



EPSA Women's Indoor Tournament The Far Post Rules & Regulations

Rostering Players

1. All player rosters must be submitted before the start of the competition.
2. Players not listed on the team roster form prior to the day of the tournament and/or not properly registered with EPSA with an insurance waiver on file will not be permitted to participate in this tournament.
3. Field Players can play for one team only in this tournament, with the following exception:
 - a. A player in the Competitive or Recreational division may play on an Over 30 team if they are age appropriate.
4. Goalkeepers may play on more than one team, as long as they participate in different divisions and are age appropriate.
5. An Over-30 team may have only ONE dual-rostered player – either a field player or a goalkeeper.

Team Structure

1. There will be a maximum of 5 players per team on the field at any one time, consisting of 4 field and one goalkeeper.
2. A minimum of 4 players per team is needed to start the game.

Substitutions

Substitutions are unlimited during the game and may be made “on the fly”

1. Outgoing players must be 5 feet from the sideline and not interfering with play, before the substitute enters the playing area.
2. The oncoming players are active immediately and can receive the ball.
3. Substitutes must stand outside the pitch perimeter and spectators must not enter the field of play under any circumstance.
4. A change of goalkeeper during play must be authorized by the referee.
5. A player may receive a caution for improper substitution procedures.

Game Structure

1. The match will consist of one 25 minute period.
2. If stoppage is deemed appropriate by the referee, a maximum of one minute will be added.
3. Lateness to a scheduled match will result in a penalty against the offending team:
 - a. 5 minute lateness will result in a one goal deficit
 - b. 10 minute lateness will result in a forfeit

General Play

There is no offside

A goal may be scored from any point within the field of play

1. Goals cannot be scored directly from a sideline kick-in or directly from the kick-off

Free Kicks and Penalty Kicks

All free kicks will be Direct (DFK) or Indirect (IDFK) depending on the offense.

Opposing players must be at least ten feet from where any free kick is taken.

Starting and Restarting the Game

The kickoff will take place on the center line in the center of the field, to start the game and after a goal.

1. The kickoff is an Indirect Free Kick.
2. The kickoff can go forward or backward.
3. Opposing players must be 10 feet from the ball in all directions.
4. To start the game, the Home Team (listed first) will have first possession and take the kick.
5. The Visiting Team will decide which side of the field they will defend.

When the goalkeeper has possession of the ball with her hands, she must return the ball into play by throwing or placing it on the ground and kicking it (no punting or drop-kicking)

1. The goalkeeper has a maximum of 5 seconds to return the ball into play
2. A goalkeeper cannot pick up or touch the ball with her hands after it has been purposely passed back to her from a teammate.
3. There is no restriction on how far the goalkeeper can play the ball, or how far a goal kick can go.

If the ball goes out of play over the endline:

1. A goal kick or corner kick will be awarded, depending on which team had the final touch.

If the ball goes out over the touchline:

1. Play will be restarted with a kick-in. Ball must be stationary and kept below the waist.
2. Infractions will result in a turnover to the other team.

If the ball hits the ceiling:

1. An IDFK will be given to the team that did not last touch the ball, from the spot directly below where the ball hit the ceiling/lights, but outside of the goal area.
2. The player who caused the ball to hit the ceiling or lights may receive a yellow card caution if, in the opinion of the referee, the action was deliberate or done with aggression.

Penalty Kicks Procedure

1. A penalty kick will be taken from the designated penalty spot.
2. The goalkeeper must begin by standing on the goal line and may move only laterally before the kick is taken
3. There is no run-up to the ball. The kicker's planted foot must be placed before the kick and remain stationary.
4. The rest of the players must be outside the boundaries of the goal area and behind the ball until the kick is taken.
 - a. FIFA rules will be followed as to the result of the PK

Player Safety and Fouls

Infringement of these rules will result in a Free Kick.

1. A foul occurs if a player (in addition to any previously mentioned situations):
 - a. Holds an opponent
 - b. Plays in a dangerous manner
 - c. Impedes the progress of an opponent
 - d. Prevents the Goalkeeper from releasing the ball from her hands.
2. A foul occurs when a player commits the following in a careless, reckless or excessive force manner:
 - a. Kicks or attempts to kick an opponent
 - b. Trips or attempts to trip an opponent
 - c. Jumps at an opponent
 - d. Charges an opponent
 - e. Strikes or attempts to strike an opponent
 - f. Pushes an opponent
3. Unsporting Behavior
 - a. Encroachment: Entering the protected area of an opposing player taking a free kick (after a warning has been given)
 - b. Dissent: Referee abuse
 - c. Other: Behavior which, in the opinion of the Referee, does not warrant another category of penalty (e.g. taunting, foul language)
4. There are no slide tackles or sliding allowed, except the goalkeeper from within their own penalty area.
5. No jewelry, including watches or fit-bit bands, is allowed
6. Shin guards are highly recommended but not mandatory.

Disciplinary

The purpose of the rules of EPSA and The Far Post is to provide a guideline to describe the way the game is to be played and provide a fair and safe playing environment for everyone.

Yellow Cards

1. A player who receives a Yellow Card must leave the field of play for 2 minutes
2. If a yellow card is issued, their team will play down one player for the full 2 minutes, even if a goal is scored.
3. Cautionable Offenses: The Referee may issue a yellow card for:
 - a. Reckless fouls
 - b. Unsporting behavior by a player on or off the field
 - c. Unsporting behavior by non-player bench personnel
 - d. Repeated warnings
 - e. Provoking Altercation: Making physical contact with an opponent (i.e. pushing or poking), short of fighting, or using the ball for the same
 - f. Improper substitution procedures

Red Cards

1. A player who receives a Red Card must leave the field of play immediately and for the duration of the game.
2. A red card results in the team playing down a player for a full 5 minutes, even if a goal is scored.
3. Ejectionable Offenses: The Referee may issue a red card for:
 - a. Fouls which are considered violent or using excessive force
 - b. Striking with the hand or elbow
 - c. Leaving the team bench or penalty area to engage in a confrontation with the opposition or a Referee
 - d. Extreme unsporting behavior
 - i. Spitting at another player or referee
 - ii. Abusive language towards another player or Referee
 - iii. Bodily contact with a Referee
 - iv. Abusive language or dissent with a Referee

Suspension

1. A player who is sent off may receive a suspension for a minimum of their next scheduled game.
2. A player who receives a red card for violent conduct or any sort of physical contact will not be permitted to participate in any future games in the tournament

Disputes

The Referee's decision of all on-field matters is final and discussion will not be entertained either on the field or off the field. There is no appeal or protest process.

1. Dissent and bad mouthing will not be tolerated.

2. The Referee's jurisdiction on disciplinary matters begins when the players enter the field and bench area, until when they completely leave the playing area.
3. Players and/or coaches repeatedly disputing decisions by the Referee may be subject to further disciplinary action.

Preliminary Games

1. May end in a tie.

Semi-final and finals

2. Must have a winner.
3. Overtime: 5 min period; no goalkeeper; 4 field players.
4. Flip a coin to determine which team kicks off; indirect; ball must go backwards.
5. If no team scores within 5 minutes, commence with Kicks from the Mark; best of 3 following FIFA guidelines. Then alternating one v one.

Tie-breaking rules for determining playoff placement

1. Head-to-head (for ties with 2 teams only)
2. Least number of goals against
3. Lowest goal differential
4. Most goals scored.
5. Coin toss

All decisions made by Eastern Pennsylvania Soccer Association in interpretation of these rules are final.

Updated 1/25/2024