

# INSA MEN'S OPEN RULES

## General

1. Unless a rule is otherwise outlined below, INSA has adopted and resolves to following FIFA rules when applicable.
2. All players must hold current US Club Soccer membership and be registered to play in the INSA Men's Division.
  - Any team captain that fields an unregistered player will be suspended upon review by the judicial chair.
3. All players must be 18 years or older before the first game.
4. Each game will consist of two (2) forty-five (45) minute halves, unless otherwise agreed upon by the captains before the start of the game.
5. A minimum of seven (7) players are needed on each team to start a game, and seven (7) players on each team must finish the game or that team will forfeit their game.
6. In the instance that a team needs to cancel or reschedule a game, the captain must do so at least 24 hours before the scheduled game time.
  - If a team does not show up to the scheduled game and fails to provide any notification, that team will be responsible for the field reservation and referee fees.
7. The rule for substitutions is the same as FIFA, except the number of substitutions shall be unlimited.
8. Slide tackling is allowed in the Men's Open Division.
9. All players are required to wear shin guards and jerseys with numbers, according to the roster.
10. All captains are required to wear the provided captain band for the duration of each game.
  - In the instance that a captain cannot attend a game, the captain shall designate another player to act as the captain for that particular game.
11. Captains shall provide a current roster to the referee prior to the beginning of EACH game for verification. A captain may use a printed roster or an electronic version, although a paper copy is preferred.
  - In the instance that a captain cannot attend a game or anticipates being late, the captain shall designate another player to provide a roster to the referee. It may be in the captain's best interest to email the roster to the entire team so that they are prepared in the event that the captain is absent.
  - If a roster is not provided, the game will not be played and the opposing team will automatically receive three (3) points for a win.

12. Rosters shall be limited to 22 players maximum and the roster **MUST** include each player's number.
13. In the first game they intend to play, all players shall present a government issued photo ID to the association representative, in order to verify legal name, date of birth, and accurate photo to be matched to the roster provided. For every game after, players may use the roster as their "player card" for proof that they are registered for that team and eligible to play.
14. Players may only use a guest pass for 3 games. Captains are **required** to give notice to opposing captains 24 hours in advance via text message. This text message must include the league's commissioner, and a screenshot of the player's guest pass receipt.
  - Exceptions to this rule include:
    - Goal Keepers who have already registered with another INSA team, and;
    - Teams with only 11 available players **or less**, and are in need of a substitute. Notice must be given to the opposing team captain via text at least **three (3) hours** prior to gametime. This text must still include the league commissioner and receipt of the player's pass.
      - If this occurs, a team must show up to the field with at least **seven (7)** players.
      - A team in violation of this rule will automatically have **three (3)** points deducted.
      - Guest passes may not be used during playoffs.
  - A player may choose to switch teams within the first three games. After the third game of the season is played, players may not switch teams until the next session.
15. The last place team from Division 1 will be relegated to Division 2 for the summer/fall session. First place from Division 2 will be promoted to Division 1.

### **Playoff Game Eligibility:**

16. To be eligible for a playoff game, players must play in at least **ONE (1)** regular season games with the team going to playoffs.
17. In the instance of a tie at the end of the game's full-time, teams should immediately proceed to a penalty kick shootout to determine the winner. There shall be no overtime play.

## **Red Cards and Appeals**

18. Any direct red card presented to a player shall result in a minimum two (2) game suspension from all INSA Divisions for that player, added to the remainder of the game in which the red card was presented. However, if a player receives a red card as a result of two (2) yellow cards in one game, they shall be suspended

from all INSA Divisions for the next game only, in addition to the remainder of the game in which the player was presented with the second yellow card.

- The team captain of the player that received the red card is responsible for making the Men's Commissioner aware of what happened as soon as the game is over.

19. Upon review of ANY offense, the league may impose additional game suspensions to the previous one or two game suspension described above. For example, fighting or any other similar violent act will most likely result in additional games suspension, or even permanent disqualification from participation in the league.

- Foul, abusive, or provocative language towards a ref that warrants a red card will result in a five (5) game suspension of play from all INSA Divisions.
- Any repeat behavior of violent physical contact with a referee will result in a lifetime ban from all INSA Divisions, effective immediately.
- If a player receives a red card and does not leave the fields immediately following, the player will receive a five (5) game suspension from all INSA Divisions.

20. Any player issued a red card may appeal the game suspensions that accompany the card. To begin the process, the player must email the judicial chair at: [judicial@inlandnorthwestsoccer.com](mailto:judicial@inlandnorthwestsoccer.com). The judicial chair, after gathering reports and witness statements, will determine the seriousness of the offense based on the circumstances surrounding the red card. If able on their own, the judicial chair will make a ruling on the suspensions within five (5) business days.

- Players have 24 hours to dispute a red card given after most recent played game.
- If there are significant conflicting factors (i.e., contradictory statements, conflicts of interest), the judicial chair shall gather a three (3) person committee of board members and commissioners to review and make a ruling within five (5) business days.

21. Any suspension issued to a player as a result of receiving a red card shall carry over between seasons in the instance that the allotted suspension was not completed prior to the season ending.

22. If any suspension is not honored, in other words, if a suspended player plays in a game, that player AND their team captain shall be additionally suspended upon review by the judicial chair.

**23. Unregistered Players are NOT allowed to participate in INSA games.**

- Should an unregistered player happen to play in an INSA sanctioned game, the team involved automatically forfeits and the team captain shall be held responsible via suspension in the unregistered player's place.

This type of suspension cannot be appealed.

## Gross Player Misconduct

24. In the instance that fighting or other aggressive/violent conduct, caused by an unidentified or unknown player, the captain must identify the player within one hour of the game's conclusion. This rule stands regardless of whether a card was issued. If the captain is unable to identify the player or refuses to do so, the captain shall be responsible for the offense. Failure to identify will result in a loss of three points (3) and a two (2) game suspension as if they received a red card.
  - INSA reserves the right to take further action will be taken if deemed necessary.
25. As stated previously, upon review of ANY offense, the league may impose additional game suspensions, fines, or other fitting punishment.

## New Rules for 2026

1. **Three** players per team per session can be designated to play both division one and two. **These players must be registered within the same club.** Team Captains and Goal Keepers are an exception to this rule.
  - The team captain exception applies **only** if the same individual serves as captain for both teams.
2. Players designated to play within the Premier and Championship division **must** register for both leagues but, will receive a 50% discount code to play in the Premier division.
3. Players have 24 hours to dispute a red card given in a previously played game.
4. **Unregistered Players are NOT allowed to participate in INSA games.**
  - Should an unregistered player happen to play in an INSA sanctioned game, the team involved automatically forfeits and the team captain shall be held responsible via suspension in the unregistered player's place. This type of suspension cannot be appealed.
  - If a captain or a later-identified player receives a punishment under this rule, it is not appealable.
5. Players may only use a guest pass for 3 games. Captains are **required** to give notice to opposing team captains 24 hours in advance via text message. This text message must include the league's commissioner, and a screenshot of the players guest pass receipt.
  - Exceptions to this rule include:
    - Goal Keepers who are registered with another INSA team and;

- Teams with only 11 available players **or less**, and are in need of a substitute. Notice must be given to the opposing team captain via text at least **three (3) hours** prior to gametime. This text must still include the league commissioner and receipt of the player's pass.
    - If this occurs, a team must show up to the field with at least **seven (7)** players.
    - A team in violation of this rule will automatically have **three (3)** points deducted.
    - Guest passes may not be used during playoffs.
6. Should a new team join the league, or should a team withdraw from the competition after a session has concluded, INSA reserves the right to re-align divisions and adjust the competition format for the subsequent session. Team placements will be determined at the discretion of INSA.