



## 2022 Quad Premier Soccer League Rules

1. **Player Equipment:**
  - a. Turf shoes or indoor shoes (**no cleats**)
  - b. Shin guards mandatory (**no shin guards - no play**)
2. **NO GUM ON SITE ANYWHERE IN THE COMPLEX**
3. **No Unsportsmanlike Behavior**
4. **Field size/Ball Size**
  - a. U7: Sixth Field (2 fields) – 16 yards X 14 yards (Format is 4 V 4)
  - b. U8: Sixth Field – 32 yards X 28 yards (Format is 5 V 5)
  - c. U9 thru U11: Quarter Field – 50x25 yards
    - i. Ball Size 4:
    - ii. Format is 7v7
  - d. U12 thru U14: Third Field – 56x33 yards
    - i. U12: Ball Size 4
    - ii. U13-U14: Ball Size 5
    - iii. Format is 7x7
  - e. High School: 2/3 Field – 64 X 56 yards
    - i. Ball Size 5
    - ii. Format 9 v 9
5. **Free Kicks and throw-in Restarts**
  - a. Kick-ins to restart (indirect kick) – No Throw ins
  - b. Balls that strike the overhead wire, will remain live. Balls that hit the light fixtures will result in an indirect free kick for the opponent directly below where the hit occurred.
  - c. All kicks are Direct (except throw-ins [Kick-ins] are indirect kicks)
  - d. Goals may be scored directly from kick-off
  - e. Re-starts must be taken within 5 seconds
  - f. A wall may be formed in front of the free kick, opponent must be 5 yards away from the ball
  - g. Kicking team must play the ball within 5 seconds if not the possession goes to the other team
  - h. FIFA rules dictate “direct and indirect” kick at referee discretion
6. **No Slide Tackling**
  - a. Except the goalkeeper within the goal box.
  - b. Restart will be a direct free kick at the point of infraction (Infractions that occur inside the box the restart will be at the top of the box.)
7. **Heading the Ball**
  - a. Heading the ball is not allowed in age divisions U7-U11
    - i. Violation results in an indirect free kick

- b. Heading the ball is allowed in age divisions U12 and older

**8. Goalkeepers**

- a. May not hold the ball for more than 5 seconds
- b. May not use their hands on the ball from a direct pass from own teammate
- c. May not punt or dropkick the ball
- d. May roll or throw the ball from the penalty area, once placed on the ground the ball is in play
- e. Goal-kicks must land outside of the penalty area before any player may touch the ball

**9. Misconduct Yellow Card/Red Card**

- a. Yellow Card Caution – intentional foul, intentional handball (outside the box) incidental swearing or the opinion of the referee
- b. Second yellow card is an ejection from the game plus one game suspension
- c. Red Card Dismissals – fighting, swearing at an opponent or referee, spitting, hard fouls
- d. Red card automatic ejection – one game suspension with league overview of the red card infraction
- e. FIFA/USSF Laws govern all else not stipulated above.

**10. Game duration**

- a. Games will be played as 40 minute running clock
- b. Coaches and Scheduled teams only on the sidelines/field
  - i. No extra teams
  - ii. No Spectators

**11. Substitutions**

- a. On the fly may be from the bench area or center of the field. Players should not be stepping off the pitch from opposite side of the field.
  - i. If the player enters the game before the substituted player is within 5 feet of the touchline, it is a penalty to be enforced at referees discretion
  - ii. Restart from the point of infraction.

**12. Home Team/Away Team**

- a. Home Teams will wear light colored jersey
- b. Away Teams will wear dark colored jersey
- c. Quad Indoor Sports will provide game balls

**13. Operating scoreboards**

- a. There will be a running clock and scoreboard

**14. Rosters**

- a. U7 Co-Ed, U8 Boys/Girls – 10 rostered players and two rostered coaches
- b. U8 thru U11 – 14 rostered players and 2 rostered coaches.
- c. U12 thru U14 – 16 rostered players and 2 rostered coaches
- d. High School – 18 rostered players and 2 rostered coaches
- e. Rosters are locked in after the team has played their 3<sup>rd</sup> game.
- f. **MAXIMUM TWO COACHES OR CLUB MEMBERS ON THE BENCH**

15. If there is a problem that occurs, please contact Quad Indoor Staff.