the coach for the season. A red-carded coach shall be required to retake the annual coach's course administered by the Board of Trustees and his/her town will be assessed a \$100.00 fine for the red card infraction. If warranted, the GAMES CONDUCT COMMITTEE may impose additional disciplinary action including additional suspensions and fines. Suspensions carry over to the next season. All suspensions apply to any league sponsored game.

a. The GAMES CONDUCT COMMITTEE shall consist of at least one Coach, one Director and one Trustee appointed by the President.

15. BEHAVIOR OF COACHES AND SPECTATORS -

Proper conduct and good sportsmanship on the part of players, coaches and spectators is expected by the League. Offensive language and unruly behavior will not be tolerated and will be sanctioned severely by the League. Coaches are responsible for the conduct of their respective players as well as their team's parents and fans.

Failure of coaches to maintain and control their spectators may result in sanctions once the matter is forwarded to the GAMES CONDUCT COMMITTEE.

Referees are instructed to maintain order on the field and sidelines. They will be the sole arbiter in such situations and will report disorderly conduct to the GAMES CONDUCT COMMITTEE. Moreover, the referee, in his/her sole discretion may eject a coach or spectator. In such case the ejected person must leave the building. Failure to promptly respond to the referee's instructions will result in that team's forfeit of the game. Further sanctions may result after the GAMES CONDUCT COMMITTEE completes its investigation.

16. SUMMARY

1. A Free-kick from the centerline is awarded when:
 - a. the goalie's throw in crosses the center line without first touching a player, wall, or floor.
 - b. the goalie kicks or punches the ball over the centerline from inside his own penalty area and the ball does not first touch a player, a wall, or floor before crossing the center line.
 - c. the goalie kicks the ball over the center line from outside his penalty area after having touched the ball with his hands without touching a wall, player, or the floor.
2. A corner kick is awarded when:
 - a. a team has too many players on the floor.
 - b. a substitute enters a game before the player he is replacing is off the floor.
 - c. a defending player kicks the ball onto the ceiling within his own penalty area.
 - d. a defending player deliberately kicks the ball behind his own goal or an end-line obstruction in an attempt to cause a goalie's throw-in.
 - e. a goalie takes too many steps after gaining control of the ball.
 - f. a goalie fails to remain behind his touch-line when taking an "awarded" throw in (see below).
3. A goalie is "awarded" a throw in (which he must take from behind the touch line) when:
 - a. the ball strikes any part of the basketball assembly OVER the goal.
 - b. when an illegal goal is scored.
 - c. the ball is lodged behind the goal or in an end-line obstruction.

17. PROTESTS

1. Protests may be filed only in order to nullify the result of a game. Protests must be filed by the town representative or assistant town representative. Each protest must be accompanied by a check in the amount of \$25 made out to the Pascack Valley Indoor Soccer League. The \$25 fee will be refunded to the town filing the protest if the league finds the protest to be warranted and nullifies the result of the game.

2. Protests must be in writing and submitted to the chairman of the GAMES CONDUCT COMMITTEE within seventy-two (72) hours of the conclusion of the game.

3. The GAMES CONDUCT COMMITTEE shall consider each protest upon hearing from the Town Representatives of the parties involved and the referee, and render a decision within seventy - two (72)

hours upon receipt of the protest.

4. The GAMES CONDUCT COMMITTEE may:

- a. Let the game stand as played, or
- b. order a replay of the game, or
- c. order the game forfeited, or
- d. if in its opinion the allegations may warrant suspension of the town, forward the matter to the TRUSTEES COMMITTEE for further action.

5. The TRUSTEES COMMITTEE may suspend a town for a maximum of four weeks, or until the next BOARD OF DIRECTORS Meeting, whichever comes first.

6. Protests may be filed ONLY for the following reasons:

- a. Use by the opponent of an ineligible player.
- b. Unsafe or incomplete physical facilities (such a protest must be lodged with the referee prior to the start of the game.)
- c. Misinterpretation of a rule by the referee that had a direct bearing on the outcome of the game.

18. PLAY-OFF RULES

1. All rules that apply to regular season games also apply to play-off games with the following exceptions:

- a. All players on a team's roster may participate during the playoffs.
- b. The referee flips a coin to determine which team kicks off at the start of the game. The highest seeded team calls the coin flip. The winner has the choice of taking the ball or defending a certain goal.
- c. In the event of a shootout during the playoffs the team that has dressed more players than its opponent, may reduce its roster of players to match the number of players on the roster of its opponent. The players thus removed from the roster must be designated before the shootout begins and may no longer participate in the game.

2. Games that end in a tie are decided by a penalty kick shoot out. However, all games that finish in a tie shall first play a five-minute sudden death period before proceeding to the shootout if no goal was scored.

3. The following rules apply to a Shoot-Out

- a. Only players that were dressed for the game may participate.
- b. The goalie that was in the goal at the end of the game must remain in the goal during the shoot-out, unless injured during the shoot-out.
- c. Before the shoot-out starts, each coach must select the first five kickers and place them in the order in which they are to kick. First five kickers are seated on the floor, behind the penalty spot in the order in which they are kicking.
- d. The balance of each team eligible for the shootout per 18.1.c are seated on the half-line with the coach. No other players or civilians are allowed on the floor.
- e. The referee flips a coin. The winner of the coin toss may choose whether to kick first or second.
- f. The penalty spot must be marked 20 feet from goal line for Divisions 6, 5 and 4 and 23 feet from the goal line for Divisions 3 and 2. The ball must be placed on the spot and must be kicked from there. The ball must be at rest when kicked.
- g. First five designated kickers alternate between teams shooting penalty kicks. The ball must cross the goal line 100% to count.
- h. Kicker must wait for referees whistle before proceeding.
- i. The kicker gets only one kick. The ball may not be dribbled nor may the kicker follow up if the ball bounces off the goalie, wall, or goal-post.
- j. The kicker must return and sit in the proper order with his team.
- k. The goalies feet must be on the goal-line and he may not move prior to the kick. Moving prior to the kick may cause the referee to order the kick to retaken. If a goal is scored even though the goalie moved before the kick, the goal counts. Per FIFA rules, the goalie may move side to side but not forward.
- l. If, after the first five kickers, one team has scored more goals than the other, this team is declared the winner. If, after the first five kickers, the goals scored is still tied, then each coach may designate a sixth kicker, a seventh kicker etc., until one team has a goal advantage with both teams having had the same number of kicks. A kicker may not kick a second time until ALL the eligible dressed players (including the goalie) have kicked. The order then restarts as from the beginning of the shoot-out.

4. Division 6 will not participate in any playoffs.

Please contact the League President if you notice any typographical errors.