

Reno Sportsdome Indoor Soccer Laws

LAW 1: THE FIELD OF PLAY

- There is a Penalty Area on each end of the field, no Goal Area.
- A circle with a 5-yard radius from the center mark, all kickoffs are taken from the white dot on the halfway line.
- Corner kick dots on each side of the field
- Red Line on each half approximately halfway between the halfway line and the goal. ***SMALL FIELD: No red lines.***

LAW 2: THE BALL

- U5 – U7: SIZE 3 BALL
- U8 – U12: SIZE 4 BALL
- U13 and above: SIZE 5 BALL
- All adult matches: SIZE 5 BALL
- Game ball will be provided by the Reno Sportsdome.
- Warm up balls are the responsibility of each team and may not be provided by the Reno Sportsdome

LAW 3: THE PLAYERS

- All players must have a player card valid for the current indoor session. If a player does not have a valid player card, that player will not be allowed to play. If a player has a card but does not have the card in their possession, a temporary card may be purchased from Reno Sportsdome staff for use for that match.
- All players must be on the official team roster in order to play for that team.
- All of the following number of players include the Goal Keeper
- Youth matches:
 - U4 – U7: 6 v 6 ○ U8 – U9: 5 v 5 ○ U10 – U14: 7 v 7 ○ U15 and above: 6 v 6
- Adult matches:
 - Men's League: 6 v 6 ○ Men's Over 40: 7 v 7 ○ Women's League: 7 v 7 ○ Coed Leagues: 7 v 7
 - A minimum of one female field player must be on the field at all times, not including the Goal Keeper. Maximum of three male field players on the field at any time, not including the Goal Keeper.

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- A team must have at least two less than the maximum number of players in order to play and not forfeit a match (e.g. if the number of required players is seven, a team must have five players in order to begin the match).
- **YOUTH GAMES ONLY, U4 – U14:** at any time during the match if one team is up by five or more goals, the team that is currently losing the match, may add a player according to the table below based on the current goal differential of the match:
 - Goal differential: 5 goals, team currently down may add 1 additional player
 - Goal differential: 10 goals, team currently down may add a second additional player
 - Goal differential: 15 goals, team currently down may add a third additional player
 - Each additional 5 goals, the team down may add an additional player
 - As the goal differential reduces, the team currently down will need to remove a player (e.g. if a team is down by five goals, they may add an additional player, if the team down scores and the goal differential goes to four goals, that same team must now remove the additional player).
- Substitutions
 - Each team is allowed unlimited substitutions during the match.
 - Substitutions are allowed “on the fly”, without referee permission as long as:
 - The substitute may enter the playing area prior to the player leaving the field of play as long as the substitute does not interfere with play. If the substitute interferes with play prior to the player leaving the field of play, the substitute will be shown a Blue card and that player will be required to leave the field of play and the team will play short a player for two minutes (see Law 12 Fouls and Misconduct).
 - The Goal Keeper may be substituted at any time, even during the run of play.
- Any YOUTH player that is shown a red card and is sent off from the game, must leave the field of play but may remain in the technical/bench area under the supervision of the team’s coach, see Law 12 for procedures regarding Fouls and Misconduct.
- Any ADULT player that is shown a red card and is sent off from the match, must leave the field of play AND must leave the Reno Sportsdome facility immediately.
- **YOUTH GAMES U6 and under: Coaches may remain on the field and OUTSIDE THE PENALTY AREA but are to remain respectful to the referees**
- **SMALL FIELD: No parents are allowed to stand behind the goal.**

LAW 4: THE PLAYERS’ EQUIPMENT

- All players are required to wear Shoes, Shirt, Socks and Shinguards.
- Shoes with cleats ARE NOT ALLOWED and any player wearing cleats will be removed from the field of play.

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- Each team should wear colors that are easily identifiable and different in color, it is the discretion of the referee if one team will need to wear pinnies for the match. If the referee determines that one team shall wear pinnies, the HOME TEAM will wear the pinnies.
- Jewelry deemed dangerous is not allowed.
- Hard casts must be approved by Reno Sportsdome staff and the referee.
- Knee braces must be covered and are not allowed to be modified in any way.
- A players' equipment is considered dangerous or illegal at the discretion of the referee. The referee's decision is final.

LAW 5: THE REFEREE

- Only referees sanctioned by the Reno Sportsdome may officiate league games.
- The referee's authority begins when the players enter the field and ceases when the game ends and the players leave the field.
- All decisions of the referee are final and are not allowed to be protested.
- The referee controls the time for the match and is the sole authority to whether the clock is stopped or not for any injuries or other delays in the match.
- The referee may play advantage when a foul occurs, but the offended team will benefit from the advantage of play not being stopped for the foul. If the advantage does not occur, the referee may stop play and penalize the original offense at the point of the foul. The referee may issue misconduct at the next stoppage of play if advantage has been played after a foul where misconduct has been decided to be issued.
- At the discretion of the referee any match may be terminated.
- One referee will be used on all games.
- In some playoff games, two referees will be used.

LAW 6: THE OTHER MATCH OFFICIALS

- A Reno Sportsdome staff member will:
 - Control the timing of the match
 - Keep track of the score of the match
 - Manage the checking of rosters to ensure all players are valid and have player cards
 - Will track foul counts for each team in games U15 and above, and all Adult matches
 - Will stop and start the clock according to the referee

LAW 7: THE DURATION OF THE MATCH

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- ALL games will be played with two 20 minutes halves
- Halftime for all games is ONE minute in length
- The referee will start the clock running at the scheduled time regardless if teams are ready for play.
- There are no timeouts.
- Only the referee may stop and restart the clock.
- If one or both teams do not have the minimum amount of players at the scheduled game time, the clock will start. Once the clock reaches 14:59 the match will be considered a forfeit by the team without the minimum number of players. In the event of a forfeit, one of the following may occur:
 - The teams leave the field of play
 - The remaining players decide to scrimmage, in which case the teams will play for the remaining time allocated for that game slot. Only registered players are allowed to scrimmage. Teams may be composed of players from either team. The referee will not officiate the scrimmage. Players will need to manage their own scrimmage.
- If at any point during the match, a coach or non-player enters the field of play without the permission of the referee, the game will immediately be terminated.

LAW 8: THE START AND RESTART OF PLAY

- A whistle is required to start the match for either half. A whistle is NOT required after a goal is scored as long as the team taking the kickoff is on their own half of the field, the ball is on the white dot on the half-line and stationary.
- ***SMALL FIELD: A whistle is required for every kickoff.***
- The away team will take the first half kickoff. The home team will take the second half kickoff.
- The kickoff may be taken in any direction.
- All players must be on their own half, except the player taking the kickoff.
- A goal MAY BE SCORED from a kickoff.
- ***SMALL FIELD: A goal MAY NOT BE SCORED from a kickoff.***
- ***If a dropped ball is needed for a restart, the dropped ball will be for one player on one team and will not be contested by any other player from the team taking the dropped ball or the opposing team. All other players must be 5 yards away from the location of the dropped ball.***

LAW 9: THE BALL IN AND OUT OF PLAY

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- The ball is out of play if the ball touches any netting (side or ceiling), touches any players in the technical/bench areas or lands in the technical/bench areas.
- The ball is still in play when played off of all board and referees.
- The ball is out of play when it hits a ceiling net, the location for the restart is the Red Line on the same half from WHERE THE BALL WAS LAST TOUCHED, not where the ball touches the net. If the last touch was on the halfway line, the ball shall be placed on the Red Line furthest away from the attacking goal for the team awarded the free kick. The kick is awarded to the team that DID NOT touch the ball last.
- ***SMALL FIELD: The ball is out of play when it hits a ceiling net, the location for the restart is the white dot at the half line.***

LAW 10: DETERMINING THE OUTCOME OF A MATCH

- A goal is scored when the ball completely crosses over the Goal Line and time has not ended. If the horn sounds prior to the whole ball crossing the Goal Line, a goal will not be allowed.
- If one or both teams do not have the minimum number of players at the scheduled game time, the clock will start. Once the clock reaches 14:59 the match will be considered a forfeit by the team without the minimum number of players. In the event of a forfeit, one of the following may occur:
 - The teams leave the field of play
 - The remaining players decide to scrimmage, in which case the teams will play for the remaining time allocated for that game slot. Only registered players are allowed to scrimmage. Teams may be composed of players from either team. The referee will not officiate the scrimmage. Players will need to manage their own scrimmage.
- All regular season games may end in a tie.
- All semifinal and championship games must have a winner. All semifinal and championship games will play two five minute extra periods of play. Golden Goal will be in effect for all extra periods of play, the match will end when the first goal is scored in the extra time. If the game is tied after both five minutes extra time periods, the game will go to Kicks From The Mark (see below).
- KICKS FROM THE MARK (if a winner must be determined and the match remains tie after both 20 minute halves and the two 5 minute extra periods):
 - The referee will choose the goal
 - ALL players are eligible for Kicks From The Mark.
 - Any player not sent off is eligible for Kicks From The Mark.
 - The referee will conduct a coin toss, the winning team will decide whether to shoot first or second.

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- If one team has more players than the other, the team with more players must decide which players WILL NOT be eligible to take a kick, therefore each team has the same number of eligible and gender players.
- The ball will be placed on the Red Dot in the middle of the Red Line nearest the goal that has been chosen for the Kicks.
- ***SMALL FIELD: The ball will be placed on the Red Dot at the top of the Penalty Area nearest the goal that has been chosen for the Kicks.***
- Each player will have five seconds to score a goal once the referee starts the kick with the whistle.
- The double touch rule does not apply during Kicks From The Mark.
- The attacking player will begin at the Red Line, the Goal Keeper will start on the Goal Line.
- Once the referee blows the whistle, the Goal Keeper may come off the Goal Line to defend the kick.
- The best of three will decide the winner of the match. If the teams are tied after each team has taken three kicks, the kicks will continue until one team has scored a goal more than the other from the same number of kicks.
- No player, including the Goal Keeper, may take a second kick until all players on the team have each taken one kick.

LAW 11: OFFSIDE

- There is no offside infraction.
- A THREE LINE VIOLATION occurs if the ball crosses all three lines (red, white, then red) IN THE AIR without touching a wall, the floor, referee or any player. The restart for a three line violation is an indirect free kick for the opposing team on the Red Dot of the first Red Line the ball crossed.
- A player CAN pass the ball over all three lines BACK TOWARDS THEIR OWN GOAL.
- ***SMALL FIELD: No offside and no three line infraction.***

LAW 12: FOULS AND MISCONDUCT

- ***SMALL FIELD: ALL RESTARTS ON THE SMALL FIELD ARE INDIRECT.***
- Direct Free Kick Fouls, a goal may be scored directly from the restart, THERE ARE NO DIRECT FREE KICK RESTARTS ON THE SMALL FIELD:
 - Charging an opponent
 - Jumps at an opponent
 - Kicks or attempts to kick an opponent

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- Pushes an opponent
- Strikes or attempts to strike an opponent ○ Tackles or challenges an opponent ○ Trips or attempts to trip an opponent ○ Handling the ball
- Sliding, except the Goal Keeper in their own Penalty Area ○ Boarding an opponent
- Indirect Free Kick Fouls, the ball must move and touch another player prior to going into the goal from the restart, ALL RESTARTS ON THE SMALL FIELD ARE INDIRECT:
 - ***A player may not play the ball while any body part, other than the feet, are touching the ground (e.g. kneeling, touching the ground with one hand while playing the ball,...), except the Goal Keeper in their own Penalty Area***
 - Playing in a dangerous manner, including playing the ball on the ground
 - Impeding the progress of an opponent ○ Preventing the Goal Keeper from releasing the ball ○ Any offense for which play is stopped and misconduct is issued ○ Goal Keeper: controls the ball with arm or hand for more than six seconds
 - Goal Keeper: touches the ball with arm or hand if it has been deliberately played to the Goal Keeper by a teammate ○ Goal Keeper: touching the ball with arm or hand after releasing the ball before it has touched another player
 - Goal Keeper: MAY NOT dribble the ball from outside of the Penalty Area and then touch the ball with their hands or arms
- MISCONDUCT
 - Blue Cards: any player issued a Blue Card must leave the field of play and that team will play short for two minutes or until a goal is scored by the OPPOSING team.
 - If the Goal Keeper is issued a Blue Card, a field player may serve the penalty instead of the Goal Keeper. If the game is a coed game, the field serving the penalty for the Goal Keeper must be the same sex as the Goal Keeper. If the Goal Keeper is male, a male player must serve the penalty, if the Goal Keeper is female, a female player must serve the penalty.
 - ***Yellow Cards (U12 and above):*** any player issued a Yellow Card (including the Goal Keeper), must leave the field of play and that team will play short for five minutes regardless of how many goals the opposing team scores.
 - Red Cards: in Youth games, that player must leave the field of play but remains in the technical area for their team and under the supervision of the coach. In Adult games, the player receiving the Red Card must leave the field of play AND the Reno Sportsdome facility. The team receiving the Red card will play short for five minutes regardless of how many goals the opposing team scores. Once the five minutes expires, the team playing short may replace the sent off player with a different eligible player.
 - ***Once a player receives THREE misconduct points in one game, that player will be sent off, see table below.***

Misconduct	Points
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Blue Card	1 point
Yellow Card	2 Points
Red Card	3 Points

Misconduct Points	Penalty
1 Point	Player off field for 2 minutes, team plays short until time expires or opposing team scores.
2 Points	Player off field for 5 minutes, team plays short for full 5 minutes regardless of how many goals opposing team scores.
3 Points	Player ineligible, team plays short for full 5 minutes regardless of how many goals opposing team scores.

- **Goal Keeper Exception:** if the Goal Keeper is shown a Blue Card and this is the Goal Keeper's first misconduct point, a field player of the same gender may leave the field and serve the penalty for the Goal Keeper. ○ **ALL PLAYERS, regardless of position must leave the field once that player has accumulated two or more Misconduct Points.**
- If the referee must issue misconduct for a substitute in the technical area, a player from that team will need to leave the field of play and play short. The same sex as the substitute that was issued the misconduct must serve the penalty.
- If during a Youth game, all of the coaches for a Youth team are Sent Off, the game will immediately be terminated.
- If at any point one team cannot field the minimum required players (two less than the maximum), the game will be terminated.
- If one team has multiple players out for misconduct and a goal is scored by the opposing team, **ONLY** the player with the shortest remaining time will return, the team still remains down one player until that player's time expires on the misconduct or the opposing team scores a second goal.
- Other types of misconduct:
 - Slide tackling a player will warrant misconduct, at a minimum a Blue Card
 - Boarding a player with any force will warrant misconduct
 - Jumping over the wall from the technical area and not using the two doors provided will warrant misconduct
 - Spitting on the field will warrant misconduct
- Team officials can be shown cards Red Cards and sent off.
- Any player sent off may be subject to additional suspension or permanent banishment from the Reno Sportsdome
- In U15 and above and all Adult games, foul count for each team will be tracked by period. If during any period a team commits six fouls, the opposing team will be awarded a Penalty Kick. A

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Penalty Kick will be awarded to the opposing team for every 6th foul committed by the team (e.g. at the 6th, 12th, 18th foul of the period). The foul count will reset at the start of the second half and the start of each extra time period in the event of overtime.

- Only Direct Free Kick fouls count towards the foul count.
- If misconduct is issued for a foul, that foul is NOT counted toward that team's foul count.

LAW 13: FREE KICKS

- The majority of free kicks will be taken at the point nearest the infraction.
- All opposing players must remain five yards from the ball until the ball is in play.
- The ball must be stationary.
- The ball is in play when it is **KICKED AND MOVES**, tapping the top of the ball does not constitute kicking and the ball has not moved.
- Any free kick for the defending team in their own Penalty Area will be taken from the white dot at the top of the Penalty Area
- ***Any indirect free kick awarded to the attacking team in the opponent's Penalty Area will be taken from the white dot at the top of the Penalty Area.***
- "Asking for 5 yards" or "asking for distance" is not required, opponents MUST GIVE 5 yards.
- The team awarded the free kick has five seconds to put the ball back in to play once the referee signals for the kick to commence.
- The player taking the kick cannot be the second player to touch the ball, any other player must touch the ball before the player taking the kick can may a second touch on the ball. EXCEPTION: see Law 14, The Penalty Kick.
- The wall DOES NOT COUNT as a touch by another player.
- A three line violation can occur from the restart of a free kick.
- All free kicks may be taken in any direction.
- A team CANNOT score on itself directly from a free kick.

LAW 14: THE PENALTY KICK

- A Penalty Kick is awarded for any Direct Free Kick foul committed by the defending team inside of their own Penalty Area. This includes sliding in the Penalty Area for any reason by a defender.

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- ***SMALL FIELD: No Penalty Kicks will be awarded to promote safety. Any fouls committed by the defending team in their own Penalty Area will be an Indirect Free Kick from the red dot at the top of the Penalty Area.***
- Penalty Kick procedure:
 - Ball is placed on the Red Dot on the Red Line on the line nearest the goal. ○ Goal Keeper must start on the Goal Line
 - The player taking the Penalty Kick is identified (can be any eligible player) ○ ALL OTHER PLAYERS must move behind the halfway line, all players on the team taking the Penalty Kick must also be outside of the Center Circle.
 - The Penalty Kick starts when the referee blows the whistle.
 - Once the whistle sounds:
 - The Goal Keeper may come off his/her line.
 - The player taking the Penalty Kick may dribble the ball, NO SECOND TOUCH infraction.
 - All other players may cross the halfway line
 - Active play resumes

LAW 15: THE THROW IN

- There are NO THROW Ins.
- When the ball hits a side net and is out of play, the ball will be placed on the ground nearest the point where the ball hit the net, and placed approximately 2 yards from the wall.
- The restart is an INDIRECT FREE KICK.

LAW 16: THE GOAL KICK

- When the ball hits the net behind the goal, in between the two white corner kick dots and last touched by an attacking player, a goal kick is awarded.
- Procedure:
 - The Goal Keeper is given the ball in hand.
 - The Goal Keeper can throw the ball, kick the ball or release the ball onto the ground and play it.
 - Once the Goal Keeper releases the ball onto the ground, the ball is considered in play and may be played by any player.
 - Opposing team players must start outside of the Penalty Area once a Goal Kick is awarded.

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- ***SMALL FIELD: The Goal Keeper MUST play the ball from the ground (ball cannot be bouncing) OR throw the ball into play. The Goal Keeper MAY NOT punt, drop kick or half volley the ball back into play. A re-kick will be taken if this occurs.***

LAW 17: THE CORNER KICK

- When the ball hits the net behind the goal, in between the two white dots and last touched by a defending player, a corner kick is awarded.
- Procedure:
 - The ball is placed at the white dot nearest where the ball hit the net.
 - Opposing players must be 5 yards away from the Corner Kick.
 - All Corner Kicks are DIRECT FREE KICKS and a goal can be scored.
 - ***SMALL FIELD EXCEPTION: All free kicks are Indirect.***

Updated Health & Safety Rules:

At All Times:

- Stay home if you are sick or experiencing any related symptoms
- Anyone entering the facility are required to wear face masks/coverings at all times when not actively exercising
- Frequently use hand washing/sanitizing stations provided throughout the facility
- Practice social distancing and maintaining at least 6 ft from others while in the facility

Before/After Active Activity:

- To help maintain social distancing, arrive no more than 10 minutes prior
- No handshakes, high fives, fist bumps, or celebrations during play.
- When entering/exiting the field maintain social distancing of at least 6 ft. at all times
- If you are on the bench and are able, wear your face mask/covering
- Frequently use hand sanitizer stations provided
- During games maintain 6 ft of distance at all times from other players unless situation dictates otherwise
- During the game avoid contact with other players
- Maintain social distance on bench areas
 - If there are more than 5 people on the bench, teams must use the dividing curtain