

# LEXINGTON SPORTING CLUB



## INDOOR ADULT 6v6 LEAGUE RULES AT INDOOR 2 404 SPORTING COURT

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\*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:** 185' x 85'.

**GAME DURATION:** Two 26-minute halves with a 2-minute halftime.

**OVERTIME:** Playoffs only: One 5-minute Golden Goal period followed by PKs if needed (5 per team, **must include at least 1 female**).

**ROSTERS:** 6v6 format including goalkeepers. Minimum of 11 players required. Free agents may be assigned if under 11. No cap. Rosters lock after Week 4.

**GENDER & AGE:** At least 2 female players on the field at all times. Playing with 1 female = team plays down a player. All players must be 18+.

**BALL:** Size 5. Home team provides the match ball.

**HOME TEAM:** Listed first on the schedule. Wears lighter color and kicks off the first half.

**EQUIPMENT:** Players must wear a shirt with sleeves, shorts, socks, shin guards, **and indoor shoes (no cleats at Sporting Court)**. No pinnies provided.

**FREE KICKS:** Opponents must be 5 yards away.

**RESTARTS:** Kick-ins from the nearest spot where the ball crossed the sideline. Ball is out if it hits the net or ceiling.

**PENALTY KICK:** Taken from the furthest point of the box. All players must be behind the halfway line.

HEADING: Allowed in adult leagues.

SLIDE TACKLES: Not allowed.

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 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: No official offside, but referees may penalize cherry picking at their discretion.

SUBSTITUTIONS: Substitutions will be allowed at any point during the game, regardless of which team has possession of 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 not interfere with the play. If a player coming on touches the ball before the player coming off is on the sideline, it is an indirect free kick for the other team. This rule is stated as such, however, the referee is in full control of all substitutions.

NON-ROSTER PLAYERS: There is no cap on a team's number of players. Rosters will be locked after the 4th week of games. A pro-rated fee will be given if a player joins a team after the first game. All players must check in at the front desk before entering to play. Proof of identification can be requested upon entry. **Only rostered players can play the last two regular season games plus playoff games for their team.** (No Existing League Players subs or guest players)

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

- Existing League Players: Players currently playing in any of the 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 substitute a total of two times per season per league at no cost.** If this non-rostered player plays in more games during the season, it will be a \$15 fee. Teams using this option MUST notify LSC Indoor at [cvaladez@lexsporting.com](mailto:cvaladez@lexsporting.com) 2 hours before 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. Players subbing for another team must check in at the front desk before the game or by half time. **If a player does not check in at the front desk before the game or by half time, 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.**
- 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 [cvaladez@lexsporting.com](mailto:cvaladez@lexsporting.com). Guest players will be registered as participants at LSC Indoor and must fill out a liability waiver before being allowed to play. A \$15 guest player fee must be paid each time the guest plays. Fees will be assessed for each guest player on a per-game basis. No guest players are allowed for the last two regular season games and playoffs..

**No Guest players on your team unless a minimum of 6 players are registered and fully paid.** If you break the guest player rules and play someone who is not on your roster without notification or after the 5th 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 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. **No Injury Subs during play off weeks.**

**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 the non-offending team. If the restart is inside the penalty box, the restart will be on the edge of the penalty box. The ball is in play at all other times, including when it rebounds off a goalpost, crossbar, wall, or corner flag post and remains in the field of play. If the ball strikes the netting or ceiling, play is out-of-bounds.

**PLAYER EJECTION (YELLOW/RED CARDS):** 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 the 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 the player being suspended for the remainder of the game, with no sub (resulting in the team playing a man down), and the player responsible is suspended for the next game as well.

**RED CARD:** A red card results in the player being suspended for the remainder of the game, with no sub (resulting in the 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 the incident, a player may be suspended for additional games.**

**DOGSO:** Subject to referee discretion

**SPORTSMANSHIP:** Unsportsmanlike behavior, including referee abuse, will not be tolerated and may lead to disqualification.

**Facility Conduct:** Fighting, aggressive conduct, or intentional damage to facility property will result in immediate suspension or banning.

**REFEREE:** Referees control the game and enforce rules.

**LEAGUE POINT SYSTEM:** • Win = 3 points • Tie = 1 point • Loss = 0 points • Forfeit = 4-0 loss • Double Forfeit = 0-0 draw

## TIEBREAKERS:

1. Goal differential
2. Head-to-head
3. Goals scored
4. Goals allowed

SCORE CAP: Ref may stop updating scoreboard at 10-goal lead. Max differential recorded: 15 goals.

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## Additional Rules and Clarifications

**Refund & Payment Policy:** All league fees are non-refundable once the season begins. In the case of suspension or removal from the league, refunds will not be issued.

**Weather or Emergency Closures:** If the facility is closed due to weather or emergency, LSC Indoor will attempt to reschedule. If not possible, the match will be recorded as a draw.

**Playoff Seeding:** Playoff qualification and seeding are based on regular season standings. Number of playoff teams depends on number of entries. Tiebreakers follow point system.

**Score Disputes:** Any score discrepancies or incidents must be reported by team captains to [cvaladez@lexsporting.com](mailto:cvaladez@lexsporting.com) within 24 hours.

**Bench Area Policy:** Only rostered players and officially listed team managers are permitted in the bench areas.

**Player Safety Guidelines:** Players with open wounds or active bleeding must be removed until the wound is covered. Blood-stained clothing must be changed.

**Medical Emergencies:** If a medical emergency occurs, notify staff immediately.

**Late Arrivals:** Games start and end on time regardless of late arrivals. No time extensions will be given.

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For any questions or clarification, please contact:

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