



*Upgrade Your Indoor Sports Experience
Updated 12/11/25*

Soccer League Rules

Everything you will need to know about Indoor Soccer at Stars Indoor Sports!

Dear Captain/Coach,

Stars Indoor Sports would like to welcome you and your team to our indoor soccer leagues! Our staff is looking forward to providing you with an organized, well-run indoor soccer league! As a business, we are striving every day to provide teams and individuals with a fun, safe environment to play indoor sports. We value any input that you can provide that can help our facility as we continue to grow. We will continue efforts to communicate any information related to your team's league and games. There will be multiple outlets where we will communicate information, including email, phone calls, and Facebook. Below, you will find a list of emails ranked in order of importance for your group. These emails should only be communicated if, for some reason, the Sports Director is not available to be reached.

Stars Staff Members' Email Addresses

James Warwick (Assistant General Manager) soccer@starsindoorsports.com

The following is a listing of our hours of operation. **Please note:** if there is nobody on our schedule for a field, we may open a little later or close a little earlier. **Monday – Sunday: 9am – Midnight**

If you have any questions or concerns, please do not hesitate to contact us on our main line at (614) 985-3003.

INCLEMENT WEATHER POLICY

In case of inclement weather, please call the day of the games or check our Facebook Page, "Stars Indoor Sports," as they will give you up-to-date information on all games, delays, or postponements. If games are canceled, we will call the designated team manager to inform them of the cancellation.



REMINDERS

- **No outdoor cleats** are permitted on our fields. Only turf shoes or flat-bottomed shoes.
- **No gum** may be used in the facility.
- No spitting on the turf. This is an automatic red card.
- All participants must have a valid waiver on file to participate.
- **Rosters must be completed by the first game**
- Team Fees must be paid in full before the first game. Any team with a balance after the second game will receive a \$100 late fee.
- **Goal difference will be capped at a 5-goal differential. I.e., a 10-0 victory will be counted as 5-0.**
- **OVER 30 LEAGUES- You are allowed only 2 players between the ages of 25 & 29 to be rostered on your team. You must enter the player's correct information as well as their birthday.**

CONDITIONS FOR TEAM REGISTRATION

Teams registering for the upcoming session must be in good standing with Stars Indoor Sports to play. Stars Indoor Sports reserves the right to reject a team registration if a team has previously violated one or more of Stars Indoor Sports' policies, including, but not limited to;

- Failure to pay team fees by the stated deadline
- Forfeit of multiple games within a session
- Disrespectful, foul, or abusive behavior or language towards a referee, staff member, or opponent
- Roster violations, such as failure to submit an online roster or permitting non-rostered players onto the field

Should Stars Indoor Sports determine that a team will not be permitted to register for a session, the team and all previously rostered players will not be allowed to register for any other teams or as individuals. The team fee will be refunded, and the captain/coach will be notified of the team registration rejection.

TEAM FEES AND LATE PAYMENT POLICY

A non-refundable deposit of \$200 is required to reserve your team. Full payment is due before your 1st game. If the team's balance is not paid in full before your 1st game, a \$100 late fee will be automatically applied to the team's balance, which will be due in full before the 2nd game. Teams will not be allowed to play their 2nd game if the team has only paid the deposit. Any games past the 2nd game played without payment will be forfeited. If the team fees and late fees are not paid within two weeks of the payment deadline, the team and all rostered players will be suspended

(614)985-3003

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until all fees are paid in full. This team would be unable to register for any future session unless team fees are paid in full at the time of registration.

SCHEDULE REQUESTS

All schedule requests are due before the registration deadline. No schedule requests will be accepted after the registration deadline. If your team cannot make a scheduled game, please email Soccer@StarsIndoorSports.com at least 48 hours in advance of the game. No-shows will result in a 5-0 forfeit.

ROSTER RULES

Each team may have a maximum of 18 players on its roster. Rosters must be completed and submitted by the start of the first game, and no additions may be made after the third game. Any team found using an illegal player, for any reason, will forfeit the affected games. Teams that fail to submit a roster by their second game will forfeit each subsequent game until a roster is provided. Continued violations may result in expulsion from the league.

If a team wishes to challenge an opponent's roster, the team captain or coach must notify the referee before the game begins or before the 22-minute mark. Roster checks will not be permitted after 22 minutes. During a roster check, the game clock will continue to run while a Stars Indoor Sports staff member enters the field to verify both rosters. Any player present who is not listed on their team's official roster will result in a 5-0 forfeit loss for that team.

During the roster check, players from both teams must present a valid ID that matches their name on the roster. Players unable to provide an ID at that time must email a photo or scanned copy of a valid ID within 48 hours of the game to Soccer@StarsIndoorSports.com with the subject line "Roster Check – [Team Name]." Acceptable forms of ID include a driver's license, passport, or birth certificate.

Players can play for multiple teams at Stars Indoor Sports, as long as these teams are age-appropriate for the individual player and the second team is not in the same division.

*For example, a male Over 30s player may play on both a Wednesday Men's Over 30s team and a Wednesday Men's Open team. **However, they may not play for another team in the Wednesday Men's Over 30s division, as they are already rostered in that division.***



REGULATION INDOOR TEAMS

Age Group	Players Per Side	Ball Size	Heading Allowed
U7-U10	8	4	No
U11-U12	7	4	No for 11, Yes for U12
U13-U18/U19 & High School	6	5	Yes
Adult	7	5	Yes

DIVISIONS

Each league offers multiple divisions to ensure teams are grouped by similar skill levels. The A Division is designed for more competitive play, while the D Division provides a more recreational experience. Final divisions will depend on the number of registered teams, and if there are not enough teams for a specific division, Stars Indoor Sports reserves the right to combine divisions as needed.

WARM UP

Teams should be prepared to take the field as soon as the previous game concludes. They may choose to use this time for warm-ups or to begin play right away. Games are scheduled back-to-back, and the referee will start the clock at the designated game time. Stars Indoor Sports will make every effort to keep games running as close to schedule as possible.

THE GAME

All leagues are played in a 7v7 format. In coed leagues, at least two female players must be on the field at all times. Each game consists of a 44-minute running clock that begins at the scheduled game time. If a team is not ready to play when the clock starts, playing time will be lost. The clock will only stop if deemed necessary by Stars Indoor Sports Management.

Games end after the 44-minute clock expires, except when a penalty kick is awarded before time runs out. In that case, the penalty kick will still be taken, but no rebound attempts will be allowed if the shot is missed.

Teams unable to field players within ten minutes of the scheduled start time will forfeit the game, which will be recorded as a 5–0 loss. To start the game, teams must have a minimum of five players ready to play. For Coed leagues, this must include one female player.



SUBSTITUTIONS

Substitutions are made “on the fly” at each team’s own risk. The player leaving the field must be completely off before the substitute enters. Goalkeepers may be substituted at any time. If play is stopped due to an injury, the injured player must leave the field and may return once play resumes.

EXTRA PLAYER

If at any point during the game, the goal differential is five or greater, the losing team may add a field player. The extra player must be removed if the goal differential becomes less than five.

FORFEITS

The results of a forfeited game, on the regulation indoor field, shall be 5-0. If the game has begun, and the forfeiting team is losing, the score at the time of the forfeit stands. Any team that forfeits a game will be ineligible to win the league. A game shall be forfeited if:

- A team does not have the required number of players within ten minutes of the scheduled time. The minimum number of players is five.
- A team has not paid its team fees by the designated deadline.
- A team uses illegal players.
- A team refuses to take the field to play.
- A team does not have enough players to begin the game or continue the game. (Two players less than the standard amount per side may begin the game.)

IN/OUT OF PLAY

When the ball hits the ceiling, lights, or netting, it is restarted at the point where the ball last crossed out of bounds. If the ball hits the ceiling or lights above the penalty area, the ball is to be placed at the top of the arc outside of the penalty area.

FOULS

All kicks are direct and must be taken within five seconds of placing the ball at the restart spot. Slide tackling is not permitted. Deliberate slide tackles will result in a yellow card. Goalkeepers are not allowed to punt the ball. Punting will result in a direct freekick to the opposing team at the top of the arc.

PENALTY KICKS

All penalty kicks will be taken from the penalty spot at the top of the box.



BOARDING

At Stars Indoor Sports, player safety always comes first. Our boarded indoor fields are designed to keep the game fast and continuous, but any action that endangers another player will not be tolerated. Forcing an opponent into the boards in a dangerous manner—often referred to as “boarding”—is strictly prohibited. Players who deliberately engage in this type of contact will be issued a red card, removed from the field and facility, and suspended from future games.

YELLOW CARDS (CAUTIONS)

A two-minute penalty requires the offending player to leave the field, forcing their team to play short-handed for the duration of the penalty. If the opposing team scores during this time, the penalty ends immediately, and the penalized team may return to full strength. However, the yellow-carded player must still serve the full two-minute penalty and cannot be the one to re-enter. The only exception to this rule applies when a team has no available substitutes.

Yellow Card offenses include:

- Unsporting Behavior (UB)
- Dissent by word or action (DT)
- Persistent Infringement of the Laws of the Game (PI)
- Entering or Reentering the Field of Play without the Referee’s Permission (E)

RED CARDS (EJECTIONS)

The offending player must leave the bench and the facility immediately. The team must play short one player for a mandatory five-minute penalty, with no early release. After five minutes, the team may replace the red-carded player. All red cards carry a minimum one-game suspension. If the suspension coincides with a bye week, it will be served during the team’s next scheduled game. Any player or coach receiving two red cards in a session will be suspended for the remainder of that session and the following session. If a coach receives a red card, they must leave the bench area and facility, and another adult, age 21 or older, must be present on the team bench.

If a player receives a red card, the player or team captain must provide the player’s full name to either the referee or a Stars Indoor Sports staff member before the end of the game. Failure to do so will result in a forfeit for the offending team. All forfeits are recorded as a 5–0 result.

Red Card offenses are:

- Serious Foul Play (SFP)
- Violent Conduct (VC)
- Deliberate ‘boarding’ of an opposing player
- Spitting anywhere other than a trash can.



- Denying the opposing team a goal or an obvious goalscoring opportunity by deliberately handling the ball (this does not apply to the goalkeeper within his or her penalty area) (DGH)
- Denies an obvious goalscoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick (DGF)
- Using offensive, insulting, or abusive language and/or gestures (AL) - Receiving a second caution in the same match (2CT)

SUSPENSIONS

Players who receive a red card will be subject to a suspension. All red cards carry a minimum one-game suspension, whether it is two yellow cards or an immediate red card. If the suspension coincides with a bye week, it will be served during the team's next scheduled game. No games can be played for other teams until this suspension has been served.

Stars Indoor Sports reserves the right to decrease or lengthen any suspension, up to an infinite suspension from Stars Indoor Sports. This includes red cards for fighting, violent conduct, or foul and abusive behavior and language toward opposing players, referees, or staff.

BENCH MANAGEMENT

Only team players on the roster and up to three (3) coaches on the roster are permitted inside the team bench areas. In the case of injury, medical staff may enter the team bench areas. It is the responsibility of the coaching staff to maintain control of their bench areas and the personnel inside those areas. Failure to maintain control of those areas and individuals may result in the coach being dismissed for Irresponsible Behavior.

Teams may have up to 21 individuals inside their team box at any time: A maximum of 18 rostered players and three coaches. All players must be aged 18 years or older for adult leagues. All coaches must also be on the roster. Any individuals not on the roster or outside the 21 individuals will be asked to leave the field. At least one coach must be aged 21 years or older inside the team box at all times.

EQUIPMENT

Outdoor cleats are not permitted. Players must wear turf shoes, flats, or tennis shoes. The referee reserves the right to deny participation to any player wearing equipment considered unsafe. Earrings and jewelry are not allowed during games, except for medical or religious items that the referee determines are safe for play. The referee's decision regarding player equipment is final. Shin guards are optional but recommended for adult leagues.

UNIFORMS

Teams are required to wear matching colored shirts. In the event of a color conflict, the home team



is responsible for changing jerseys. Goalkeepers must wear a different color from their own team, their opponents, and the referee. Stars Indoor Sports recommends that each team bring an alternate jersey to every game.

GAME BALLS

The home team, listed first on the schedule, will supply game balls. Stars Indoor Sports will not supply game balls.

LEAGUE STANDINGS

Regular season Standings will be decided as follows: Three (3) points for a Win / One (1) point for a Draw, / Zero (0) points for a loss. If teams are tied on points, standings are then based on

- 1) Head-to-head
- 2) Goal Differential
- 3) Fewest goals conceded
- 4) Most Wins
- 5) Most Goals Scored

AFTER GAME RULES

Please gather your belongings immediately after the game and clear the field, as we run on a strict schedule. Team meetings are not allowed on the field or in the team benches. Coaches may meet with their team and parents in the lobby, where there is ample space.

PLEASE NOTE THAT ALL THE RULES AND REGULATIONS WRITTEN ABOVE ARE MANDATORY RULES THAT WILL NOT CHANGE THIS SEASON. THE RULES LISTED ABOVE ARE SET IN PLACE TO HELP GET A WHOLE GAME IN, WHILE ALSO PROVIDING A CLEAR UNDERSTANDING OF HOW THINGS WILL BE RULED IN THIS COMPLEX.