

# Atlanta Sport and Social Club Official Gym Soccer Rules

## General Rules

**1. Schedule** - All games are to be played at the time, date and place specified on the schedule.

**2. Roster:** Each team can have as many players as they choose.

**3. Forfeits** - Game time is forfeit time. **(Minimum to start varies based on format size. {1 female for Co-Ed leagues})**  
(Forfeits will be scored as a 5 – 0 final match score)

**a.** If you know you may not be able to field a full team, please call an ASSC representative at least **48 hours** in advance if you would like to explore a rescheduling option. If it is within 48 hours of your scheduled game time, and you discover that you cannot field a team, please let us know so that we can notify your opponent! Although your team may end up forfeiting the match, there may still be an opportunity to use the space for practice or pick up games.

- Call: 678-869-4690
- Email: [havefun@atlantasportandsocialclub.com](mailto:havefun@atlantasportandsocialclub.com)

**b.** Teams forfeiting more than two league games will not be eligible for the playoffs. Teams forfeiting three or more games will be removed from the schedule. Refunds are not distributed in these instances.

**4. No show officials** - Teams have a choice to self-officiate or mutually agree upon an official (team member or spectator).

Games will not be rescheduled. Game will count as official game.

## 5. Roster Checks

- Roster minimums must be met before week 1 of games.
  - Minimum number of players/roster
  - Minimum number of female players/roster in Co-Ed divisions

Roster checks will be conducted

- During t-shirt delivery
- Before the start of each playoff game

Roster checks may be done once or twice, randomly during the regular season, at the League Manager's discretion.

**7. RAIN OUTS** - The procedure for possible rainouts shall be to check ASSC's website or call **678-866-1207**.

(We understand games are played indoors however, extreme weather can cause travel or facility issues)

- a. Games will be rescheduled for the end of the season, or as part of a doubleheader on certain league nights. **ASSC also reserves the right to shorten the season or move games to other than normal league nights due to excessive cancellations.** . [Review the weather policy here.](#)

**8. Overly Competitive Players:** All ASSC sports are intended to be recreational (unless designated as a competitive league at registration.) Any player who is deemed to be excessively competitive and/or overly aggressive may be removed from competition at the discretion of an ASSC staff member.

Format	Minimum # of Players to Start	Minimum # of Females in play
5 v 5	4	1

## Game Play

### 1. Timing

ASSC Soccer games will be played in 2, 20-minute halves separated by a very brief half time. (5 minutes max.)

There will be a running clock maintained by a referee. The clock will stop only during injury time-outs. Any delay tactics, (Kicking the ball far out of bounds) will allow the referee (at his/her discretion) to stop the clock

Games tied at the end of regulation, during the regular season, will be scored as a draw. During the playoffs, a 5-minute period will be played as over time if necessary. Over time is sudden death (golden goal). If the game is still tied after the over time period, the game will be decided in a shootout.

### 2. Equipment

No jewelry is allowed during ASSC play. A player wearing jewelry will not be allowed to enter or start a game. Hats and glasses are also not allowed in any ASSC soccer match. Cleats **ARE NOT ALLOWED.**

**SHIN GUARDS** are allowed, but not required.

**RUNNING/BASKETBALL SHOES ONLY**

**NO METAL CLEATS**

**NO SCREW IN CLEATS**

### 3. Substitutions

Substitutions can be conducted on the fly. Subs may enter the game only when the player they are subbing for has

completely left the playing surface. Subs can also enter on a whistled stoppage and must inform the official when possible.

### 3. In-game rules

- Handballs

- A handball is defined as being from the shoulder down, with the hand or arm located away from the body. Handballs are called regardless of intent. A handball inside the goalie box is a penalty kick for the other team. All other handballs are direct kicks at the spot of the foul.

#### Offside

- In ASSC games, offside will not be called.

#### Direct vs. Indirect Kicks

- **All INDIRECT KICKS ONLY in ASSC gym soccer leagues**
- **PENALTY KICKS ARE THE ONLY EXCEPTION TO THIS RULE**

#### Goalies

- There are NO GOALIES in this league.
- Players can act like a goalie during play but cannot make a save with their hands. They may only use their body (head, shoulders, knees, feet, etc)
- Goal kicks are taken from where the ball goes out of bounds (only applicable in some facilities)

#### Throw Ins

- There are NO THROW-INS IN this league.

#### Indirect Kicks

- A goalie or a player takes an indirect kick from the corner. If the ball goes out of the back end line and is last touched by an offensive player, it will result in a goal or an indirect kick. If a defensive player last

touches the ball, it will result in a corner kick for the offensive team.

### **3. Fouls, Contact, and Sliding**

- i.** Bicycle kicks are not allowed, even inside the goalie box. A bicycle kick is a mandatory yellow card and it will be up to the official to determine if the infraction warrants a red card and game disqualification. .
- ii.** ASSC officials will call contact that does not yield an advantage for the team that did not commit the foul. While some contact is inevitable, contact is not allowed, and will be penalized. **THERE IS NO SLIDE TACKLING IN ASSC SOCCER.**
- iii.** A player that slides will be issued a yellow or red card depending on the severity and the situation of the slide. A player generally should not leave their feet unless they are heading a ball.
- iv.** A player that commits a severe foul, taunts an opponent, curses at an official or an opposing player, or intentionally prevents a breakaway player from scoring will be issued a card depending on severity.
- v.** Excessive celebration can also warrant a card.
- vi.** Any foul that is deemed by an official to be dangerous or outside the spirit of the game can be issued a red card. These include actions that are more severe, but would normally warrant a yellow card. Any sliding that makes contact with an opposing player is automatically given a red card.
- vii.** A player that receives two yellow cards or one red card is automatically ejected from the game. The league administrator will then review the severity of the actions and determine further punishment. Punishment can include but is not limited to suspensions and league expulsion.
- viii.** A team that receives four yellow cards or two red cards automatically forfeits the game, and will not be allowed to

continue. The league administrator will then review the severity of the actions and determine further punishment.

Punishment can include but is not limited to suspensions and league expulsion.

**4. Penalties** - All kicks will be direct kicks. The ball is to be placed at the midfield point of the court on all infractions and will be put in play by any player on the affected team. No opposing player is allowed to be within 5 steps of ball prior to kick. Goals may be scored on direct kicks. A direct kick is to follow these infractions:

- (1) Charging
- (2) Roughness
- (3) Handball
- (4) Dangerous play/kick
- (5) Slide Tackles
- (6) Checking and
- (7) Excessive Hand Usage Against Wall.

**Any of the above infractions, which the referee deems excessive, will result in a yellow card and a two-minute penalty assessed to that individual.**

**5. End Walls (Direct Kicks always)**

**a. A foul near the side wall includes but is not limited to the following incidents:**

1. No player can use the wall for leverage to gain an advantage over his or her opponent. In the event this happens a foul is given for the recipient's team and a direct free kick is administered.
2. If a player is pushed from behind into the end wall.
3. Boarding: is when an opposing player in any way is holding a player into the wall.

4. A player may never Body/Shoulder/Hip check a player into the end walls.

## **6. Ball to Ceiling Contact**

1. In the event the ball comes in contact with the ceiling the play becomes dead and an indirect free is administered on the court.

## **7. Ball to Basketball Goal Apparatus**

1. In the event the ball comes in contact with the Basketball Goal Apparatus the play becomes dead, as if it crossed the end line. (Goal or Corner Kick)

**8. Ball is out of Bounds** if it goes on top of or above the receded bleachers. An indirect kick will be awarded at the occurrence. (Basically an indirect kick in to replace a throw in)

**9. Penalty kicks are taken from mid court and no player is allowed to be between the kicker and the**

## **Spirit of The Game**

This is the most important rule in **ADULT RECREATIONAL AND COMPETITIVE SPORTS**. Competitive play is important, but never at the expense of following the rules, respecting other players, respecting the bar/facility, and having fun!

## **Playoffs**

1. The playoffs begin the week after all regular season games have been played.

- 2.** The top four teams with the best records will advance to the playoff rounds.
  - a.** Additional teams may be added to the playoffs for larger sized leagues.
- 3.** Tie-breakers will be decided as follows:
  - a.** Total standing points
  - b.** Point Differential
  - c.** Head To head
  - d.** Coin Toss

