

Bloomington Parks & Recreation

Midwest Sports Inc. 2025 Co-Ed Adult Soccer

Rules & Regulations

Rosters are Limited to 18 players.

All players must have signed a team roster or be a free agent before being allowed to participate.

Guest players must sign a free agent sheet and submit the liability waiver. Free agents may only play for one team per week.

Players may not play for more than one team in the same division except substituting goalies.

Teams are responsible for their own jerseys/shirts. **Please plan to wear the same color.** They do not necessarily have to be matching shirts, but the same color is strongly encouraged.

Numbers are not required.

Shin guards are required.

Standings Tiebreakers: Head to Head

Goal Differential

Least Goals allowed

Opponent Winning Percentage

Top 8 teams will qualify for the final 3-week tournament. Teams placing 9th-12th will be scheduled for a 3-week round robin.

Playing Rules:

Periods: Each game will consist of two (2) running time 35-minute halves.

Referees will start the clock at the assigned time and allow play to begin as soon as the teams are ready.

Substitutions

Substitutions will be in accordance with current IHSA substitution policy. Unlimited on goals scored, and goal kicks and injuries. Unlimited for both teams as long as the controlling team is substituting on throw ins, corner kicks.

Substitutes must be acknowledged by a referee and beckoned onto the field.

Restarts

All restarts shall be in accordance with FIFA rules. Unless listed differently in these rules.

Officials

2 referees will be assigned to all games. Games may still be played with only one referee.

Yellow Cards

When a yellow card is issued, the player shown the card shall leave the field of play and if not replaced shall remain off the field until the next legal substitution opportunity for their team.

Dissent Penalty

Dissent by a player or team personnel towards the referee or other officials will result in the team being required to play shorthanded for 2 minutes. The referee shall identify the offending player to sit out the penalty. The player may only rejoin the game at the next legal substitution opportunity. In the event of additional Dissent during the same game by a team each incident shall have the time penalty doubled. IE the first penalty shall be 2 minutes, the second 4 minutes, etc. If the dissent offense occurs during normal play then the referee shall award an indirect free kick to the non dissenting team at the location where the ball was when the referee blew the whistle. In the event of double dissent the restart shall be a drop ball.

Slide Tackling

No slide tackling is permitted. Field players may go to the ground to stop/intercept the ball **if no opponent is in playing distance. Goalkeepers may safely slide tackle inside the penalty area.**

The restart after a slide tackle will be in indirect free kick to the offended team unless a more significant penalty applies.

Bloomington Parks & Recreation and Midwest Soccer Inc. and its appointed delegates have the authority to change and/or better define the rules throughout the season.

Record of Scores and Standings

Managers of both teams should plan to record the final score in the binder at the on-site equipment box. If one manager records the score, it is a good practice for the other manager to verify and sign off on the score. If scores are properly and consistently recorded, weekly standings will be updated and posted on the Bloomington Parks & Recreation website.