BIG LEAGUE DREAMS

SPORTS PARK

INDOOR SOCCER

2026 RULE BOOK

BIG LEAGUE DREAM SPORTS PARK
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Welcome

Big League Dreams would like to take this opportunity to welcome you and your team to the **Indoor Soccer Program**.

We will be running indoor soccer leagues throughout the year and invite you to participate in all the various seasons. Enjoy the friendly competition, the chance to meet new friends, and time to visit with old friends.

If there is anything that we at Big League Dreams can do to help you enjoy your Indoor Soccer Season, please feel free to let us know.

Season

The season will consist of eight games (8 league) plus playoffs. Schedules may be adjusted due to holidays and/or special events.

Fees

PLAYER REGISTRATION:
Half(4 not including coach) the minimum number(8 not including coach) of player fees must be paid **before** your team is put on the schedule for week 2. 24hrs after the night of your team's 2nd game, the players' fees will automatically increase with a 15 dollar late fee. All 8(not including coach) fees minimum must be paid before your team is put on the week 3 schedule.

Your team's roster will be frozen after week 4 and extra players will not be permitted on the roster. After rosters are frozen, teams may only register enough players to meet the minimum requirements set forth by Big League Dreams.

If a player rosters on two teams in the same division, he/she must choose only one team to play for when playoffs arrive.

Roster Requirements

All teams must have a minimum of **8** players not including coach registered to their roster. The minimum number must be on the roster prior to the start of the fourth game, including the classification game.

Playoffs

League Playoffs will be held after the completion of our nine-week season. The playoff system will determine the league champions and the second place team. The playoffs will work as follows:

4-5 teams in a division: top 3 will advance. 6-8 teams in a division: top 4 will advance. 9 or more teams in a division: top 6 will advance. The teams will be seeded according to league standing and games will be played until the final champion has been determined based on a single elimination format. If at the end of regulation time, the game is tied, then we will have **(2) three-minute golden goal** overtime periods. If a winner has not been decided in the overtime period, then kicks from the penalty mark will decide the winner.

League Standings: Point System

Win = 3 Points
Tie = 1 Point
Loss = 0 Points

Tie Breaker:
- Goal Differential
- Head to Head
- Goals Against
- Goals For
- Coin Flip

Player Eligibility

Men and women participating at Big League Dreams must be at least 15 years of age and must be legally registered on a roster. Each player must sign a Liability/Injury Waiver & Release Form, before they will be allowed to play.

Coaches Responsibilities

If matches are canceled or delayed, coaches will be notified as soon as possible. If you do not receive a call, matches will be played as scheduled. Coaches only are allowed to discuss rule interpretations with the referee or League Coordinator. Coaches will be responsible for informing team members of the decision involving rules, forfeits, coin toss, protests, etc. If there is no coach, each team must designate a captain.

League Playing Rules

These condensed rules are written with the assumption that the reader is familiar with FIFA laws and procedures. We will follow FIFA rules with the exception of the following conditions.

The Field of Play

Other than the half-way line, the only other markings shall be that of the goal creases, corner kicks, free kicks and kick-in/substitution lines. The goal crease is the only designated area in which the goalkeeper may handle the ball with his hands.

Number of Players

Each team will place **seven** players, including a designated goalkeeper, on the playing field. Teams cannot compete with less than **four** players, one being the goalkeeper. Coed shall not place more than four males and no less than two females on the field at any time. In case of any team going under the minimum number of players due to a blue or yellow card the game shall

continue.

Substitutions may be made freely and without waiting for a stoppage of play. However, neither a player entering the field nor a departing player may participate in play during the period of time when they are simultaneously on the field. Violation of this rule will result in a free kick to be taken by a player of the non-offending team from where the ball was located when play was stopped.

Substitutes may not enter the field of play until the player(s) leaving the field are within one-yard of their team bench door.

In the event of an injured player, the referee shall stop play only when (a) the injury is deemed critical, (b) by his location on the field, the injured player is likely to interfere with play, or, (c) the injured player's team has possession of the ball. Any player exhibiting blood must immediately leave the playing surface for treatment. Such player must show the official that the wound has been adequately treated.

For any of the following offenses the referee may assess a blue/yellow card:

- Playing without a goal keeper or a specifically designated player wearing a goalkeeper's jersey.
- Unreasonably delaying the game
- Having too many players in the field.
- In any of such instances, the game shall be restarted by a free kick to be taken by a player of the non-offending team from where the ball was located when play was stopped.

A protest or complaint about a penalty is not a matter "relating to interpretation of the rules" and a yellow card may be given to the captain or other player making such protest or complaint.

When a team goes up by 5 goals (7 for coed), one player must sit until the other team scores a goal. When a team goes up by 10 goals, two players must sit until the other team scores a goal.

Player's Equipment

Each player shall wear a shirt of the same color, as each of his/her teammates, shorts, socks and indoor soccer footwear. If a player or team does not have shirts of the same color Home team must wear the pennies. Footwear can be either that specifically manufactured for indoor soccer, tennis shoes or turf shoes(no cleats). All players must wear shin guards when on the playing surface. A player who loses a shoe during the normal course of play may continue to participate until it is possible to leave the surface. Under no circumstances may a player leave the bench without shoes.

The goalkeeper shall wear colors that distinguish him from field players and from the official. The goalkeeper may wear protective headgear and gloves if approved by the official and league. A player shall not wear anything that, in the opinion of the official and/or League Coordinator, is dangerous to themselves or other players. **NO JEWELRY** of any kind will be worn. Casts, splints, or body braces made of a hard substance, including leather, rubber, plastic, or fiberglass must be entirely covered by at least ½ inch high-density polyurethane, or similar substance that is satisfactory to the referee and/or League Coordinator. If a referee and/or League Coordinator finds that a player is wearing articles not permitted by the rules or which may constitute a danger

to themselves or other players, the referee and/or League Coordinator shall order him to take them off. Any player failing to comply with referee and/or League Coordinator order shall be prohibited from play so long as the condition exits. Any player sent off for unsatisfactory/unsafe equipment must report to the referee and/or League Coordinator upon re-entry into the game.

Duration of the Game

The clock will start at the designated game time. If a team fails to field the minimum number of players (4) within 15 minutes into the game it will result in a forfeit. We will award the team that is ready to play one goal every 5 minutes until it is a forfeit. The forfeit score will be 7-0.

Games shall be played in two equal halves of 21 minutes each with a halftime interval of 1 minute. Only in the last minute of regulation time will the clock be stopped during all dead balls if the game is within 2 goals.

Only the referee and/or League Coordinator may call a "time out" for any unusual circumstances, injury, or any reason deemed appropriate.

Start of Play

Home team will have the kick off to start the game. Visiting team will have the kick off to start the second half. After the referee has given a signal, the game shall be started by a player taking a place-kick: every player on the opposing team shall remain outside of the center circle or 10 foot radius (where applicable). The kicker shall not play the ball a second time until another player of either team has touched it. A goal may be scored directly from the kick off.

After a goal is scored, the game shall be restarted by kickoff at center by the opposing team.

After a dead ball the offensive team has 5 seconds to put the ball in play.

At the half, teams shall change ends, and the visiting team will start the second half with the kickoff.

When restarting the game after a stoppage of play for any reason other than a rule violation, the official shall drop the ball at the place where it was when play was stopped, and the ball shall be in play when it touches the ground. When restarting the game after a stoppage of play occurring in the goal crease, the referee shall drop the ball at the free kick mark. Under no circumstances shall the ball be dropped in the goal crease area.
When the ball passes over the perimeter wall, a player on the opposing team shall restart play by kicking the ball from the spot assigned by the official. If, in the opinion of the referee, a player intentionally propels the ball over the perimeter wall, the referee may award a free kick to the opposing team from the free kick mark. A goal may be scored directly from such a kick.
When the whole of the ball passes over the end perimeter wall and between the corners, having last been played by a player of the attacking team, play shall be restarted with a goal kick taken by a player of the opposing team. The ball shall not be in play until it has left the goal crease. The kicking team has 5 seconds to play the ball out of the crease. A team can play before the defending team has left the crease at their own risk. Goal kicks may not travel over the center line in the air(free kick at the center line for the defending team)

Ball in and Out of Play

The ball is in play at all times from the start of the game including:

- If it rebounds from a goalpost, or cross bar.
- If it rebounds off a referee when he/ she is in the field of play.
- If it hits a referee when he/she is in the field of play(Except on a turnover).
- The ball is out of play:
- When it has crossed the perimeter wall.
- When the referee has stopped play.
- When the ball makes contact with any part of the building structure above the field of play.
- When the ball hits any netting surrounding the playing surface.

Method of Scoring

One point will be awarded for each goal scored. In Coed games, 2 points will be awarded for each goal scored by a female player.
In Coed games any on-target kick that deflects off another player from a female player that makes it into the goal will be scored as 2 points. All own goals will be awarded as 1 point. Own goals and on-target kicks are subject to the discretion/judgement of the referee.

Fouls/Misconducts

All fouls, dangerous plays and/or misconduct will result in a direct free kick to be taken at the place where the infraction occurred.

Blue, Yellow, and Red Cards

Penalty time does not begin until the player(s) step off of the playing field. Play will not resume until the player is inside the bench area and the door is closed. If the player stalls or takes too much time to get off the field the card can be upgraded by the discretion of the referee.

5 Team Fouls: When a team reaches 5 team fouls it will receive a blue card and a player will sit for 2 minutes.
Blue: the player must exit the playing field for two minutes and may re-enter the playing field if a goal is scored against their team. The team must play short for these two minutes.
Yellow: the player must exit the playing field for four minutes and has to serve the four minutes regardless. Another teammate may come in if there is a goal scored against their team.
Red: the player must exit the playing field and Big League Dreams Sports Park immediately. The team must play short for five minutes regardless of any goals scored against them.

Card Variations:

(2) Blue cards = Yellow card (serve full penalty for the final card)
(1)Yellow card + (1) Blue card = Red card (serve full penalty for the final card)
(3) Blue cards = Red Card

Goalkeeper Guidelines

Goalkeepers are restricted from playing the ball hand to hand. In other words, once having had control of the ball in his hands and having released it to be played; the goalkeeper shall not handle the ball again until it has been touched by an opponent.
The goalkeeper may not play the ball with his hands if a player deliberately kicks the ball back to his own goalkeeper. Deflections are permitted, provided it was unintentional.

The goalkeeper with possession of the ball in the crease area must distribute the ball outside the crease within five seconds (control with his/her hand(s). If a goalie plays the ball the 5 second count stops.

The goalkeeper may not, under any circumstances, bring the ball into the goal area from outside the goal area, and pick it up with his/her hands.

The goalkeeper may not propel the ball in the air over the half-way line during: goal kicks, throws, or punts. In order for the goalkeeper to propel the ball over the half-way line, they must place the ball on the ground or with a dropkick(one bounce)and into play, even if they are in the goal crease area.

The goalkeeper may also propel the ball over the half-way line at **any time** or **any place** on the field if the ball is played back to them or if they are clearing the ball from the opposing team.

Ejection Penalties/Red Cards

A player shall be sent off the field of play if:
He/ She is guilty of violent conduct or serious foul play
He/She receives 3 blue cards
He/She receives a second yellow card
He/She receives a red card based on blue/yellow card variation

A minimum 2-week suspension will result from any of the following:
a) 3 Red Cards accumulated during a season
b) 6 Yellow cards accumulated during a season
c) 18 Blue cards accumulated during a season

Free Kicks

Ten feet is **not** automatic on a free kick; the player must **ask for the 5 steps and in this case the referee's whistle will control the play.**

When the offensive team is attempting to put the ball in play with a quick free kick, the defensive player(s) may not attempt to touch the ball if they have not given the proper distance of 5 steps. This may result in a blue card.

A penalty kick is defined with a one step motion. You can hold your plant leg in the air then come forward with it and kick with your kicking leg. You cannot have your plant leg on the ground and then take a step with it and follow with a kicking motion from your kicking leg.

Coaches and Players

Players not registered on the opposing team's roster will be considered illegal players, and will cause the team on which he/she is playing for to forfeit the match. The opposing teams coach or/captain must protest illegal players to the League Coordinator. An illegal player protest must be made to the coordinator before the end of the first half of the game. Once the second half has commenced, no protest will be allowed (unless the player is a new substitute). If protesting a substitute, it must be done within 1 minute of his/her entering the game. **Only one ineligible player protest per game is allowed and up to two players may be questioned. If a team admits to having an illegal player before the coordinator checks the eligibility, a forfeit will be awarded to the protesting team and no further penalties will be imposed. If the protested team does not freely admit to an illegal player the League Coordinator will require the protested player to produce proper ID in order to verify eligibility. Failure to produce proper ID will result in the player being ruled ineligible. The team penalty for an illegal player is forfeiture of that game and their next scheduled game. The coach and illegal player penalty is suspension from all league and tournament play for a period of 30 days. In the case of a forfeit the winning team has the option of taking a 3-0 score or the actual score at the time of the forfeit.**

All teams must be ready to play at game time, or immediately following the end of the previous match, whichever is first. Please help keep all the games on schedule by cooperating with the coordinator. Penalties may be imposed for not adhering to the above rules at the director's discretion.

It is the coach's or captain's responsibilities to inform players of all rules and regulations of the league. Good sportsmanship is expected from all players at all times. Coaches/Captains will be responsible for the conduct of their players.

A player or coach receiving a red card in a league or tournament game will result in removal or ejection from the game. A removal is only for the remainder of the game. An ejection results in the individual being suspended from all further league and/or tournament play for a minimum of one week. Longer suspensions may result depending on the severity of the infraction. An ejection or removal will be the decision of the soccer coordinator. Players and coaches ejected from a game must leave the pavilion and immediate vicinity. Obscene gestures, verbal confrontations, and /or objectionable demonstrations toward an official, spectator or player are grounds for suspension depending on the severity of the situation. Longer suspensions may result depending on the severity of the infraction. This decision will be made by BLD directors/coordinators after further investigation.

A player who lays a hand on, shoves, strikes or threatens a Big League Dreams official or employee, before, during or after a match will be suspended from the park immediately for a **minimum of one year**.
A player caught shoving or striking another player or spectator will be suspended immediately from further play and remain suspended for **a minimum of 30 days,** depending on the result of the investigation by the Directors.

Should any of *your* players or coaches leave *your* players box, to participate or break up an

altercation, the game will be immediately terminated, resulting in an immediate forfeit. The team shall also receive a red card.
The players bench area may only have players in uniform and up to (2) coaches.