

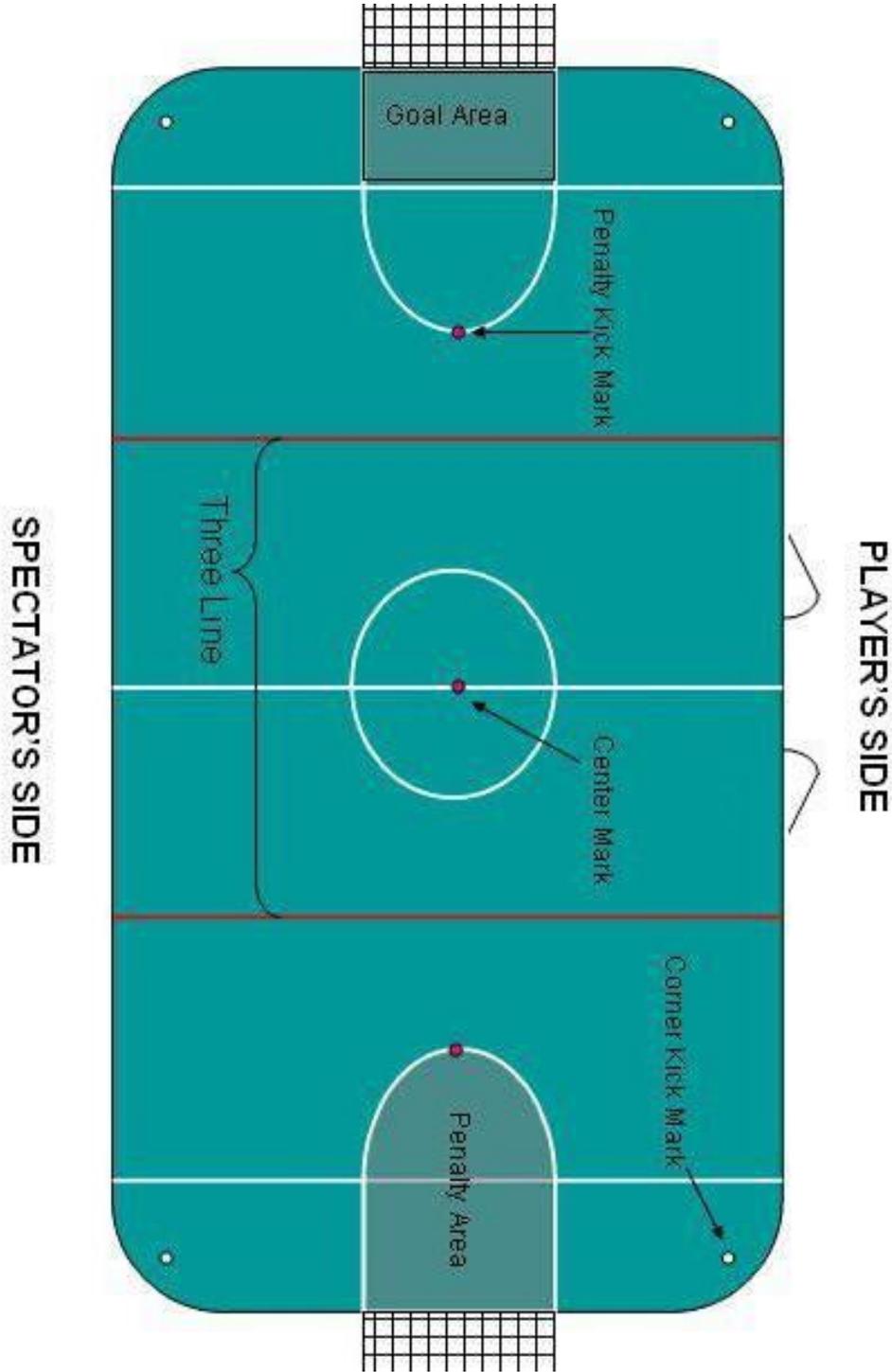


# Rules for Indoor Soccer

## Introduction

The purpose of *The Rules* is simply to help players and spectators become familiar enough with the rules of indoor soccer to play or enjoy the game.

**Rule 1 - The Field Of Play**



### Rule 3 - The Players

U6	5v5	including keeper
U7-U8	5v5	including keeper
U9 & up	7v7	including keeper
Adult	7v7	including keeper

The minimum number of players on a roster is two more than listed above. The minimum number of players to start and continue play is two fewer than listed above.

Players and coaches must be on the Field House roster and are subject to the authority and jurisdiction of the Referee. All non-players shall be on the spectator side of the field.

Youth teams are required to have a person over eighteen years of age as the team coach. The coach will be held responsible for the actions of the team whether on the field or in the team area.

A team playing with a player who has not paid his/her league fees shall forfeit that game.

**Substitutions:** **Sub on the fly, a player must come off the field before the substitute may enter the field.** The Referee must be notified to substitute a keeper. A free kick is awarded if opposing team has too many players on the field.

### Rule 4 - The Players' Equipment

Players wear their team's uniform, consisting of the same color jerseys/t-shirts. Keepers wear jerseys that differentiate them from their team, the other team, and the referee. If both teams have similar color jerseys, the home team is required to change to a non-similar color jersey before the start of the match. **Teams are expected to bring a light and a dark colored shirt to every game in case a shirt change is needed.**

**Home Team – Wears Light each week**  
**Away Team – Wears Dark each week**

Shin guards (age/size appropriate) are REQUIRED.

Flats, turf shoes, or molded cleats are recommended; metal or screw-in cleats are not permitted.

Jewelry and other accessories, other than medical alert, are prohibited.

### Rule 5 - The Referee

The decisions of the Referee regarding facts connected with play and interpretations of the Rules are final.

Out-of-play calls do not require a whistle, but the proper arm signal to indicate restart direction should be used.

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Restarts do not require a whistle except at a ceremonial restart, penalty kick, or when a player is carded. The whistle may be used anytime at the referee's discretion

It is the referee's responsibility to keep the games on schedule. Shortened halves or reduced intermissions can be used at the discretion of the referee and/or the facility duty manager to maintain the game schedule. Up to five minutes per half may be deducted from the scheduled match length.

## Rule 6 - The Duration of the Game

A regulation game consists of two halves of twenty minutes each, with a two-minute halftime.

*Overtime Period and Tiebreaker:* If, in a tournament or playoff, the game is tied at the end of regulation, a 5-minute "sudden-death" overtime period follows. If still tied, a tiebreaker takes place, as described in Rule 12.

*Running Clock:* Except in the case of an unusual delay, as determined by the referee, the game clock counts down continuously through each half or overtime period.

**At the scheduled game time 3 minutes will start on the clock for warm-ups. After that 3 minutes, if a team cannot field the minimum number of players, 5 minutes will be placed on the clock for a "grace" period. If one of the teams still does not have the minimum to start the game after the additional five-minute "grace" period, the opposing team will choose whether they'd like to wait or if they would like the forfeit. The game clock will start after the 3-minute warm-up and the 5- minute grace period. If the team that is present and has enough players decides to wait for the opposing team, the game clock will not be re-set and the final score will stand no matter the outcome. The score will be recorded as an 8-0 victory for the opposing team if the team chooses to take the forfeit.**

## Rule 7 - The Start and Restart of Play

A **Kickoff** from the Center Mark starts play at the beginning of each Half and after every goal. A player who starts play may not touch the ball a second time until it touches another player.

The Home Team takes the Kickoff for the First Half Kickoff, and the Visiting Team takes the Kickoff for the Second Half. The Visiting Team chooses their starting defensive end. For overtime, there will be a coin toss to determine who takes the Kickoff.

Restarts take place by a kickoff, free kick, goalkeeper distribution, or dropped ball. Other than kickoffs, or as provided below, restarts occur within three feet from the spot of the ball at the moment of stoppage.

A team receives a **free kick** after stoppages other than when a dropped ball or goalkeeper distribution is required. Before the team takes the free kick, the ball must be stationary. All opposing players are at least 15 feet from the spot of the free kick (or, if within 15 feet of the opponent's goal, along the goal line). The spot of the free kick is that provided above, except:

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- (a) *Within Own Penalty Arch*: from any spot therein.
- (b) *Within Opponent's Penalty Arch*: at the Free Kick Mark ("Top of the Arch").
- (c) *Delayed Penalty*:
  - According to the ensuing stoppage, as normally administered, or
  - In case the defending team obtains possession of the ball during play, at the spot of the original offense.
- (d) *Three-Line Violation*: from the offending team's Restart Mark.
- (e) *Superstructure Violation*: from a point near where the violation occurred.
- (f) *Corner Kicks* are indirect kicks.

If neither team has clear possession of the ball at a stoppage, the Referee restarts play with a **Dropped Ball**. A Dropped Ball caused while the ball is inside a Penalty Arch takes place at the Free Kick Mark.

Play restarts with a **Goalkeeper Distribution** (or punt in U12 divisions and younger) anywhere within the Penalty Arch after an attacking player has last touched the ball before crossing an end perimeter wall.

## **Rule 8 - The Ball In And Out Of Play**

A **Three-Line Violation** occurs when a player propels the ball forward in the air across the two red lines and the halfway line toward the opponent's goal without touching the perimeter wall, another player, or a referee on the field of play. The Three-Line rule does not apply to the small fields.

A **Superstructure Violation** occurs when the ball contacts any part of the building above the field of play.

All field wall glass is considered in play.

## **Rule 9 - The Method of Scoring**

A team scores a goal when the whole of the ball legally passes over the goal line. A goal may not be scored directly from a kickoff or restart. The ball must cross the goal line before the buzzer sounds to be scored a goal, with the exception of a Penalty Kick.

## **Rule 10 - Fouls and Other Violations**

A **Foul** occurs if a player (**All fouls are indirect unless it's a Penalty Kick**):

- (a) Holds an opponent;
- (b) Handles the ball (except by the Goalkeeper within his Penalty Arch);

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- (c) Plays in a dangerous manner (e.g., commits boarding or a slide tackle);
- (d) Impedes the progress of an opponent ("Obstruction"), or
- (e) Prevents the Goalkeeper from releasing the ball from his hands;

and when a player commits the following in a manner that the Referee considers careless, serious, reckless, or involving excessive force:

- (f) Kicks an opponent;
- (g) Trips an opponent;
- (h) Jumps at an opponent;
- (i) Charges an opponent;
- (j) Strikes or elbows an opponent; or
- (k) Pushes an opponent.

**Unsporting Behavior:** A Free Kick results for the following offenses:

- (a) Using a body or any part of the field to gain an advantage;
- (b) Encroachment: Entering the protected area of an opposing player taking a free kick (after initial warning);
- (c) Dissent: (i) Referee Abuse; (ii) Breach of Penalty Area Decorum
- (d) Other: Behavior that, in the referee's discretion, does not warrant another category of penalty (e.g., taunting, foul language.)

**Goalkeeper Violations:** The opposing team receives a free kick for the following violations by a goalkeeper:

- (a) *Illegal handling:* Drop Kicking
- (b) Once the keeper puts the ball on the ground, they are unable to pick it up again until the ball touches another player. The keeper may receive the ball with their feet from outside of the penalty area and dribble back into the penalty area to pick up the ball.
- (c) *Pass Back:* Handling the ball, having been passed deliberately and directly to him by a teammate; except that he may handle a ball which a teammate passes to him by the head, chest, or knee and without "trickery" (the use of a wall or foot to flick the ball to a head, chest, or knee before making the pass);
- (d) *5-Seconds:* Controlling the ball with either his hand or foot inside of his penalty arch for more than five seconds.

**Team Violations:** The Referee issues a team penalty for the following violations by a team or unidentified person:

- (a) *Leaving Team Bench:* Players leave a team bench to join a confrontation
- (b) *Bench Dissent:* After an initial warning, a player or players verbally abuse the referee.

- (c) *Other*: Unsporting behavior, which, in the referee's discretion, does not warrant another category of penalty (e.g., too many players on the field.)

**Advantage Rule:** The referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an existing offensive advantage.

<b><u>Caution Offenses – Yellow Cards</u></b>
<b>Illegal handling</b>
<b>Goalkeeper endangerment</b>
<b>Boarding</b> ; slamming an opponent into the glass
<b>Provoking altercation</b> : making physical contact with an opponent (e.g., pushing or poking), short of fighting, or using the ball in so doing;
<b>Unsporting behavior by any non-player personnel.</b>

**Red cards will automatically result in a week-long suspension from the facility. Even if it was in retaliation, you are still responsible for your actions and will serve the penalty.**

<b><u>Ejection Offenses – Red Cards</u></b>
<b>Elbowing</b> – intentionally elbowing an opponent above the shoulder;
<b>Vicious slide tackling</b> : a tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him;
<b>Fighting</b>
Leaving team bench or penalty area to engage in a fracas or confrontation with the opposition or a game official; for any reason.

<b>Extreme Unsporting Behavior:</b> Particularly despicable behavior, including spitting at any other person, persistent use of abusive language or behavior toward a game official, or bodily contact with a game official in dissent.
<b>Foul language</b>

## Rule 11 - Time Penalties

The following penalties apply to offenses for which a card is issued (subject to further action by the administrative authority):

- (a) Yellow card: 2-minute Time Penalty, 2<sup>nd</sup> yellow card by a player results in 5-minute penalty and ejection.
- (b) Red card: 5-minute Time Penalty and ejection.

The person who commits a carded offense serves the penalty and the referee permits their release. **The person's penalty time will start at the officials restart.**

**Exceptions:** Under the following circumstances, Time Penalties either expire prior to their completed countdown, or have the beginning of their countdowns delayed:

- (a) *Powerplay Goal:* If a team is scored upon having fewer players on the field of play, due to one or more players serving Time Penalties, a player from the team other than the person who got the penalty. If you're the only player in the box you still need to serve your entire time.
- (b) *Multiple Penalties:* If two teammates are serving time penalties when another teammate is penalized, his time penalty does not begin to count down until at least one of the teammates' time penalties has expired and his or her time penalty is next to begin.
- (c) *Simultaneous Ejections:* When two simultaneous red cards carrying the same time penalties are assessed to opposing players, their time penalties are not served.
- (d) *End of Game:* All time penalties carry over between periods and expire at the end of the game.

## Rule 12 - Shootouts and Penalty Kicks

**Kicks from the Mark (Tiebreakers):**

- (a) Any player on the field at the end of over time play may take the kicks from the mark, reduced to equate if one team is short players. **For coed teams, one of the first 3 kickers must be a female.**
- (b) All players serving Time Penalties are seated in their appropriate Penalty Area. All players of the attacking team stand on or behind the Halfway Line and outside of the

Center Circle. Players of the defending team stand behind the Halfway Line and inside of the Center Circle;

- (c) The ball is placed at the Restart Mark nearer the attacking Goal;
- (d) The Goalkeeper has at least one foot on his goal line and may not move off it until after the referee whistles the shootout to begin;
- (e) The Referee whistles the Shootout to begin. The ball is "in play" once the player taking takes the kick. The player has 5 seconds to take the kick after the referee blows the whistle.

**Penalty Kick:** A Penalty Kick proceeds the same as a Shootout except:

- (a) The ball is placed at the free-kick mark;
- (b) The Goalkeeper has both feet on his goal line until the ball is in play; and
- (c) The player taking the penalty kick may not touch the ball again until after it touches another player.

**Tiebreaker:** A Tiebreaker proceeds by shootouts, except that:

- (a) The Referee designates the goal at which both teams shoot and the team that shoots first (according to administrative policy);
- (b) All players involved in the shootout, other than the player taking the shot and the goalkeepers, must remain behind midfield;
- (c) Each team has 3 shots, with players from each team kicking alternately. Once again, for coed one of the first 3 kickers must be a female.
- (d) If, at any time, a team obtains a 2-goal advantage, the Tiebreaker ceases and the winner is declared;
- (e) If, after both teams have taken 3 shots, neither has an advantage, the Tiebreaker continues, alternating one player at a time, until both teams have taken an equal number of shots and one team has scored when the other has not;
- (f) The player has 5 seconds to score after the Referee's whistle.

**Playoff Seeding:**

Playoff seeding will be determined in the following order:

- Points
- Head-to-Head
- Goals Against
- Point Differential