

MAC Indoor Adult League Rules

Teams and Roster Rules

- All teams must have matching uniforms.
- A roster must be turned in before your first game.
- Rosters can have a maximum of 12 people.
- Changes can be made to the roster's week to week.
- Final team rosters are due prior to the 4th game of the season.
 - If no changes are made prior to the 4th game your current roster will be considered final for the remainder of the session.
- If a team does not have enough players to start the game, they can only add players that are not on their roster with the approval of the opposing captain. The opposing captain has the right to have them forfeit the game.
- Teams without a goalkeeper can share a keeper with another team even after rosters are finalized.
 - The keeper must be on another team's roster and does not play in the field.
- All players need to check in with league supervisor before the game starts.
- Player ID will not be required.
 - If the captain of the opposing team contests the age of a player, or whether that player is on the roster, you will be asked to show your id.

Regular Season Game Rules

Basic FIFA rules apply, unless noted below

- 5v5 format. 4 players needed to start. Less than 4 results in a forfeit.
- Games are two, 24 min halves. A five-minute grace period to start game. If team still does not have 4 players, clock starts and one goal per minute will be posted. At the tenth minute, the game will be considered a forfeit. Teams can play game, but score will go down as 5-0 in standings.
 - If opposing the captain allows for a guest player then the game can begin with no penalty.
- Free substitutions on the fly.
- The ball is considered out of bounds when it touches the guard net.
 - Placement of the ball is at the marked location identified by the ref.
- Out of bounds is a kick-in (ball is in play on kick-in).
- Three-yard distance from all kick-ins and free kicks.
- You can score from a kick-in.
- Keeper cannot punt or dropkick the ball.
- ALL free kicks are direct. Any foul in the penalty box is a PK.
- Clock stops on all dead balls under 30seconds in the game
 - Clock will not stop if the deficit is greater than 3 goals.

- Game is officially over once buzzer sounds or referee blows whistle.
- If the ball leaves the body of the player before the buzzer sounds, then the ball is live until it touches another player on the field.
 - Deflections off ONLY the goal keeper that lead to a goal do not count as a touch that would end the game and it would be considered a goal.
- Yellow card is 2-minute sit out by player, with substitution.
- Second yellow card for the team (any player) a substitution will not be allowed during the 2 minutes. The team must play one man down.
- Second yellow card for an individual player is an automatic red card.
- Red card is an ejection. Player must leave field, no player replacement
- Multiple red or yellow cards in a season will be reviewed for possible additional suspension or expulsion.
- Kickoff can go backwards.
- NO SLIDING IN THE VICINITY OF OTHER PLAYERS – PERIOD.
 - Going down to one knee is considered “sliding”
 - Tripping or falling while shooting or making a play on a player with the ball is not considered sliding.
 - The slide may be considered not dangerous at the discretion of the referee.
 - Ex. A ball rolling towards the goal and a defending player slide to save it from entering the goal is not considered a slide, so long as there are no other players involved and the referee does not consider it a dangerous play.
 - Keepers can slide only in their box.
- NO SPITTING on field (yellow card offense after first team warning, red after second).
- NO outdoor cleats allowed – no exceptions. TURF shoes or sneakers only.

Playoffs:

- All above rules apply except playoff games are a single 20-minute period.
 - Championship games are two 20-min halves.
- Tie games go straight to PK's. Best of 4, then best of one.
 - Kicker can only take one step before taking the PK