



Lake Normans Indoor league (LKNIL) Rules and Regulations Adopted Oct 15, 2009

All team coaches/managers are responsible for communicating ALL the rules to their players. If you have questions about the rules, please ask to speak with the Facility/League/Tournament Director Godwin Iwelumo.

Ball Size

U6-U12 Size #4 Ball
U13-UP Size #5 Ball

Number of Players on Field

U6-U10 Coed 3 Players (No Goal Keeper)
U11-U14 Coed 4 Players (Includes Goal Keeper)

Roster Size

U6-U10 5 Players maximum/roster
U11-UP 6 Players maximum/roster

Free Kicks

There will be no Throw ins. If the ball goes out of bounds on the sidelines a kick-in will be awarded. All kicks are direct, except any kick-off. All kicks must be taken within 5 seconds after the referee has signaled the kick to be taken. Defensive wall must be 9 feet (3 yards) from the ball.

Five Second Rule

On every stoppage of play (i.e. free kicks or kick ins) teams have 5 seconds to put the ball back into play. When the whistle is blown, the referee will begin counting 5 seconds for the free kick to be taken.

Players Playing for More Than One Team

During league play, a person can only play for one team per division and the person falls within a legal age division (i.e. U16 player can play in a division from U16 to Adult).

Duration of Games for Leagues

Each team is guaranteed 6 games. U6-U10 will play 2/20 minute halves. U11-U13 will play 2/22 minutes halves. U14-UP will play 2/25 minute halves

Uniforms

ALL teams must provide their own uniform. Same colors for the players on the same team, no exception. House team players or individual sign ups will be charged an extra \$7 for a t-shirt and \$15 for a referee fees. Total extra cost of \$22 will cover referee fees and t-shirt.

Keepers

Pass backs are allowed to keepers but keepers CAN'T use their hands on a pass back if the pass back was delivered from a teammates waist or lower. A keeper CAN use their hands if a pass back is a chest pass or a ball is delivered from a teammates head. Keepers can use their hands on any deflections and only the referee can determine if a ball is a true pass back. Just like outdoors, keepers are allowed to travel outside of their goalie box to receive a ball and return back into their box with the ball and then pick the ball up. If the keeper does touch the ball on a pass back, it is a direct free kick. Keepers have 5 seconds to distribute the ball from the time they pick it up. Keepers are not allowed to punt or drop kick.

Substitutions

Substitutions are unlimited and may be made on the fly. Players must be completely off the field at their bench site before another player can come onto the field. Teams are not allowed to gain advantage during a substitution (i.e. a player leaving the field on the opposite side of the field to where the bench area is located for another player to come onto the field). Keepers are NOT allowed to substitute on a penalty kick unless they are injured.

Spitting

Spitting on the fields is not allowed. If a player or coach needs to spit, please use the garbage pails.

Sliding

Any form of sliding is not allowed. A Free Kick will be awarded at the point of infraction. Keepers are only allowed to slide inside of their box.

Offsides

There are no offsides at all times.

Point System

Win = 3 points

Tie = 1 point

Loss = 0 points

Tie Breakers

1st Most Points (wins, ties, losses), 2nd Head To Head, 3rd Goal Differential (+/- 5 max), 4th Least Goals Against, 5th Most Goals For, 6th Coin Toss

Players Equipment

Shinguards must be worn by all players on the field with socks worn over the shin guards. Cleats are NOT allowed. Flats or sneakers only!
All team uniforms must be of the same color.

Over-Time Games

There is no overtime in league play. A tie ends as a tie.

Kick-offs

Kick-offs can travel backwards on first touch. A kick-off can only start on referees whistle. A kick-off is not a direct free kick and a goal can't be scored on first touch.

Beginning Games

Teams need to have at least 2 players for 3v3 and 3 players for 4v4 on the field for a game to begin. The clock will begin as scheduled and after 5 minutes, if a team can't put at least 2 or 3 players on the field, that team must then forfeit. All 2 or 3 players can be boys in the coed divisions.

Please Note

If there is a rule that is not on this list, a referee can make a decision that is in the best interest of the game. If any team has a question concerning rules and regulations of play, please contact GODWIN for more information.