



## Indoor Soccer Official Game Rules

These rules are adopted from the FIFA Laws of Soccer and the Official Rules of Indoor Soccer, as adapted for league play at this facility. These Rules will apply to all Adult, High School and Youth leagues (Under 9-10 and above). Adjusted game rules may apply to younger Youth Leagues (Under 8 and younger) and to small-sided play.

### Rule 1 - The Field of Play

The Field of Play shall be in conformity with the specifications set forth in Appendix A.

### Rule 2 - The Ball

#### Specifications

- A standard size 5 ball shall be used in league play for all ages from U13 through adult.
- A standard size 4 ball shall be used in youth leagues from ages U9 through U12.
- A standard size 3 ball may be used in younger youth leagues (U8 and below)

The ball shall otherwise conform to the specifications set forth for outdoor play.

#### Ball Change

The ball may not be changed during a match without the authority of the referee.

### Rule 3 - The Players

#### Team Rosters

A Team may have a maximum of 16 players and at least one coach or team representative on its roster.

- All players, coaches and team representatives must be listed on the team roster and must have a properly completed registration form on file to be eligible to participate. Only properly registered players and team personnel may participate. The use of non-registered players is prohibited.
- Rosters are frozen (no changes or additions) after the fourth league match.

#### Team Benches

Only registered players and up to two coaches or team representatives are allowed in the team areas and boxes. Youth and High School teams must have a responsible adult (coach or team rep) in the team box to monitor players' conduct during games

#### Players

- All Under 11-12 and older Youth Leagues, High School Leagues and Adult Leagues: A match is played by two teams, each consisting of six (6) players on the field, including the goalkeeper.
- Under 9-10 Youth Leagues: A full-sided match is played by two teams, each consisting of seven (7) players on the field, including the goalkeeper.
- Under 7-8 Youth Leagues: If a full-sided match is played, there will be two teams, each consisting of eight (8) players.

#### Minimum Players

Teams must have a minimum of four (4) players to start or to continue a match. If a team is unable to field at least 4 players at the official start time of the match, a 10 minute grace period will be allowed. (The grace period will be deducted from regulation play). If a team is unable to field the minimum at the expiration of the grace period, the game will be a forfeit and will be recorded as a 0-4 (forfeit) loss to the offending team. If both teams are unable to field at least 4 players, the game will be a forfeit and will be recorded as a 0-0 (forfeit) to both teams.

#### Players - Adult and High School Coed Leagues

Coed teams shall have a maximum of three (3) male players\*, and at least 3 female players, including the goalkeeper. Coed teams with less than 3 female players must play short, and may not start or continue a match without at least one female player on the field. (\*If the mercy rule applies, a coed team may elect to play with one additional male or one additional female player).

### Rule 3 - The Players (Continued)

#### Mercy Rule

Any team that is down by four goals or more during a match may play with one (1) additional player. The team will return to its original number when a 3-goal differential is achieved.

#### Substitutions

Unlimited substitutions will be allowed during a match. Substitutions may occur at any time (Play need not be stopped). The referee must be notified of a goalkeeper substitution. A substitute may not enter the field or participate in the play until the player being replaced has left the field.

### Rule 4 - The Player's Equipment

#### Team Colors

Each team shall designate a primary jersey color (dark) and an alternative jersey color (light) to be worn by its players. White shall be the alternative color of teams with only one jersey.

#### Uniform

Players shall wear their team's uniform, consisting of the team jersey, shorts, socks shin guards (completely covered by socks), and shoes suitable for indoor soccer. Soccer cleats and turf shoes are permitted. Shin guards must be of the size, durability and quality to provide adequate protection.

Teams are encouraged to wear numbered jerseys.

#### Goalkeeper

Goalkeepers must wear a jersey color that distinguishes them from the other players and the referees. Goalkeepers may be allowed to wear gloves, pants, and approved headgear.

#### Dangerous Equipment

- Players may NOT wear any jewelry (including pierced or starter earrings), except for medic alert tags or wedding rings (must be taped or covered) and may NOT wear any metallic, hard or sharp items or any items deemed unsafe or improper by the referee.

Casts, splints, knee braces or body braces (plastic or metal) must be completely covered with a soft material and padded to the satisfaction of the referee to be allowed.

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#### Home Team

Home team supplies the game ball and changes jerseys in the event of a color conflict. Teams are otherwise expected to bring their own balls, uniforms and goalkeeper equipment for use in warm ups and games.

### Rule 5 - The Referee

#### Referees

At least one referee shall be appointed to officiate a match. The referee (s) may be assisted by an Assistant Referee and/or a Scorekeeper.

#### Powers and Responsibilities

The referee, with the assistance of the scorekeeper or assistant referee, has the authority and responsibility:

- (1) To enforce the official rules of the game;
- (2) To maintain control of the match and to maintain control of players' and teams' conduct before, during and after a match;
- (3) To ensure that only properly registered players participate and that players' equipment and dress is appropriate and safe;
- (4) To determine whether a goal has been scored;
- (5) To suspend play, stop the clock, or allow play to continue if a player is injured on the field, and to take what measures may be needed to ensure that an injured player is removed from the field;
- (6) To suspend play for any infringement of the rules or to allow play to continue when it is advantageous to the team against which an offense was committed;
- (7) To take disciplinary action against players or team officials who engage in penalty, cautionable or sending off offenses, and to suspend play or to terminate the match, as needed, to deal with the offenders;
- (8) To stop, suspend or terminate the match, as needed, to deal with a serious injury, an unsafe condition, an unauthorized entry on the field of play, or other justifiable cause;
- (9) To restart play after a stoppage; and
- (10) To take other appropriate action, as needed, to ensure the safety and well-being of the players and participants.



## Rule 5 - The Referee (Continued)

### Decisions of the Referee

The referee's decisions on factual matters connected with the play are final. A decision may be changed, at the referee's sole discretion, prior to the restart of play.

### Game Report

The Referee should provide Management with a written Match Report, including information relating to any formal disciplinary action taken against players and/or team officials, any serious injuries, or other unusual, serious or potentially dangerous incidents or conditions occurring before, during, or after the match.

## Rule 5a - Other Game Officials

### Assistant Referee

An assistant referee may be appointed, as needed, to assist the referee. The assistant referee may, under the authority of the referee, provide assistance in enforcing the rules or in maintaining control of the match, or may perform such duties as delegated by the referee.

### Scorekeeper

A scorekeeper may be appointed as the official score keeper and time keeper of the game. The scorekeeper may perform the following duties under the authority of the referee:

- (1) To operate the scoreboard and game clock;
- (2) To operate the official time clock and to maintain the official game records;
- (3) To record game statistics, player statistics, penalties and disciplinary actions;
- (4) To keep track of penalty time and to assist the referee in preparing incident reports;
- (5) To start and keep games running on time;
- (6) To operate the ABC panel for video;
- (7) To assist the referee in checking in players, in enforcing the rules of the game, and in monitoring players conduct in the team benches, penalty boxes or outside of the referee's view; and
- (8) To perform other duties as delegated by the referee.

## Rule 6 - The Duration of the Game

### Periods

A regulation match consists of two 25-minute periods. There may be a 2-minute halftime interval between periods. Warm-ups and halftime intervals will be allowed or adjusted as time permits.

- **Extension of Play:** Additional time may be allowed for a penalty kick to be taken
- **Overtime & Tiebreaker:** No tiebreaker or overtime is played except in playoff or championship games. If, in a playoff or championship match, the score is tied at the end of regulation, there will be an overtime and/or a shootout administered as set forth in Rule 13.
- **Time Clock:** All matches are played with a continuously running clock. The referee may stop the clock for injuries and for unsafe or unusual conditions. The allowance for time lost is at the discretion of the referee.

## Rule 7 - The Start and Restart of Play

### Direct

All free kicks and restarts are direct, including kickoff. Once the ball is placed the kicker has five (5) seconds to play the ball. The kicker may not play the ball a second time until the ball has been played or touched by another player. Unless otherwise indicated, all players on the opposing team must be at least 15 feet from the ball until the kick is taken. Unless otherwise indicated, the ball is in play after it is touched and makes any discernable movement.



## Rule 7 - The Start and Restart of Play (Continued)

### Kickoff

A kickoff starts play at the beginning of each period. The Home Team takes the kickoff at the start of the 1st period and the Guest Team takes the kickoff at the start of the 2nd period. After a goal has been scored by either team, a kickoff by the team giving up the goal will restart play.

- The ball is placed at the center spot.
- All players must be on their own half of the field, and the opposing team must be outside of the center circle until the kick is taken.
- The player taking the kickoff may play the ball in any direction.

### Goal Kick

When the ball is played into the net between the stripes above the goal by the attacking team, a goal kick by the defending team will restart play. The ball may be placed anywhere inside the goal area, and must leave the goal area before it is in play. The opposing team must be on or outside the penalty arch until the kick is taken.

### Corner Kick

When the ball is played into the net between the stripes above the goal by the defending team, a corner kick by the attacking team will restart play. A corner kick may be taken from either corner spot.

### Free Kick

When a foul is called or when the ball is played off the field, a free kick, by the team that did not commit the foul or violation or did not last touch the ball, will restart play.

### Drop Ball

When the ball goes out of play and the referee cannot determine who last touched the ball, or if the referee stops play for injury or for other causes or reasons not covered by these rules, a drop ball will restart play. After the referee drops the ball, the ball must touch the ground before it may be touched by either player or before it is in play.

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

### Ball In and Out Of Play

The ball is out of play before a kickoff, after a goal has been scored, when the ball has been played into the net above either goal area, when it has been played off the field, when a foul is called, or when play is stopped by the referee. The ball is in play at all other times after a legal restart occurs.

### Out of Bounds

The ball is out of bounds when played off the field into the team boxes or the scorekeeper's booth. A kick in is awarded the team that did not last touch the ball will restart play. The ball is placed within a yard of the wall at the point where the ball left the field for the taking of the kick.

## Rule 9 - The Method of Scoring

### Goal

A goal is scored when the whole of the ball legally passes over the goal line, between the goalposts, and under the crossbar. A goal may be scored directly from a kickoff or restart.

### Winning Team

The team scoring the greater number of goals during a game is the winner. If both teams score an equal number of goals, or if no goals are scored, the match is a draw.

### Infringement or Interference

No goal is allowed if the goal was the result of an infringement of these rules by the scoring team or the result of interference in the play by an outside agent.



## Rule 10 - Fouls and Misconduct

### Free Kick - Fouls

If a player commits any foul, a (direct) free kick is awarded to the opposing team. The ball is placed where the foul occurred, unless a player commits the foul from inside his/her own goal area. The ball must be stationary and the defending team must be at least 15 feet away or on the goal line until the kick is taken, for all free kicks except for penalty kicks.

### Penal Fouls

A penalty kick is awarded if a player commits any of the following fouls inside his/her own goal area in a manner considered by the referee to be careless, reckless or by use of excessive force:

- (1) Kicks or attempts to kick an opponent;
- (2) Trips or attempts to trip an opponent;
- (3) Jumps at or on an opponent;
- (4) Charges an opponent;
- (5) Strikes or attempts to strike an opponent;
- (6) Pushes an opponent;

A penalty kick is also awarded if a player commits any of the following fouls inside his/her own goal area:

- (7) Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball;
- (8) Holds an opponent;
- (9) Spits at an opponent;
- (10) Deliberately handles the ball (except for the goalkeeper within his/her penalty area).

### Other Fouls

A free kick from the top of the penalty arch is awarded for a goalkeeper infraction, as identified below, or if a player commits any other fouls inside his/her penalty area, including:

- (1) (A) Slides or slide tackles an opponent in all non-slide tackle leagues; \*\*\*See Also Rule (1)(B)
- (2) Plays in a dangerous manner;
- (3) Impedes an opponent (Obstruction);
- (4) Boarding (checks opponent into boards);
- (5) Prevents the goalkeeper from releasing the ball
- (6) Unsporting Conduct;
- (7) Encroachment;
- (8) Delay of Game;
- (9) Double touch violations; and
- (10) Illegal Substitutions/Too Many Men

\*\*\*1(B) In leagues where slides or slide tackles are permitted, it shall be a foul for a player to slide tackle an opponent within 5 feet of the perimeter wall or in an unduly forceful, reckless or dangerous manner (from the side or from behind directly into opponent's leg (s) placing opponent in great risk of harm or injury.

### Goalkeeper Rules

A goalkeeper:

- (1) Must be inside his/her goal area to legally handle the ball;
- (2) (A) May only slide to make a save when inside his/her own goal area and when it does not endanger another player. (Applies in non-slide tackle leagues. \*\*See Also Rule (2)(B))
- (3) May not handle the ball after it has been deliberately passed back to him/her by a teammate;
- (4) Must release or distribute the ball within 5 seconds after gaining possession of ball with his/her hands;
- (5) May not, after releasing the ball, touch or play the ball again with hands until it has been touched or played by another player.

\*\*2(B) In leagues where slide tackles are permitted, a goalkeeper may slide to make a save when inside or outside the goal area but only when it does not endanger another player.

## Rule 10 - Fouls & Misconduct (Continued)

### Multiple Fouls

Should a player commit multiple fouls or misconduct, the most serious offense will be penalized by the referee.

### Advantage

The referee may allow play to continue, notwithstanding the commission of an offense, when the team against which an offense has been committed will benefit from such an advantage. The referee may subsequently penalize the original offense if the anticipated advantage does not materialize or ensue.

### Time Penalty (Blue Card) Offenses

At a minimum, a player will receive a two-minute penalty for (1) committing any play foul deemed serious by the referee, and for any of the following:

- (2) Slide tackling an opponent in all non-slide tackle leagues; Slide tackling an opponent in a unduly forceful, reckless or dangerous manner in all leagues;
- (3) Boarding (Checking or pushing an opponent into the perimeter wall);
- (4) Sliding or charging the Goalkeeper within the penalty arch in a dangerous manner;
- (5) Spitting (on floor or on turf);
- (6) Swearing (not directed at opponent or referee);
- (7) Jumping the Boards;
- (8) Minor substitution infractions (Too many players); and
- (9) Inappropriate Conduct

### Cautionable (Yellow Card) Offenses

A player is formally cautioned and will receive a full two-minute penalty (1) if, in the referee's opinion, he/she commits a play foul or a "blue card" offense in a reckless or forceful manner, and for committing any of the following:

- (2) Persistent fouls;
- (3) Dissent (or disrespect by word or action toward referee);
- (4) Taunting an opponent;
- (5) Unsporting Conduct;
- (6) Delay of Game;
- (7) Encroachment; and
- (8) Entering, reentering or leaving field without authorization (ie. Entering field without checking in or without an ordered uniform or equipment adjustment)

### Sending Off (Red Card) Offenses

A player is sent-off and his/her team will receive a full five-minute penalty (1) if, in the referee's opinion, he/she commits a play foul, a "blue card" offense, or a "yellow card" offense in a violent or excessively forceful manner, and for committing any of the following:

- (2) Serious foul play;
- (3) Violent conduct;
- (4) Fighting (Striking or attempting to strike an opponent or any person);
- (5) Denying an opponent a goal or an obvious goal-scoring opportunity by deliberately handling the ball or by deliberately committing a penal foul;
- (6) Receiving 2nd Caution (yellow card) in a game;
- (7) Use of offensive, insulting or abusive language;
- (8) Spitting at an opponent, referee or any other person;
- (9) Extreme dissent or disrespect toward referee (Excessive arguing, taunting, abusive language, face to face confrontation, bodily contact with referee).

## Rule 11 - Time Penalties

### Penalties for Carded Offenses

All offenses for which a blue, yellow or red card is issued shall result in a time penalty to the offending player or team as described in the following sections:

#### Blue Card: Two-Minute Penalty

The offending player must enter the penalty box and be identified to the scorekeeper for penalty time to run. That player's team must play short for two minutes or until a goal is scored by the opposing team, whichever occurs first.

## Rule 11 - Time Penalties (Continued)

### Yellow Card: Full Two-Minute Penalty

The offending player must enter the penalty box and be identified to the scorekeeper for penalty time to run. That player's team must play short for the entire two-minute penalty.

### Red Card: Send Off and Full Five-Minute Team Penalty

The offending player is sent off and his/her team must serve a full five-minute penalty. The team's time penalty does not start to run until the following events occur:

- The offending player must be identified to the scorekeeper;
- The offending player must leave the field, the team area and the arena; and
- The offending player's team must delegate a player to serve the penalty time. The offending player's team must play short for the entire five-minute penalty. The red carded player must also promptly leave the facility\* and, at a minimum, will be required to sit out at least one additional game.

**\*\*Simultaneous Penalties:** If two or more players from opposing teams receive blue cards for simultaneous offenses, then all offending players must serve the full two minutes of penalty time.

### Service of Penalties

A person who commits a carded offense serves his/her own penalty time, except for those receiving red cards. A player will be designated by his/her team to serve penalty time for red carded players or for offenses charged to the team.

### Offenses by Bench Personnel

If misconduct is committed by players, coaches, team representatives or others in the team boxes, the offender may be warned, cautioned or sent off and the offender's team will serve penalty time.

### Multiple Penalties

A maximum of two players per team may serve simultaneous penalty time. If, as a result of players serving penalty time, a team is unable to field the minimum number of players (4), the referee may terminate the match and declare the match a forfeit loss to the offending team.

## Rule 12 - Penalty Kick

### Penalty Kick

When a penalty kick is awarded, the following standards apply:

- The ball is placed on the penalty spot (restart mark near the attacking goal).
- All players, except the player taking the kick and the defending goalkeeper, must be on or behind the halfway line until the ball is touched.
- The goalkeeper must be on the goal line until the ball is touched
- At the referee's signal, the player taking the kick may touch, dribble or shoot the ball at any time or manner.
- As soon as the ball is touched, the goalkeeper may leave the goal line to stop the shot (s) or to make the save and all players from the attacking and the defending teams may leave the halfway line to participate in the ensuing play.

### Penalty Kick - Infringements

If an infringement occurs by the goalkeeper or by the defending team, the referee will allow the kick to proceed and then:

- (1) If the ball enters the goal, a goal is awarded; or
- (2) If the ball does not enter the goal, the kick is retaken.

If an infringement occurs by the kicker or by the attacking team, the referee will allow the kick to proceed and then:

- (1) If the ball enters the goal, the kick is retaken; or
- (2) If the ball does not enter the goal, the kick is not retaken and the appropriate restart (free kick or goal kick) is awarded to the defending team.



## Rule 12 - Penalty Kick (Continued)

### Penalty Kick - End of Period

When a penalty kick is awarded at or near the end of each half or overtime period, the referee may allow additional time for a penalty kick to be taken. The clock will be set with the amount of additional time designated by the referee, and the clock will start when the ball is touched by the player taking the kick.

If time has been extended for the taking of a penalty kick and an infringement occurs by the kicker or by the attacking team, the referee may stop play and allow the additional time to expire.

## Rule 13 - Overtime and Shootouts

### Playoffs

A team's place, as established by Rule 14, will determine its eligibility and seeding for playoff game (s). If more than one round of playoff games are played, the winning team will advance to the next round. If a championship game is played, the winning team will be the champions. If, in a playoff or championship game, the score is tied at the end of regulation play, the match will proceed to overtime and/or a shootout to determine the winner.

### Overtime

Overtime will consist of two 5-minute "Golden Goal" overtime periods, and a 1-minute interval between periods. The first team to score is the winner. If the score remains tied at the end of overtime, a shootout will occur.

### Shootout

The referee will determine the goal for the shootout. Each team selects five (5) shooters and a defending goalkeeper. The goalkeeper may also be a shooter. The names and the order of the shooters must be presented in advance to the appropriate game official. A coin toss determines which team shoots first. After that, teams will alternate turns.

The shootout will be administered like a penalty kick except:

- Only the shooter and the defending goalkeeper may participate; and
- The shooter has 5 seconds to score.

The team with the most goals at or after the 5th shooter, will be the winner. If the score is tied after the 5th pair of shooters, the shootout will continue with the same shooters in the same order; however, the "Golden Goal" rule will apply to each pair of shooters until a winner is determined.

## Rule 14 - League Standings and Tiebreakers

### League Standings

A team's place in a league or division will be determined by the number of points earned in each game played over the course of the season. Points will be awarded based on the following system:

Win	3 Points
Tie	1 Point
Loss	0 Points

If teams in the same league or division play an unequal number of games, then certain games may be designated in advance as "no count" games and will not be counted in determining league standings.

### Tiebreakers

If two or more teams in the same league or division are tied, then these tiebreakers will be applied, as needed, in descending order, to determine the higher placed team:

- (1) Points earned in league or division;
- (2) Points earned in non-league or non-division games;
- (3) Head to head record;
- (4) Fewest goals allowed;
- (5) Goal differential (Total goals scored less total goals allowed);
- (6) Most goals scored;
- (7) Shootout or coin toss to be determined by Management





## Official Rules of Indoor Soccer

### Appendix A - The Field of Play

#### A.1 Field Dimensions

The field of play is 185 feet in length and 85 feet in width.

#### A.2 Perimeter Wall

The field of play is enclosed by a Perimeter Wall, which is eight feet high and forms part of the playing surface. The Perimeter wall extends about two feet above the goals (above the crossbar) and is four feet high along the Team Benches.

#### A.3 Playing Surface

Flooring is affixed to the ground of the playing area.

#### A.4 Markings

The field of play is marked with distinctive lines 4 inches wide.

#### A.5 Halfway Line

A Halfway Line, parallel to the Goal Lines, divides the field of play into two equal halves.

#### A.6 Center Mark

A Center Mark, 9 inches in diameter, marks the center of the field of play.

#### A.7 Center Circle

A Center Circle, 15 feet in radius, surrounds the Center Mark.

#### A.8 Restart Mark

A Restart Mark, 9 inches in diameter, marks the center of the field of play 50 feet from each end.

#### A.9 Red Lines

A Red Line, parallel to the Goal Lines, extends through each Restart Mark and up the Perimeter Wall.

#### A.10 Goals

A goal adjoins the perimeter wall at the center of each end of the field of play. The Goal dimensions are 12 feet wide by 6 & 1/2 feet high. The depth of the Goalposts and Crossbar are 4 inches. The Net extends about 5 feet behind the Goalmouth and is supported to allow the Goalkeeper mobility within the Goal.

#### A.11 Goal Lines

A Goal Line, delineating the boundary of each Goal, is drawn between the Goalposts.

#### A.12 Corner Mark

A Corner Mark, 9 inches in diameter, is 3 feet within the Perimeter Wall at each corner of the field of play.

#### A.13 Penalty Arch

A Penalty Arch surrounds each Goal within the field of play. The Arch's standard dimensions consist of two 20-foot lines drawn at right angles to the Goal Line, each extending from the Perimeter Wall, 8 feet from inside the nearer Goalpost. A semicircle (15 foot radius), connecting the lines' ends and extending further into the field of play, complete the Arch.

#### A.14 Free Kick Mark

A Free Kick Mark, 9 inches in diameter, marks the top of each Penalty Arch. (Top of the Arch).

#### A.15 Team Benches

Team Benches are on each side of the Halfway Line along one of the field's lengths. The Team Benches are separated from each other and reasonably protected from spectators. The Team Benches have identical specifications relative to the Halfway Line.

#### A.16 Penalty Areas

The Penalty Area for each team is on the same side of the field and halfway line as its Team Bench. The Penalty Areas are reasonably separate from each other.

#### A.17 Game Clock and Scoreboard

A Game Clock displays and counts down the game time, the intervals between periods, and any Overtime Periods and Time Penalties. A Scoreboard displays the game score, the goals, assists, shots and other statistics for each team.

#### A.18 Horn

A horn or buzzer, controlled by the Referee or Scorekeeper, may be sounded, as needed, for stoppages in play and upon the expiration of each (regulation or overtime) Period or upon the expiration of any intervals before or between periods.

*The Official Rules of Indoor Soccer*

### Appendix B - Official Field

