

NORTHERNMOST ARCTIC SOCCER LEAGUE

RULES & REGULATIONS

NASL LEAGUE POLICIES

1. **Eligibility:** All women must be 18+ years of age, no exceptions.
2. **Registration:** Registration forms can be found online at www.fairbanksoccer.org/indoorregistration.html. Print off the appropriate form(s) and submit with payment to the PO Box or in person.
3. **Fee payment:** All fees are to be paid in full by the individual or Team Contact/Captain at the time of registration. The league assumes no responsibility for collecting fees from players registered with a group after registration is complete.
4. **Late Registration:** Players who wish to register after the deadline may do so by completing a registration form and submitting the fee. There is no late fee associated with late registration, but a space on a roster will not be guaranteed. In the event that a player is not placed on a team, a full refund will be made.
5. **Refunds:** Fees are non-refundable, except in the case of players who are not placed on a team.
6. **Bleeding:** Bleeding or an open wound will result in stoppage of play and a substitution of player(s) until the injury is covered or no longer bleeding.
7. **Uniform:** Matching team jerseys (to be provided by sponsor) and shin guards are required. Limit jewelry please (including watches) – you may be asked to remove it if it might pose a danger to you or others. A protective sleeve must be worn over knee/leg/elbow braces. Indoor soccer shoes are recommended, but not required.
8. **Sportsmanship:** Unsportsmanlike conduct will not be tolerated. A participant may be ejected at anytime for unsportsmanlike conduct.
9. **Referees:** Rules are enforced by the referee, and all decisions are final.
10. **Spectators (including all players of the current game and other games):** Please make your spectators aware that we play against all four walls and the bleachers. Keep feet and legs on the bleachers, not hanging over the side. Don't stand in the doorways while waiting for your game. Team "benches" (where teams hang out during a game) should be as far out of the way as possible. All children must be sitting in the bleachers *with an adult supervisor*. If you have children in the bleachers who are not supervised, you will be asked to sit with them during play. This is not only for your child's safety, but also so that other players can play to the level they choose without worrying about knocking kids out. School District rules do not allow children to play in the lobby area of Randy Smith. The league and individual players are not responsible for your children. Please be courteous to everyone!
11. **Goals:** Goals must be brought inside by the players before the first game of the evening, and put away by the players at the end of the last game. Goals are stored outside between the storage buildings – please nest them together in the "alley" between the two buildings.
12. **Cold-weather cancellation:** We go by the current temp on the airport weather recording (458-3745, then hit 1-1-1-3). If in doubt, call; we'll play if it's -35F or warmer at 6:00pm.

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NASL RULES OF PLAY

General:

1. National Federation Soccer rules will be used unless specifically covered by Northernmost Arctic Soccer League rules.
2. The field will be a middle school gym with the 3-point line as the goalie box/penalty area.

Equipment:

1. Players will have matching team jerseys which they are expected to wear.
2. Goalies are to wear an alternate color.
3. Shin guards for each player are required.
4. Indoor soccer shoes are recommended, but not required.

Players and Substitutions:

1. A match is played with 5 players per team, one of whom shall be a goalkeeper. Teams may start with a minimum of 3 players. The game will be automatically forfeited if a team picks up players from other teams in order to meet the minimum requirement, or choose to play with people who are not on their official team roster.
2. "Flying" substitutions – substitutions will be made when the ball is still in play. The referee need not be notified of player substitutions, except in the case of the goalie (see #3 below). The player shall not enter until the exiting player is entirely off the court. The number of "flying" substitutions made during the match is unlimited.
3. Goalkeepers can substitute only when the ball is not in play or when the goalkeeper has the ball in her possession. The referee must be notified of the substitution BEFORE changing goalkeepers.

Periods and Time Factors:

1. Two twenty-five minute halves, running clock ONLY, with a three-minute half-time.
2. Official time will be kept on the field by the referee.
3. A five minute grace period will be allowed before a game is forfeited. Teams must start their game with the time remaining on the clock. If a team is not ready to play after 5 minutes grace period, the game will be considered a forfeit. A pick-up game may be played for the remaining time if desired.
4. In the event of school activities in the gym (i.e. basketball, wrestling, etc) we will make every effort to contact team captains ahead of time. However, school activities always have priority, and sometimes we aren't aware of changes until the last minute (when we show up). We must leave the gym by 10pm, so occasionally games may need to be shortened or cancelled to accommodate this.

Kickoffs (at the beginning of the game, after halftime, and after goals are scored):

1. The ball is placed at the half-line.
2. The team without the ball must stand outside the larger white box.
3. The ball may be kicked forward or backward.
4. The kicker shall not play the ball a second time until it has been touched by another player.

Goalie Rules:

1. The 3-point line as the goalie box/penalty area. The goalie may not use her hands outside this area.
2. Once the goalie picks up the ball (in play), she has 5 seconds (and unlimited steps) to put it back in play. The goalie cannot let go of the ball and pick it up again (this results in an indirect free kick from contact spot).
3. Goalie throws or drop-kicks *may not go over half court* without first touching another player or the floor of the court on the goalkeeper's half of the field. Balls played off they bleachers or wall will not be allowed.
4. The goalie may kick the ball over half court ONLY after playing the ball to her own feet and traveling outside the goalie box before kicking the ball (so she becomes essentially another field player first).
5. The goalie may not catch or pick up a ball that has been deliberately kicked to her by her own teammate. She *may* catch or pick up the ball if it is headed to her by her own teammate.

Kick-Ins:

1. The ball will be considered “out of bounds” if the ball hits the ceilings (and lights, basketball hoops, etc. hanging from the ceiling), gets stuck in or behind the bleachers, goes into the locker room entrance area, or goes out the doors, etc. Contact with the basketball *net* is not typically considered out of bounds if the direction of travel is not changed. However, the exception to this rule is when the ball touches the net directly in front of the goal. The referee has discretion to call a foul in that situation.
2. If the ball is called out of bounds because it hits the ceilings, the opposing team shall receive an indirect free kick directly below the contact spot.
3. If the ball gets stuck in the bleachers or leaves the gym area, the team who didn’t touch it last receives the indirect free kick (Kick-in).
4. The ball is placed on the floor where the referee instructs the player to place it. The kicker shall not play the ball a second time until it has been touched by another player. The players of the opposing team shall be at least 5 meters from the ball.
5. GOAL KICKS: if the ball gets stuck behind the goal and the last team to touch it is the offensive team, the defensive team receives a goal kick from the yellow line in front of the goal. The ball must clear the 3-point arc before touching a second player. The ball *may not go over half court* without first touching another player or the floor of the court on the goalkeeper’s half of the field. Balls played off the bleachers or wall will not be allowed.
6. CORNER KICKS: if the ball gets stuck behind the goal and the last team to touch it is the defending team, the offensive team receives a corner kick from the closest blue corner.

Fouls:

1. Repeated and/or malicious penal offenses may result in a warning or an ejection from the game.
2. The following will result in an indirect free kick:
 - a. Ball hits the ceiling or lights
 - b. Ball gets stuck in or behind the bleachers
 - c. Ball leaves the playing area (locker rooms and locker room hallway, goes out the door, etc)
 - d. The goalie holds on to the ball with her hands for more than 5 seconds
 - e. The goalie picks up or touches the ball with her hands after the ball is played back to her by her own teammate.
3. The following will result in a direct free kick:
 - a. Charging an opponent violently or dangerously, or from behind.
 - b. Holding, tripping, pushing, kicking, jumping at or striking an opponent.
 - c. Touching the ball with your hands (except for goalkeepers in their box).
 - d. Slides in an attempt to play the ball, whether touching an opponent or not (slide tackle). Goalies may NOT slide *feet first*.
4. A foul by the defensive team in their own penalty box will result in a penalty kick taken from the top of the penalty arc. All players except the kicker and the goalie must remain outside the penalty arc until the ball has been kicked.

Free Kicks:

1. Direct free kicks- a goal can be scored directly against the offending team (including kick offs).
2. Indirect free kicks- a goal cannot be scored unless the ball has been played or touched by another player other than the kicker before passing through the goal.

Tie Breaker Procedures (for play-offs only):

1. One 5 minute sudden death overtime period is played.
2. If the game is still tied, five players from each team take penalty kicks.
3. If the game is still tied, a sudden death shoot-out will take place. All kickers, including the goalie, have to take a shot before a person can kick a second time. Teams will take turns shooting on the opposing goalie.