

- The Indoor Three-Line Rule applies to all players.
- You must be at least 18 to play in the adult division. Exceptions can be made by Cascade Indoor Sports
- If a team has a six-goal lead the opposing team may add one extra player.
- NO Slide Tackles allowed. The keeper can slide only in the penalty arc, and will be subject to penalties if outside of arc.
- Slide tackling will result in a MINIMUM blue card and 2 minute penalty.
- Slide tackling from behind will result in an automatic red card..
- Shin guards are required to play.
- Tennis/Flat sole, Turf and indoor soccer shoes are allowed. Cleats of any kind are not allowed
- In case of conflict in uniform color, the home team (team listed first on the schedule) will be required to change. All teams are required to bring alternate colored uniforms. A numbered jersey is not required.
- Jumping over the wall to substitute is not allowed and will result in a yellow card and 5 min penalty.
- Only **rostered** players are allowed in the player box.
- Spitting and foul language will result in a two-minute penalty. Persistent infringement will result in a ban from the facility.
- The game clock will be started at the schedule start time with no exceptions. The game clock will **only stop for cards and significant injury times.**
- Fighting of any nature may result in a complete ban from the facility. Furthermore the offending players may also suffer similar sanctions.
- Any physical assault on the referee will result in criminal prosecution.
- Mens Leagues are 6v6 (5 field players, 1 Goalie) Substitutes must remain in respective boxes until substitutions are made.
- Co-ed Leagues are 7v7 (3 Male field players, 3 Female field players, 1 Goalie) **All Male players must substitute with Male players**, All Female players must substitute with Female players.
- Womens Leagues are 7v7 (6 field players, 1 goalie) Substitutes must remain in respective boxes until substitutions are made.
- All players must be rostered throughout the regular season to be able to participate in playoffs.
- Co-ed players must only play on 1 team per league. NO EXCEPTIONS. Substituting for another team in the same league will result in a forfeit for the team.
- If your team is in need of players, please ask the front desk about our Free Agents List