

LEXINGTON SPORTING CLUB INDOOR



ADULT 8V8 LEAGUE RULES AT INDOOR 1 2025

BLAKE JAMES DR

FIFA RULES IF NOT MODIFIED WITHIN

* NOTE - RULES ARE SUBJECT TO CHANGE AT ANY TIME *

PLAYERS: All players must be registered in Lexington Sporting Club Indoor's system with a completed liability waiver AND included on the team roster.

FIELD DIMENSIONS: 226' x 96'.

GAME DURATION: The game shall consist of two 26-minute halves with a 2-minute halftime.

OVERTIME: No overtime period until playoffs. - Golden Goal rule- Two 5-minute periods, the first team to score in either period wins the game. If neither team scores, it will go to PKs to determine the winner. PKs will be taken from the top of the goalkeeper box. 5 attempts per team, will extend if still the score is still tied. **For coed, 1 female player must take a PK.**

ROSTERS: Format is 8v8 including goalkeepers. Teams' rosters must consist of a minimum of 13 players. If you have less than 13 players, LSC Indoor may assign a free agent(s) to your roster depending on the number of free agents. No roster cap.

GENDER & AGE:

- Men's Leagues: Must always field an all-male team.
- Co-ed Leagues: Must always have at least 2 female players on the field. If a team should only have 1 female player for any reason, they must play 1 player down (6 males/1 female). However, a co-ed team may play with more female players on the field than the minimum requirement of 2.
- Over 40: Must always have at least 2 female players on the field. If a team should only have 1 female player for any reason, they must play 1 player down (6 males/1 female). However, a coed team may play with more female players on the field than the minimum requirement of 2. Additionally, teams can roster 2 male players who are between the ages of 38-39. Female players have no age requirement.

- BALL: Size 5. Home team provides the correct size soccer ball.

HOME TEAM: The Home team is listed first on the schedule and will wear the lighter color. They will have first half kick-off. Second half, the away team will have kick-off.

EQUIPMENT: All field players will be expected to wear: a shirt with sleeves, shorts, soccer socks, shin guards, and correct footwear. It is not the referee's responsibility to monitor player's correct equipment. Players are responsible for their own equipment. At our Blake James location, you may wear cleats or indoor shoes. The two teams must wear colors that distinguish them from each other and that match. LSC Indoor does not provide league shirts or pinnies.

FREE KICKS: Opposing team needs to be 5 yards away on free kicks.

RESTARTS: Throw-ins for any out-of-bounds play from the sidelines.

PENALTY KICK: A penalty kick will be taken from the furthest intersecting point of the red circle and all other players on both teams will be behind the $\frac{3}{4}$ white line when the kick is being taken. HEADING: Heading is allowed in adult leagues at Lexington Sporting Club Indoor.

SLIDE TACKLES: No slide-tackling rule enforced in all leagues at LSC Indoor facilities.

CLOCKS: The game clock will continue to run during any injury to allow games to run on time. The only time the referee can stop the clock is with 1-minute left remaining in the game, so he/she can control the flow of the game and add necessary time if needed. (With the understanding that the game following will still begin on time).

OFFSIDE: We do not allow 'cherry picking'. While there is no official offside because we have only one referee, it is up to the referee's discretion to call offside if a player is continually cherry picking.

SUBSTITUTIONS: Substitutions will be allowed at any stoppage point during the game, regardless of which team has possession on the inbounds play. The clock will continue to run during substitutions. Players must attempt to leave the field of play as quickly as possible, and play will resume when they are off the playing field. This rule is stated as such, however, the referee is in full control of all substitutions.

ROSTERS: There is no cap on the number of players a team can have. Rosters will be locked after the 4th week of games. All players must be formally registered with the league and paid in full prior to playing. If a player decides to join a team after the second game, a pro-rated fee will be given. All players must check in at the front desk before entering to play. Proof of identification will be asked upon entry.

Non-Roster Players: Two opportunities exist in case a team is needing a player come game time.

Existing League Players: Players currently playing in any of LSC Indoor leagues in that same season are eligible to play on teams needing substitutes on a per game basis without paying a guest player fee.

Players can only substitute for any team a total of two times per season. If this non-rostered player plays a third time during the course of the season, it will be a \$15 fee. Teams using this option MUST notify LSC Indoor at amood@lexsporting.com 2 hours prior to their game with information on who they intend to use as a sub. A record will be kept of all non-roster existing league player substitutions.

Guest Players: Teams using a Guest Player (someone outside the current season's LSC Indoor leagues) MUST notify Lexington Sporting Club at least 2 hours in advance of your game by emailing amood@lexsporting.com. Guest players will be registered as participants at LSC Indoor and must fill out a liability waiver prior to being allowed to play. There is a \$15 guest player fee that must be paid each time when guest playing. Fees will be assessed for each guest player on a per game basis. Guest players can only play for the same team twice per season. No guest players are allowed after the 6th game has been played. If you break the guest player rules and play someone that is not on your roster without notification or after the 6th game has been played, LSC Indoor has the right to call it a forfeit for your team. Please take responsibility as we try to ensure fairness across all our divisions.

INJURY SUBSTITUTIONS: In the event your team suffers an injury that prevents a player from finishing out the session, we will allow each team one emergency injury substitute. This player will be able to finish out your session for the injured party. This new player must pay the normal guest player fee per game they attend (not including playoffs).

QUALIFYING PLAYING AREAS: During play if a ball strikes a qualifying playing area (divider curtains, ceiling, ceiling fans), play is stopped and restarted with an indirect kick for non-offending team. If restart would be inside penalty box, restart will be on edge of penalty box. The ball is in play at all other times, including when it rebounds off a goalpost, crossbar or corner flag-post and remains in the field of play. If the ball strikes any part of the netting and/or the wall, then it is considered out of bounds and the out of bound rules result. The yellow lines represent the outer lines - both side lines and end lines. The white lines represent the interior lines on the field.

PLAYER EJECTION (YELLOW/RED CARD): Referees have the right to eject a player from the game for continual disobedience or as a result of an incident that warrants sending the player off. RED CARD suspension = out for the rest of game PLUS the next game, no exceptions.

YELLOW CARD: Players can remain on the field for their first yellow card.

SECOND YELLOW CARD: A second yellow card to the same player results in player suspended for the remainder of the game, with no sub (**resulting in team playing a man down**) and the player responsible is suspended for the next game as well.

RED CARD: A red card results in player suspended for the remainder of the game, with no sub (**resulting in team playing a man down**) and the player responsible is suspended for the next game as well.

DENIAL OF AN OBVIOUS GOAL SCORING OPPORTUNITY (DOGSO): Subject to the referee's discretion. All Red cards will be subject to review by management. Based on the severity of incident, a player may be suspended for additional games.

SPORTSMANSHIP: Players, coaches and spectators are always expected to display good sportsmanship. Abuse of the referees will not be tolerated. Any instance of such conduct will disqualify the responsible team from the event.

REFEREE: Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match.

LEAGUE POINT SYSTEM: Below is the point system set in place for 8v8 adult leagues.

- Games will be scored as 3 points for a win, 1 point for a tie, 0 points for a loss.
- Forfeits will be recorded as a 4-0 loss to the team who forfeits.
- Double forfeits will be recorded as 0-0. If there is a tie in the standings at the end of the season, it will be determined in the following order: - Head-to-head results - Goal differential - Goals scored - Goals allowed
- **SCORE CAP: The referee may stop keeping score on the scoreboard in the event of games exceeding a 10-goal difference. LSC will max out at a 15-goal differential.**