



Adult Indoor 7v7 Soccer

Rev. 3/5/26

Rules & Regulations

I. MANAGEMENT

- A. Coordinated by Kearney Park & Recreation Dept. (Recreation Division) 1930 University Drive
- B. League Coordinators: Marty Browne, Recreation Coordinator, w308-233-3862, c308-440-4188
Kiane Davidson, Recreation Superintendent, 308-440-7783

II. SEASON FORMAT

- A. The league will follow a round robin format, with possible interdivisional play. At a minimum, teams will play the number of games as promoted on the registration flier.
- B. There is an Open & CO-ED League.
 - 1. There is no requirement for the number of males or females on the field in the open league
 - 2. There is a minimum of 2 females on the field at all times in the CO-ED
- C. WINS = 3 points TIES = 1 point LOSSES = 0 points
- D. Forfeits = 15-0 score
- E. In the event of a tie in the standings, the tiebreaker is as follows: Head-to-head result 2. Goal differential 3. Goals for

III. ELIGIBILITY

- A. A Team must have at least 7 players on their roster.
- B. Participants may only play on one team per season.
- C. All players must sign the team roster/waiver prior to playing. Players may be added to the roster anytime throughout the season. If a post-season tournament is held, players must be on the roster prior to the last scheduled match to be eligible for the tournament.
- D. Transferring from one team to another is prohibited once the season has begun.
- E. Participants must be at least 18 years of age at the beginning of the season.
- F. Full-time or part-time college and high school students are eligible, provided they are not participating in the same sport at the varsity level and in season.

IV. PROTESTS

- A. Protests may only be made if an ineligible player participates. An ineligible player is someone who doesn't meet the requirements in Section III, Eligibility. The protest must be made by halftime.
- B. The protest must be brought to the attention of Kearney Park and Recreation staff by the captain of the team submitting the protest.
- C. The game will be ruled a forfeit in the event of an ineligible player.

V. UNIFORMS

- A. Molded cleats, turf shoes, and flats are acceptable footwear. Metal cleats or screw-in studs are prohibited.
- B. Shin guards are highly recommended for all players on the field and should be covered by socks or pants.
- C. Teams are required to provide their own uniforms (same color), ideally with numbers.
 - 1. All teams shall bring a second shirt to games in case of a conflict with the primary team color between opponents.
 - 2. We highly recommend wearing like-colored socks and shorts.
- D. Goalkeeper jersey differs from other players.
- E. No jewelry, hats, or similar accessories may be worn while playing.
- F. KPR reserves the right not to allow any team name or uniform that is discriminatory, inappropriate, or disrespectful.

VI. OFFICIATING

- A. Teams will be scheduled to supply **TWO** officials before or after their game when scheduled.
 - 1. There will be two officials for each game, working diagonally.
- B. Failure to supply officials when scheduled will result in a 3-point deduction to the team and forfeit of their next scheduled game or previous game if it is the last week of the season.
- C. KPR League Supervisor will be present at all times to answer questions.
- D. Teams will be notified of their officiating assignments on the posted game schedule.
Noted as (*Off. Team #*)

VI. GENERAL PLAYING RULES

A. TIME

- 1. Two 20-minute halves, without stoppage and approximately 3 minutes in length.
- 2. Mercy Rule: 15 goal differential at half or any time after.
- 3. In the result of a tie, no extra time will be allowed. Ties during tournament play will result in a penalty shootout.
 - i. Standard penalty shoot out rules will apply.

B. NUMBER OF PLAYERS

- 1. Each team shall field 6 players and 1 goalkeeper.
- 2. Teams must have a minimum of 5 players to begin a game, continue, and conclude a match. A double forfeit will be called if neither team has enough players.
 - i. If a team arrives late, the game clock will start at the scheduled game time.

C. SUBSTITUTION RULE

1. Substitutes must be on the center line to enter the game with the referee's permission. No "on the fly" subs.
2. Both teams may substitute an unlimited number of players on any goal kick, after any score, and in the case of an injury on either team, provided the referee stops play.
3. The team in possession of the ball may substitute an unlimited number of players on their own throw-in or corner kick. The team not in possession of the ball may also substitute an unlimited number of players at a throw-in or corner kick if the team in possession is substituting.

D. KICKOFF

1. The team listed first on the schedule is the home team and will kick off first. The other team decides which side they want to defend.
2. On the whistle, the ball may be played in any direction on the first touch.

E. OFFSIDES

1. An offsidess line will be enforced. This line will be designated by a set of cones. The cones will represent the back defender, and offside will be enforced according to this line.
2. Once the ball has advanced past the offsidess line, offsidess is no longer enforced.
3. If the ball exits this zone, the offsidess line is reestablished as mentioned in rule E.1.

F. START RULE

1. A restart must occur within 8 seconds of placing the ball for a free kick, corner kick, or goal kick. Goalkeepers must also release the ball within 8 seconds after establishing possession.

G. BALL OUT OF PLAY

1. If the ball has fully crossed the goal line or touchline, whether on the ground or in the air, the restart is a corner kick, goal kick, or throw-in.
2. The ceiling is out of bounds and will be an indirect from the nearest spot it hits the ceiling.

H. SLIDE TACKLING

1. Slide tackling the ball by field players is NOT permitted when intended to challenge or dispossess an opponent. A slide is defined as reaching for the ball by going to at least one knee. If penalized, a direct free or indirect kick will be awarded to the opposing team, depending on where the foul occurred. Slide tackles will be an automatic Yellow Card. A second slide tackle by the same player will be an automatic Red Card.

I. GOALKEEPER

1. The goalkeeper is not limited in steps in their penalty area.
2. The goalkeeper may NOT punt or drop-kick. Throw only.

3. Throws and goal kicks must not pass the midfield line before touching another player or bouncing before midfield. Throws and goal kicks that pass the midfield line before touching another player or bouncing will result in an indirect free kick from the spot where the ball crossed midfield.
4. If the ball is played to the goalie by a teammate, he/she is considered a field player and is free to play the ball as any other field player would.
5. If a goalie plays the ball to their feet, he/she is considered a field player and are free to play the ball as any other field player would.

J. DIRECT & INDIRECT KICKS

1. All kicks that occur outside of the penalty box will be an indirect free kick. If a foul occurs inside the penalty box and is typically penalized as an indirect free kick, it will be an indirect free kick. If a foul occurs in the penalty box that is typically penalized as a direct kick, it will be a penalty kick.
2. Defense must be 5 yards from the spot of the ball.
3. Penalty Kicks will be taken from the center of the penalty area line (12 yards). Players should be 3 yards behind the ball.

- K. Excessive foul-baiting (flopping) will be given a warning followed by a non-sportsmanship yellow card.

NSAA rules apply in all other situations aside from rules stated.

VII. SPORTSMANSHIP

- A. A high level of sportsmanship is the standard for KPR leagues.
- B. **This is a team officiated league**, please help your fellow participants and keep the game clean, and assist in calls against yourself/your team.
- C. **Yellow Cards:** All players including the goalie who are issued a caution (yellow card) must sit for two minutes before re-entering the match. Players must have ok from the referee before re-entering the field. This player may be replaced by a substitute while exiting the field.
 1. Yellow cards will be called at the officials' and KPR's discretion.
 2. Second yellow card in a single match is an automatic red card.
- D. **Red Cards:** All players who are issued a sendoff (red card) must leave the field of play immediately and may not return to the field of play for the remainder of that match and the next scheduled game in which they were issued the red card. The team must play one less player for the remainder of that match. Consistent infringement or a serious incident by a player may result in suspension or removal.
 1. Three red cards in a game by a team will result in a forfeit of that game and the next scheduled game.
 2. Red cards will be called at the officials' and KPR's discretion.
- E. The Team Captain is responsible for the conduct of his/her team and is the team's spokesperson.
- F. Physical violence by a player will result in removal from the league and suspension.
- G. KPR and Officials will have the authority to eject players and spectators from the game for unsportsmanlike actions.
- H. Unsportsmanlike play includes but is not limited to: obstruction of the keeper in their effort to distribute the ball, violation of slide tackling, rough play, negative comments towards an official,

leaving the field without permission, unsporting gestures, insulting remarks, foul language, fighting, harming the facility(spitting), etc.

- I. Alcohol is illegal on the property. Players who break this rule will be suspended for the entire season.

VIII. COURTESY

- A. Please keep balls off the playing field while another game is in progress.
- B. Please pick up your trash prior to leaving.
- C. If you bring kids, please make sure they are not in a place where they could get hurt. You are responsible for the behavior of your child. Young children should be supervised.
- D. Before and after games, move to the hallway.

IX. SAFETY

- A. Players are highly recommended to have shin guards.
- B. To help avoid injury, players are encouraged to adequately warm-up their body and stretch prior to playing.
- C. First aid is available at the field. Please inform a supervisor or official if you need assistance.

In case of bad weather, Follow our Facebook page.

Check captains email.

Visit www.cityofkearney.org and click on the KPR Weather Cancellation button on the home page.