



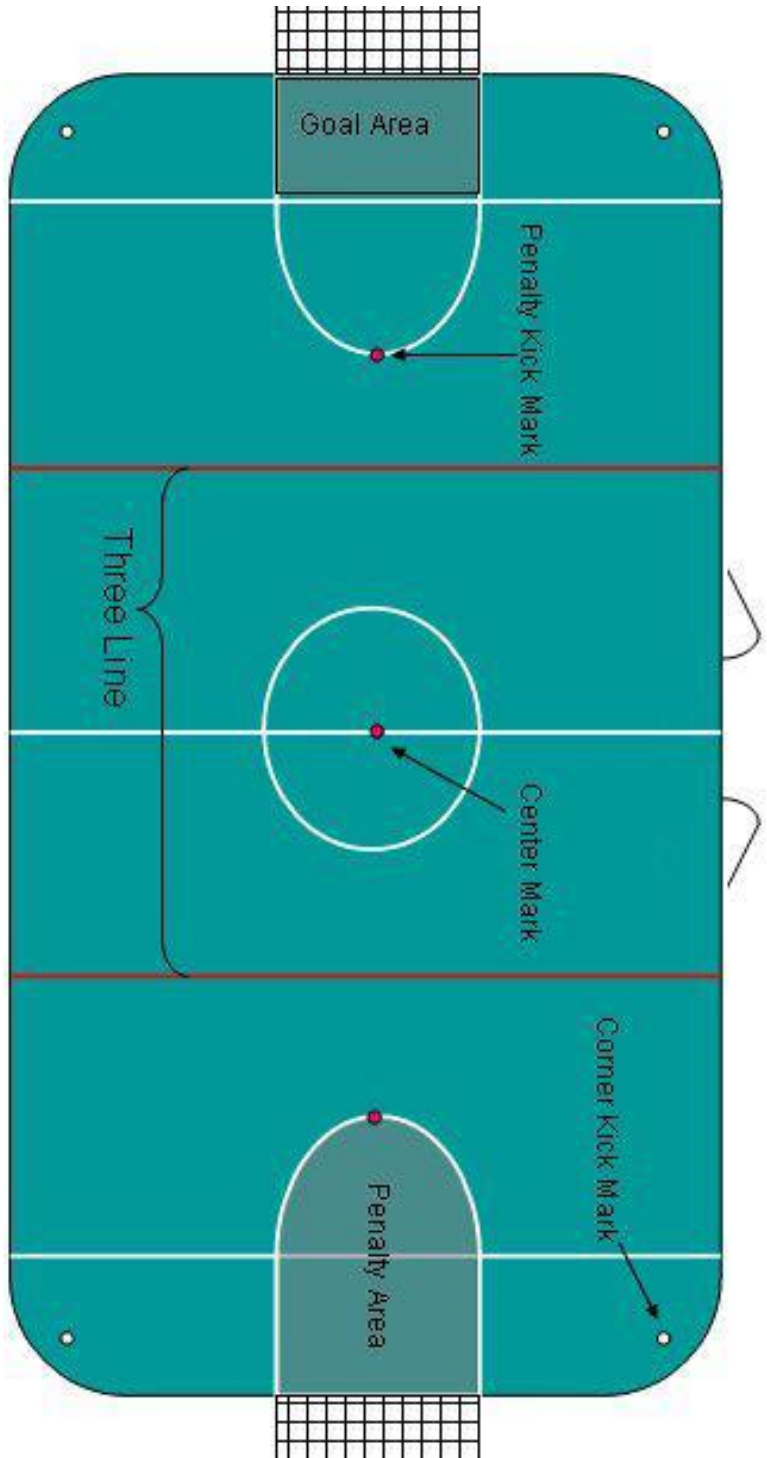
## Rules for Indoor Youth Soccer

## 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.

All rules for the league will be governed by the Federation Internationale de Futbol Association **(FIFA)**. Interpretation of rules and the modifications outlined are at the sole discretion of the league director and the Virginia Beach Field House staff. The officials have final say on any interpretation of any rule that may be challenged by any coach.

1 - Field Play



Rule  
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## Rule 2 - The Ball

Size 3 for U8 and below

Size 4 for U9-U12

Size 5 for U13 and above

## Rule 3 - The Players

U5-U8 4v4 no keeper

U9 & up 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:** Each team may substitute players freely as long as they do not interfere with the flow of the game. A player must come off the field before the substitute may enter the field. The Referee must be notified to substitute a keeper.

**\*\*THERE ARE NO GUEST PLAYERS ALLOWED FOR ALL VBFH YOUTH SPORTS. All participating players must be rostered. Players may be added to rosters up to the roster lock date\*\***

**Sister Team Policies:** We encourage teams to split into 2 indoor soccer teams. A sister team is created from an outdoor team that split into two or more indoor soccer teams. If you have a sister team in the league, you may borrow players from the sister team during regular season play under the following conditions:

- Sister teams must be verified by providing a copy of the outdoor roster that both sister teams have come from. There may be only one additional player on an indoor roster who is not part of the outdoor team. Outdoor rosters can be emailed to Steve Cariello, scariello@beachfieldhouse.com.
- You may only use a sister team player to bring your roster to 10 players including the goalkeeper.
- Goalkeepers may play for the sister team regardless of players available. However, if the sister team has more than 9 players, the goalkeeper must always play in goal when on the field for the sister team.
- Rosters are frozen during playoffs. Players cannot use sister team players, except for the goalkeeper who must play in goal.

### ***Double Rostering:***

Players may be double rostered on teams that are in different divisions (leagues) but cannot play down an age group.

## **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.

**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.

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

Shortened halves or reduced intermissions can be utilized at the discretion of the referee and/or the VBFH 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 (20) minutes each, with a two-minute halftime. No time-outs.

*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.

A team that cannot field the minimum number of players within five minutes of the official start time of the match will forfeit the match. The score will be recorded as a 4-0 victory for the opposing team.

If an opponent cancels a game or does not show for the game, the other team may use the scheduled game time for their use. There are no refunds for games cancelled by opponents. If a team must cancel, call the Field House as soon as possible to notify the referees and/or the opposing team. Cancelling a game not only short-changes your team, but your scheduled opponent.

## **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 any Overtime Period, and the Visiting Team takes the Kickoff for the Second Half. The Visiting Team chooses their starting defensive end.

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 point 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:

- (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) *Kick-In*: from the point on the touch line nearest where the ball crossed over the Perimeter Wall.
- (e) *Three-Line Violation*: from the Midfield line. \*There are no offsides in indoor soccer.
- (f) *Superstructure Violation*: from a point near where the violation occurred.
- (g) *Corner Kicks* are indirect kicks.
- (h) *Heading the ball*: Players that are in the U12 and below are not allowed to head the ball. Players in the U13+ divisions are permitted.

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** anywhere within the Penalty Arch after an attacking player has last touched the ball before crossing an end perimeter wall. (*Goalkeepers cannot punt or drop kick*)

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

A **Three-Line Violation** occurs when a player propels the ball 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 restart will be at midfield.** 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 be scored **indirectly** from a kickoff or restart (**All kicks are Indirect except for Penalty Kicks**). The ball must cross the goal line before the buzzer sounds to be scored a goal.

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

A **Foul** occurs if a player:

- (a) Holds an opponent;
- (b) Handles the ball (except by the Goalkeeper within his Penalty Arch);
- (c) Plays in a dangerous manner (e.g., commits boarding or a slide tackle); No sliding or slide tackling allowed.
- (d) Impedes the progress of an opponent ("Obstruction"), or
- (f) 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:

- (g) Kicks an opponent;
- (h) Trips an opponent;
- (i) Jumps at an opponent;
- (j) Charges an opponent;

- (k) Strikes or elbows an opponent; or
- (l) Pushes an opponent.

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

- (a) Leverage: Using the body of a teammate 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*: bringing the ball from outside of the penalty arch to his hand within it, or receiving the ball again after a goalkeeper distribution without the ball's having first touched another player (e.g., no drop-kicking or bouncing the ball);
- (b) *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);
- (c) *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 fracas or 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.

**Flagrant Fouls:** A penalty kick is awarded for the following fouls committed by a defender in his or her defensive half of the field:

- (a) A Foul within the penalty arch or goal for which he receives a time penalty;
- (b) A Foul from behind against an attacking player, having control of the ball and one or no defensive players between himself and the goal; and
- (c) Any Foul where he or she is the last player on the team between the attacking player with the ball and the goal.



**Caution Offenses:** The Referee issues a yellow card for reckless/serious fouls and:

- (a) Illegal handling;
- (b) Goalkeeper endangerment;
- (c) Boarding;
- (d) Provoking altercation: making physical contact with an opponent (e.g., pushing or poking), short of fighting, or using the ball in so doing;
- (e) Unsporting behavior by any non-player personnel.

**Ejection Offenses:** A person receives a red card for fouls, which the referee considers violent or committed with excessive force, and for:

- (a) Third-time penalty;
- (b) Elbowing – intentionally elbowing an opponent above the shoulder;
- (c) Vicious slide tackling: a tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him;
- (d) Fighting;
- (e) Leaving team bench or penalty area to engage in a fracas or confrontation with the opposition or a game official;
- (f) Extreme Unsporting Behavior: 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.

## **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: 3-minute Time Penalty and a warning of the possibility of an ejection;
- (b) Red card: 5-minute Time Penalty and ejection.

Players are designated by their teams to serve time penalties of their team, their goalkeeper, non-player personnel, and of teammates who receive red cards. Otherwise, the person who commits a carded offense serves the penalty. Players serving time penalties serve their time penalties, seated, until their expiration and the referee permits their release.

**Short-Handed Play:** For each time penalty being served by a player, his or her team plays with one fewer field player until its expiration; provided that, a team may not have fewer than the minimum required, regardless of the number serving time penalties. Should a player receive a time penalty, while two or more teammates are already in the penalty area, his or her team continues to play with the minimum while he or she joins his teammates in the area.

**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 is released from the Penalty Area into the field of play, unless otherwise prohibited, and the player's Penalty or Penalties are wiped out. If the team has two players in the Penalty Area, only the player with the earlier recorded Time Penalty is affected.
- (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) Maximum Time Penalty: No player may receive more than 5 minutes for penalties arising at the same time on the game clock, irrespective of the number or nature of accumulated offenses or the fact that one or more teammates may be designated to serve such time.
- (e) End of Game: All time penalties carry over between periods and expire at the end of the game.

**Coach Ejections:** If a coach is ejected from any match, a referee's report of the incident shall be turned over to the League Director. The minimum penalty for an ejection state that the coach shall not be permitted to coach, remain on the player's bench, or in the facility. Upon further review, the League will reserve the right to implement a more severe punishment of either the coach or team's expulsion from the League. There are no refunds for expelled players or teams.

## **Rule 12 - Penalty Kicks**

**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 penalty kicks, 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, other than the player taking the shot and the defending goalkeeper, remain within their Team Bench areas;
- (c) Both teams have up to 3 shots, with players from each team kicking alternately;
- (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; **Player may not shoot again until an equal number of rostered players has been exhausted.**

(f) The player has 5 seconds to score after the Referee's whistle.

### **Rule 13 – Season Standings**

The determination within the group standings is as follows:

- 3 points – Win
- 1 point – Tie
- 0 points – Loss

Forfeited games are recorded as a 4-0 loss for the forfeiting team.

Depending on league size, each team may not play all other teams in the league.

Playoff seeding is determined by:

- 1) Overall record
- 2) Head-to-head competition
- 3) Points against
- 4) Points scored/conceded differential
- 5) Point scored
- 6) Coin toss